

Creating YOUR OptiMOM Holiday

I want ...

Says who? _____

Affirming and owning YOUR picture; refine it:

Similar experiences, strengths, insights, resources, skills, support?

Can you identify values and beliefs in the vision? Do you notice the integrity and / or areas of incongruences?

Refine, edit, and repeat as necessary.

What is the most important part of that vision right now?

Choices made in alignment to your vision are deposits of Power.

Brainstorming the expression of your priority:

What resonates?

Next (week) actions / goals?

On a scale of 1 – 10, how confident are you that you can accomplish your intention? Why?

We are capable and wired to express the best design on our life...will you take the next best steps to experience that?

Perspective:
