



Reflection Questions

Finding my Self Sabotge

When did I last feel stuck?
What did it tell me about my self sabotage?

Holding Failure rightly

How may I take the heavy emotion out of things not working out?
How can I trigger saying 'It's just information'?

Getting Up again

What important area have I pushed on the back burner?
How may I get back up again?

Finding Strength

What is in my own history that tells me I can climb the _____