



## Exercise # 4 - **Where do I want to be?**

I know at this point you don't have all the answers or the clarity you are looking for. That is ok. This is just a **big picture look at where you want to be.** We will dive in deeper in future lessons.

**Write down where you want to be in 3 to 6 months from now.**

- ▶ What do you want different in your life as a result of participating in this course?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- ▶ In what area of your life do you most want to have a true breakthrough?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- ▶ What will it feel like when you get there?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- ▶ What parts are clear?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- ▶ What is still fuzzy?



## Exercise # 4 - **Where do I want to be?** (cont'd)

My guess is a lot of the previous answers were about external changes you were looking for. This time think inside of you.

What changes are you looking for inside of you in the next 3 to 6 months? For example, you may want to be **stronger** at setting boundaries, more **confidence** to ask for what you want or increased **courage** to get outside of your comfort zone more often.

- ▶ **What words describe the internal shift you are looking for?**