

25 January 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!

Moving Forward

So once we have removed the old, we have in essence made room for the new. But in order to allow the new in, there are certain things that we will need to deal with, that we may have hesitated to make difficult decisions about during the decluttering process.

So this week, it's all about acceptance of what we need to truly let go of as well as being decisive. Remember, there are hundreds of flat squirrels & pigeons in the road that couldn't decide which way to go. So focus your mind on your future and what needs to happen to (literally) make it happen. Take your time over each question & be truly honest with yourself.



Monday - What are you reluctant to let go of? Why do you think that is? What is the worst that could happen if it wasn't in your life anymore? What will happen if it stays as it is?

Tuesday - If you had a magic wand & it was easy, how would you let go of it? What is the best that can happen if you let go? What won't happen if you don't let go?

Wednesday - Will reaching your goal have an impact on others (i.e. family members)? Positive or negative? What needs to be put in place to prevent any future problems?

Thursday - Look at the outcome you'd like to achieve. When would you like it to be? What milestones will need to be reached? What tasks will you need to do to get to each milestone?

Friday - How will you remain committed to achieving your goal? What will you do & how will you react when faced with any obstacles?

Saturday - What are your expectations? Are they realistic? How can you reframe them to avoid disappointment, overwhelm or procrastination?

Sunday - Go through this week's tasks, map out your plan of action & the tools you will use to deal with delays or obstacles. Commit to a start date & review weekly.