

action step

1. See the moment



Take a step back from your life. Ask yourself WHAT are you doing with your life?
(Your personal life. Your professional life. Your passions.)

WHAT DOES YOUR LIFE LOOK LIKE NOW? WRITE IT DOWN QUICKLY AND HONESTLY – WITHOUT ANY FILTERS.

action step

1. See the moment (continued)



Ask yourself WHY. Why are you doing what you are doing?
Do you have a plan? Does it bring you joy - directly or indirectly?

WRITE DOWN WHY YOU'RE DOING WHAT YOU'RE DOING. WHAT ARE YOU TIRED OF? WHAT WOULD YOU LOVE TO CHANGE? WHEN YOU LOOK BACK AT YOUR LIFE, WHAT DO YOU WANT TO HAVE DONE?
