

What made you pick this number? (What are your reasons/justifications for this?)

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What could you do to hold or improve this number?

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When is a recent instance you said you would do something but didn't follow through?

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When is a recent instance you said you would do something, and you DID follow through?

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Video 1 Action: Share a **video** in the FB Group sharing what you rated your relationship with self, why, and what you're going to do to shift this NOW.

(This may be one of your most challenging yet liberating shares in the group so far, however on the other side of this, is magnificent! Go get it!!)