

UNAPOLOGETIC with K & C

Week 6 – Worksheet & Life Changing Actions (LCA's)

Week 6, Video 1

For me, living my life unapologetically means:

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“Our greatest wish is for you to take a stand, to take a chance and to live your life authentically and UNAPOLOGETICALLY.”

For me, to be authentic means:

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Notes:

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What have I been avoiding?

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3, 2, 1

3 greatest takeaways:

1.

2.

3.

2 points of gratitude:

1.

2.

1 commitment:

1.

Video 1 Action: Share a post in the FB Group sharing your 3,2,1 exercise completed above.