

# UNAPOLOGETIC with K & C

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

### **Week 2, Video 3**

Have I been living on a true or false target over the last 6 months?

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What has this cost/given me so far?

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What is truth for you in this moment?

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**Allow yourself to ponder and reflect on the following...**

WHAT DO I WANT in the following areas of my life:

**Health** (Physical, Emotional, Spiritual)

**Wealth** (Business/Career/Finances)

**Relationships** (Self, Intimate, Family, Friends)

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**LISTEN TO THE AUDIO THEN EXPLORE AND CRAFT YOUR VISION:**

**12 MONTHS WRITTEN VISION:** Get clear on your vision, and what you want – career/business, money, relationship with self & others, health, fun/friends/recreation. What would you LOVE life to look like in 12 months? Write a journal entry covering all these areas, as though have already come true.

Today is (date) .....

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Video 3 Action – Complete your vision/s and share your vision board in the FB group.

**7 YEAR VISION BOARD:** Create a vision board (either electronically or physical format) for 7 years from now, including each area of life.

Think about: For me to achieve my vision, who do I need to become, and how do I need to show up daily? (A great supportive partner, a loving mother/father, healthy lifestyle, great with money, an encouraging support in the workplace, etc...)

Not sure you can do it? Research other people who achieved what you want. If they could do it, then you can do it too. You are no different to them, you simply have a different set of belief systems which can be changed... (get ready for next week... 😊)