

WHAT NEEDS TO CHANGE?

Understanding what really matters to you, where are your life and work out of alignment with those non-negotiables? Where are you compromising in ways that create stress? For example, if freedom to travel is a non-negotiable, but you're bound to a day job with little to no vacation, it might be time to look for something that gives you more freedom. Take time now to begin a list for your transition plan.

This list is just a starting point. It will evolve over time. This is an AWARENESS exercise. Remember to drop the judgment and accept the truth of what you're writing down.