

Creating Your Inspired Action Steps

- 1 What do you want? Be specific - try to resist the old messages that pop up, like “well that would be great, but...”, or “that will never happen”, etc. Move past the resistance to uncover those “wants” that are true for you.

- 2 Why do you want what you want? Sift through the “shoulds”, these could be yours or someone else’s. If you had this, how would you feel? What does it look like? Be as specific as possible.

- 3 How does this tie into your values?
