

Experience YOUR OptiMOM Self

Describe YOUR version of your most well self:

The most important part of that vision **right now**:

3 Months from now, awesome would look like:

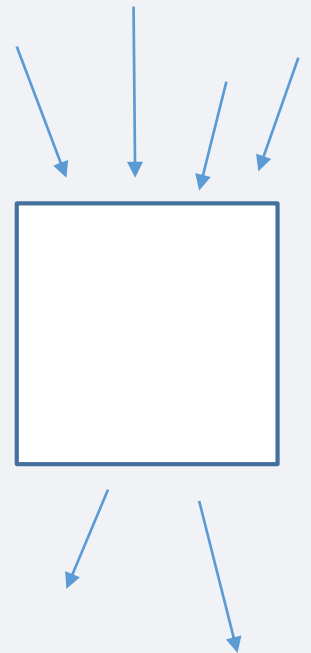
Experiences, strengths, insights, resources, & support?

The priority of that 3 month picture **right now**:

Self-Coaching:

Prioritizing:

Power, energy and confidence:



Brainstorming that priority:

What RESONATES? Identify HAVES and NEEDS:

Next (week) actions / goals? See it – SMART

Scale your confidence (1 – 10) Believe it? Why? Why not? We are wired to want the Highest plan / design on our life...are you connecting to and making choices from THAT space?

...and repeat

Beneficial reflection? Helpful insights?

Self-Coaching:

Identified obstacles to address and navigate: