

2 August 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

The 'YOU' Overview

This week's challenge is to take a snapshot of where you're at. Not only is it important because it's the middle of the year & a good time for a bit of self-reflection to see whether you are on track or not but also because in order to improve the relationship with yourself, you need to have that snapshot. Let's also bear in mind that whilst you might think you've got it sussed, you just never know what's round the corner so in order to be ahead, we need to stay ahead. Take a bit of time over these questions. You can either answer them with regards to where you feel you are at in terms of your life in general, just this year or a mixture of both.



Monday - So where are you at? What is the current state of affairs? Is it where you thought you'd be? Are you happy with your progress? Is there something you wish you had worked on or improved on more?

Tuesday - Where have you come from? What have been the challenges & hurdles? Could they have been expected or were they totally unpredictable? Is there anything you could have done differently?

Wednesday - Where are you going? Whether you are on track or not, do you need to change course? Or does any of the plan need to be totally reworked on? Do you have new priorities? Does they need reassessing?

Thursday - Have your values changed in the last few months? If yes, in a good or a bad way? If no, are you happy with that? Do you feel you have gone against them or with them?

Friday - Have you had unhelpful behaviours? Were they an internal or an external response to something? What were the triggers? What have you learnt from them? What could you have done differently?

Saturday - What areas of the relationship with yourself need improvement? Have you started on that or is it a new project? What are you going to do about them? How are you going to achieve them?

Sunday - What could you do to be even happier? Are you relying on yourself or on others for your happiness? What could you do differently? What could you do in a completely new way?