



Brainstorming your priority – how might you engage?

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Experiences, strengths, insights, resources, & support? What “muscles” IN YOU need to be exercised right now? Recall a time you’ve used them before successfully. If you haven’t, who has? Reach out to them and ask for help. Now more than ever, we must stay connected and remember that we are in this together.

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What RESONATES on your “menu”? Start there. Identify HAVES and NEEDS...what will you leverage for successful participation?

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What are your next actions, intention or goals? See them – SMART- how will you measure them? By task or time?

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Scale your confidence (1 – 10) Do you believe in your success? Why? Why not? If you don’t answer a scale of at least a 7, revisit the “haves and needs”. Your next right step may be revealed there. Land with engagement with something you CAN DO.

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We are wired to want the Highest plan / design on our life...I encourage you to stay connected to and make choices from an empowered state of responsibly choosing.

*...and repeat (revisit your vision, prioritize, engage, reflect, revisit your vision, ...)*

Beneficial reflection? Helpful and healthy insights? Please tell me about your experience.

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