

hey there rebel

What kind of BS have you been tired of lately? (Of your own.)

What's standing between where (and who) you are now and where (and who) you want to be next?

Is there a specific area in your life where you feel lacking?

What are the kind of things that you tell yourself in that area and how can you turn them around? Make a list of both – before and after!

When you look in the mirror, do you look at yourself with adoration or do you avoid meeting your own eyes?

When you do meet your eyes, what do they say exactly? Jot your thoughts down without thinking or editing. What are you proud of, disappointed with?

Do you have any way to access your subconscious mind or influence it so that it may no longer stay in your way?

When you do access it, what will you want it to say? (Your affirmations here.)

Are there any books/resources that have changed the course of your life and/or your thinking?

Are there any books or other types of resources that people keep recommending to you, but you keep resisting them?

What's stopping you from trying them out?

Do you think that maybe your brain is throwing fear and false reasoning at you to keep you in your comfort zone? What would it take for you to give them a try?

After answering these questions, what's your next step? What do you think needs to happen so that you can go from limiting yourself to expanding your life?

Rebel on!