

### DAYONE





#### **ACTIVITY ONE:**

Complete the prompt 'I am the one who,' as many times as you can on the page below for your first try								



ACTIVITY ONE: (continued) Complete your prompt again with a view to the future...



#### **ACTIVITY TWO:**

Complete the prompt 'I am going to become' in any way you feel drawn to.									
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# Pick two goals to pursue...

Pick one or two of your 'I am going to become,' statements from the previous page that you'd really like to start your journey towards NOW.

Write them on the following pages and then create 3 actions that will help you move towards these goals starting today.

Take some time each day (in the morning is good) to refer to these actions and think about how you'll include them in your life over the next day or coming weeks.

Visualise these things happening in your head.

Daydream with intent about what it will look and feel like when you start to put your actions in place and take steps towards becoming who you want to be.

YOU can do this!



I AM GOING TO BECOME:								
IN	IN ORDER TO DO THIS I WILL:							
1.								
2.								
3.								



I AM GOING TO BECOME:							
IN	IN ORDER TO DO THIS I WILL:						
1.							
2.							
3.							



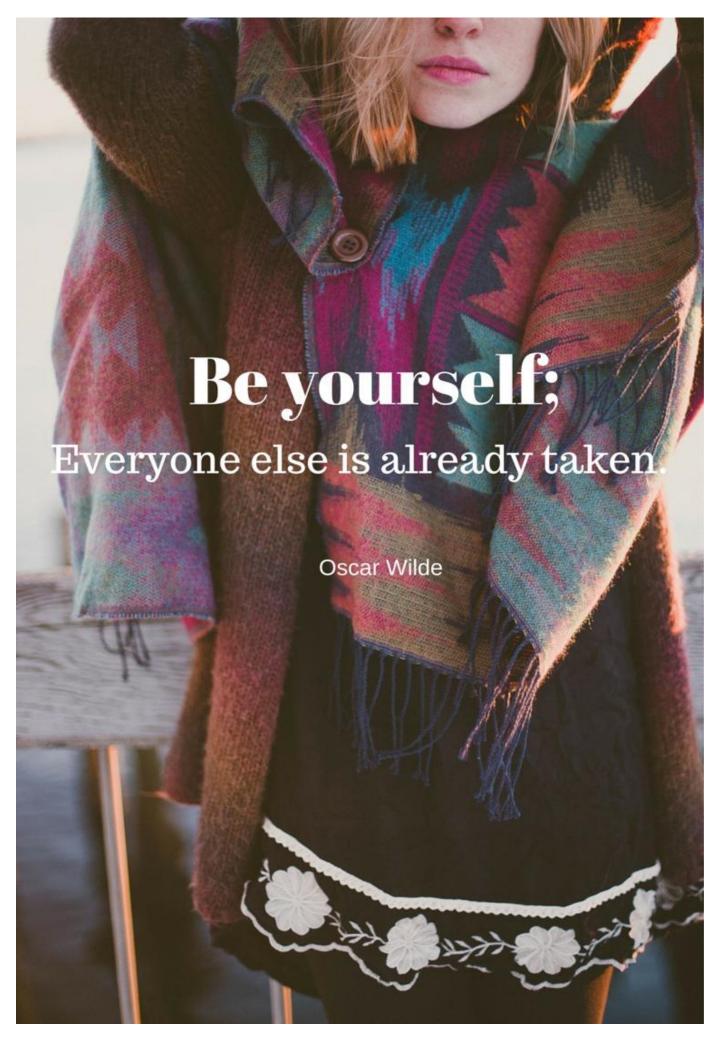
Use the following quotes and colouring sheet to inspire and keep you pointed in the direction of your dreams...

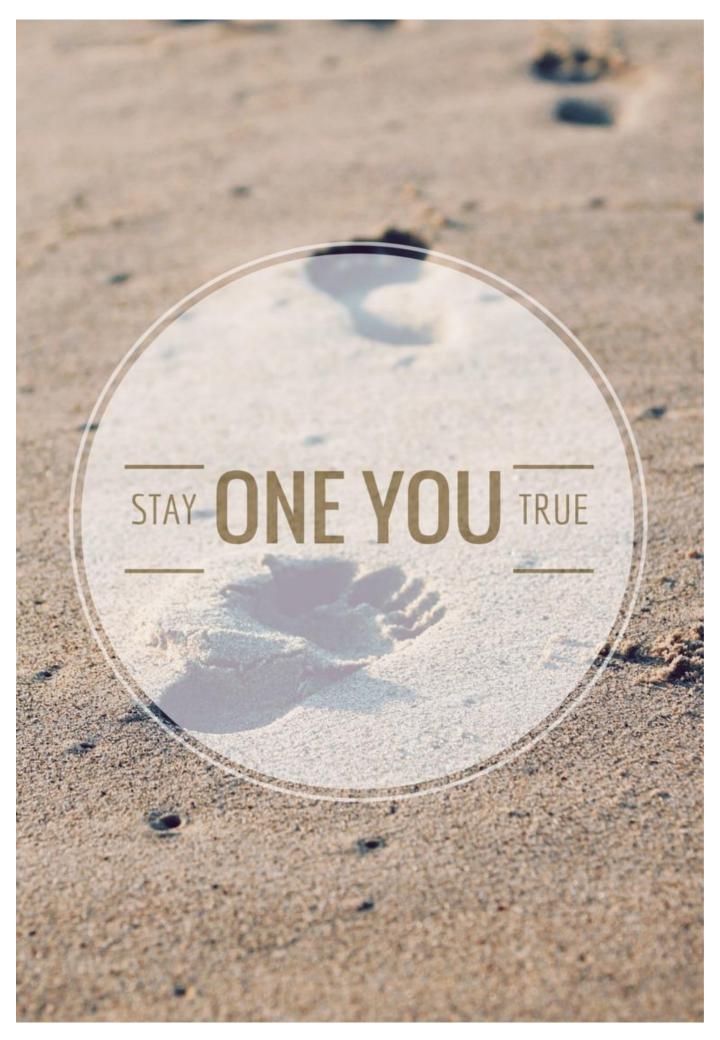
Take some time and put them on display where you'll see them daily.

Or, stick them into your journal as a reminder that you're on your way to blossoming into the potential of everything that is

YOU!











## become

The privilege of a lifetime is to become who you truly are.

CARL JUNG





I hope you've enjoyed Day 1 of 'The Mini Jumpstart to YOU Experience!

Stay tuned for your next instalment 2 days from now.

Until then, spend some time focusing on the most important person in your life.

