



FALL RESET – 5 QUESTIONS TO REFLECT ON FOR AWE-INSPIRING CHANGE!

Today's Date:

Close your eyes and picture yourself in the future. Where are you in 1 year? What about in 5 years?

1 year:

5 years:

What can you do tomorrow to bring you closer to the one-year vision of you?

What scares you or stops you from getting to where you want to be?

Break down your fear. What can you do this week that will make your fear less likely to come true or easier to manage?

Think of yourself one year ago. What are you doing today that you couldn't do one year ago?

Head to www.itstartswithbe.com to get more helpful tips & support to work towards your goals