

UNAPOLOGETIC with K & C

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

Week 2, Video 2

What **feeling** have you been chasing?

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“Vision is the art of seeing what is invisible to others”

Feel into this quote... what emotions come up for you?

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If emotions such as fear/guilt/shame, etc weren't in the drivers' seat... what would be the life you'd pursue?

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Notes:

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Video 2 Action: Give yourself 5-10 minutes to go and sit in nature somewhere and allow yourself to BE with no distractions... and simply reflect on today's session. (Share a note in the FB group once you've done this.)