

HOW DO YOU WANT TO FEEL?

Identify which WORD or WORDS most resonates with you. [To finish this season strong 🤔🤔🤔 and to kickstart the following season with greater focus.]

01

PURPOSEFUL

What do you want to achieve in the next three months for you to feel PURPOSEFUL?

02

PASSIONATE

What do you want to achieve in the next three months for you to feel PASSIONATE?

03

HEALTHY

What do you want to achieve in the next three months for you to feel HEALTHY?

04

JOYFUL

What do you want to achieve in the next three months for you to feel JOYFUL?

05

ORGANISED

What do you want to achieve in the next three months for you to feel ORGANISED?

06

CONFIDENT

What do you want to achieve in the next three months for you to feel CONFIDENT?

07

IN MY FLOW

What do you want to achieve in the next three months for you to feel IN YOUR FLOW?

08

RESPECTED

What do you want to achieve in the next three months for you to feel RESPECTED?

“It’s when you are in great flow, that you begin to change, grow, transform. And create the “extra” ordinary.”
- my8dayweek