

Lead from the Inside Out

Shine a Light | Examine Your Thinking

In what area of life would you most like to see a positive change? Write it down.

With that focus area in mind, make a list of all the thoughts that have been weighing you down, frustrating you, and/or making you feel stuck in this area of your life etc.

1.

2.

3.

4.

5.

Tune In | Get Clear + Make a New Choice

Let what you don't want point you to what you DO want. Listen closely.

What is it that you DO want for this area of your life? Write it down below.

Challenge and trade-up the old thoughts for new thoughts that will move you towards what you want. Make a list of new thoughts..

1.

2.

3.

4.

5.

Take a Stand + Align Your Actions

Now that you know what you want and have traded up your thinking...
Make a list of actions that align with your new thinking.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Notes:

Your Inspired Action Plan:

Fill in the table below with your previous work. Add in new possible outcomes.

NEW THINKING	ALIGNED ACTIONS	POSSIBLE OUTCOMES

If you practice these new approaches, what will be possible in 1, 3 or 6 months?

What can you do to set yourself up for success?

What is one action will you take today?
