

# ACTION

Write down what you have discovered from doing this work. Write down the area of life or theme that you would like to reinvent or the project that you have come up with. It's time to declare it! Say it out loud! Say it again and again. Choose one step to taking action today [nothing is too small]. It could be a phone call, signing up for something, showing up somewhere, an email are just some examples. Don't hesitate. Don't think about it. TAKE ACTION NOW! By doing this it will lead you into your next action.



***What did you discover through this process?***

***What action step will you take TODAY?***

I will \_\_\_\_\_

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How did all this go for you? Did you allow yourself to imagine and write those things down? Could you take a look at your beliefs and see where they weren't true or it was just what someone had told you? Were you able to write what a new possibility could be, a new you? How about the 3 people of support in your life? What was it about them? What would you like more of that they gave to you? And were you able to take the action that you worked toward and decided on? If you got stuck on any of these things or if you have questions or they have moved you forward in your reinvention I invite you to reach out to me and schedule a consultation. I would love to hear from regardless of your experience.