

The background of the entire image is a leopard print pattern in shades of grey and white. A horizontal white band runs across the middle of the image, containing the text.

**WHEN WE WORK HARD
TOWARDS SOMETHING WE
BELIEVE IN, IT'S CALLED PASSION.**

**WHEN WE WORK HARD
TOWARDS SOMETHING WE DON'T
BELIEVE IN, IT'S CALLED STRESS.**

- SIMON SINEK

WHAT REALLY MATTERS?

Use this space to begin to explore your "non-negotiables". What must be part of your life (or work) in order for you to feel like you are showing up as your best self in any given moment? Are there people that need to be part of your life or work? Times of day when you simply shine? Things, people, or ideas that you DON'T want to be part of your existence (negative thinking, etc.)? Jot them down here.

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.