THE CHOICE IS YOURS: REFLECTION EXERCISE

What's something you've been wanting to take action on, but haven't?

Why is this important or meaningful to you?

How is it aligned with your purpose?

What is the impact it will have on you and others if you choose to follow through and make this happen?

What are the consequences if you don't?

If you were to take one step toward this goal today, what would that be?

Action is the antidote to fear. Give yourself permission to choose!

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PERMISSION TO CHOOSE SLIP

On this day, _____ I, _____,

hereby give myself **PERMISSION TO CHOOSE** to: _____

_____

_____

_____

_____

_____

My intention is: _____

_____

_____

My purpose is: _____

_____

_____

Who's sitting at the head of my table and authoring my Level Ten story?

_____

_____

I will hold myself accountable to this by:

_____

_____

The reward I will give myself when I complete this is:

_____

_____

Signed: _____

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