

20 September 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!

Identifying Your Core Needs

This week's challenge is to look more closely at our needs. All too often, we take onboard what other people or society wants for us and let it determine what we think we need instead of going our own way. The reason for that is that we are repeatedly told certain things that we start to believe to be true but they don't serve us at all. Another reason is that we also wrongly believe that our dreams are impossible to achieve because we look at how we could get there and start to think rationally (beginning of the end...)

In order to learn what your real needs are, you will need to challenge them to make sure they are your needs & not someone else's.



Monday - Career & Business/ Skills. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Tuesday - Finances. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Wednesday - Health & Fitness. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Thursday - Personal Growth. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Friday - Social Life/ Fun & Recreation. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Saturday - Family. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?

Sunday - Relationship. If there were no obstacles/ consequences/ different circumstances, what would I want this to look like? Is it because that's what's best for me or because I have been influenced in some way?