

Finding Your Way

Ask yourself the following questions, and write your answers in your journal.

1. What would moving beyond survival look like for me? _____

2. What would this require of me? _____

3. Am I willing to do what is required? _____

4. If so, how would I begin? _____

5. When (date or approximate date) would I start? _____

When (i.e. specific date) do I want this goal to be achieved / take place?

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