

Love It ✨ ✨

The First Step in Getting from “Here” to “There”

Meet Your Inner Eeyore

This Too Shall Pass

Outer World Spark Steps

Bring the Best of You

Meet Your Inner Eeyore

Write down 2-3 things you really want and don't have.

Prompt: "Brain, why can't I have the things I want?"

This Too Shall Pass

There are reasons you've stayed this long.

There are things about your current situation that are useful and valuable.

- When this, too, passes, what will I miss?
- What's useful about my current situation?
- What benefit am I deriving from how things are?
- What do I value about my current situation?



Outer World Spark Steps

Spark inner world changes by making small outer world changes.

Describe your Least Loved and Best Loved Areas (how it looks, how it feels).

Circle key adjectives.

Make one change to your Least Loved Area that makes it more like your Best Loved Area.

Bring the Best of You

The annoying paradox is that when we want to leave something and treat it roughly, the longer it persists.

Spark outer world changes by bringing the best of yourself to your current life.

Where are you holding yourself back? Where are you giving less of yourself?





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