



AVOIDANCE TACTICS

When you are not aligned with a soul goal and the reasons why, you will call on avoidance tactics to fee into your excuses.

Your time audit was designed to start exposing your avoidance tactics. Avoidance is not simply scrolling through Facebook etc, it can also be emotional reactiveness.

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

POWER QUESTIONS

Name them to claim them.

What are my avoidance tactics?

What am I hiding from by using them?

How are they serving me?

What is on the other side of my avoidance?

GEAR ASSESSMENT

What gear am I currently in?

Why am I in this gear?

Is being in this current gear serving my outcomes?

How is being in this gear serving me?

Is this current gear I am in the correct gear for me right now or am I using it as an excuse?