



CHOICES ACTIONS AND OUTCOMES.

You have been taking a journey and every journey has a time to do a pitstop; reflect and replenish and check where you are heading. This is your pitstop.

So far you have unmasked limitations, learned how to stretch yourself into your category 3 goal, understanding excuses and defusing fears. No more excuses and making life easier by choosing one big goal that feeds the others. You have examined your time to reclaim and reinvest in yourself and your life. You have gained an understanding of the different gears beyond avoidance and excuses. Powerful boundaries have been set in all areas of your life, this creates a feeling of safety and self-honouring. A way of defining your needs and part of ensuring your success.

So far you have been gaining understanding, resources, and fuel to be ready to move past your upper limits to allow greater success, joy, and abundance. Now anchored and ignited by your short visioning trailer. Wow what a launching pad journey you have taken thus far!

You are now well and truly in the process of having taken back your power and sitting firmly in the driver's seat of your life. No more blame, only the understanding and responsibility for yourself and your life.

Time to look back in order to move forwards.

This exercise is not to see what you haven't yet done, it is to assess just how much you have done and how far you have come. You cannot measure your success against others, you were all starting from a different place unique to your prior journey and experience.

Have you participated 100%

Before asking the questions do the hand on heart breathing aligning with the words, I AM here now.

REFLECTIVE QUESTIONS

Name them to claim.

What false stories and beliefs did I start with that no longer have the same hold on me?

What has changed for me mentally and emotionally?

What have I put in place that I didn't have in place before I began?

What have I strengthened and made a deeper commitment to?

How much clearer is my vision for myself and my life?

How much stronger is my commitment to its creation?

Have I been participating in my life during this journey 100%

If not, why have I held back?

What different choices have I made that led to action and an outcome?

POWER QUESTIONS

Trying out the old is only demonstrating to me where I have placed my limitations.

Am I now feeling like a more empowered action taker?

Am I now making more empowered choices in life?

Am I more pro-active and less re-active?

What choices and actions do I need to focus on moving forwards?

Am I needing to change gears moving forwards?

Show me beyond my mind how far I have come?

Am I integrating all I have learned?

Am I living in deeper alignment to my aspirations?

FURTHER TASKS

Revisit your rules of the game.

Revisit the last ten weeks tasks and results

Complete your weekly landscape creation on Sunday.

Do something to acknowledge and celebrate your wins so far.

Note

Wins are not only physical results, but they are also mental, emotional, relational and spiritual wins as well.

OPTIONAL

Write a letter of praise, celebration, and acknowledgement to yourself and outline your ongoing commitment to yourself, your aspirations, and your life.