UNAPOLOGETIC with K & C

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

Week 6, Video 3

Notes:

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Video 3 Action:

- Share a FB Live sharing with everyone that you're done, and what you're going to do to celebrate this milestone, and decision of choosing you and following through till the end.

- Write a letter to yourself to read in ~6 months from now. (Send the letter via email to chrissy@sequinconsulting.com.au to be sent back to you at a time down the track. [Note we do not read the letter, so it is 100% confidential.])

LETTER TO SELF

Name:

Email:

Date:

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