

DARE TO DREAM

Mastermind Coaching Experience

Self-Doubt to Inner Peace and Clarity Exercise

I wanted to create a space for you to go to when you were faced with a decision to make.

Feel free to use the written version, the audio version I created for you here, or both to support you, and please use it over and over again to support you in feeling at peace at clear as you continue to move forward in your life.

1. Write down your question in 3rd graders vocabulary. i.e. Should I move to Virginia Beach?
2. Write down everything that you know about this question right now. i.e. It's going to be nice and sunny and warm by the beach, I'll be living closer to my friends, etc.
3. What deeper lesson is life attempting to teach you by having this decision to make now? i.e. It's now time for me to do something good for me.
4. If everything worked out perfectly in this situation, how would you feel?
5. What is the next best action for you to take in life?

Congratulations for completing this exercise! Please share what you got with the group as the result of doing this exercise. I acknowledge you for continuing to show up to do this work.

Sending love,

Leslie