

Pre-designed Module:

Self Evaluation:

Learning to evaluate your experience, the way that best serves you.

What is working what is NOT?

What is your Commitment to Change?

Discover who you are?

Transformation is it worth it?

Learn how to create an honest self-evaluation.

List areas of your life that feel fulfilled, inspired and exciting.

List areas in your life that if you adjusted slightly would make a change in your experience for the better.

List what are you tolerating and putting up with that if you had a choice you would not?

List the things could you add to your life to create a sense of fulfillment?

List the things in your life that you want to remove all together, that if they were gone then you would be happier and more fulfilled as a person?

List experiences in your life that now as you look back you find they added joy and awe to your life. What was that like for you?