

30 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!

Moving Forward

This week's challenge is to sum up the good work from the month and to actually set up what you want the future to look like. It's a process and why you need to first establish where you're at, what's behind the obvious in your self-talk and understanding your light & your dark to achieve self-acceptance. Once these steps are completed or at least started & in progress, you can look to move forward.

Take your time to complete these questions and refrain from setting yourself limits in anticipation of something that you think may not be achievable or too big. Write down what you really want...



Monday - Without relying on other people to bring you happiness, what do you want your life to look like? If you had a magic wand & everything was possible, what would be your best life and what would it feel like?

Tuesday - What are the main milestones to getting there? It's best to set the major things that need to happen first. Aim for 5 or 10 but if you feel more is required, then do what feels right for you.

Wednesday - Now that the main milestones are set, what are the little steps required to achieve each? You may need to review the previous point if you set too many milestones as some may have actually been small chunks to get you there.

Thursday - There will be times when it's not necessarily straight forward. How will you handle the setbacks and disappointments? What will you put in place to navigate through them & overcome them?

Friday - In terms of personal growth & self-improvement, what do you need to do? What are the priorities? How do you determine what needs to come first? How will you go about it?

Saturday - In terms of achieving your goals, will you need some help & support? Is that interlinked to the previous point? Who will provide this help & support? Is this a professional or personal relationships?

Sunday - Celebrating success is important. How will you reward yourself along the way? How will you reward yourself once you achieve each milestone? How will you reward yourself once you achieve each goal?