

# UNAPOLOGETIC with K & C

## *Week 2 – Worksheet & Life Changing Actions (LCA's)*

### **Week 2, Video 1**

Initial Action: Share a video post into the FB group, why you must give yourself permission NOW to dream big, and to take ownership of the life YOU want...

Notes:

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What are all of the areas of your life now, that you need to take responsibility? (Get specific here...)

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What/who have you been giving your power away to? Who/what has been in the driver's seat whilst you've been making decisions so far? How much longer will you allow this to take place?

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As you check in with yourself now, what do you need to let go of?

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Video 1 Action: Create Space - Take time today & this week to declutter your home/bedroom/car, etc. Let go of things that no longer serve you, or that are no longer divinely designed for you. Remember to ask yourself: "do I need it, do I love it, do I use it?" If the answer is no... let it go. HAVE FUN WITH IT!!

*Share in the FB group 5-10 things that you've let go of, to create space for what you truly want.*