



Sometimes, life gets a little too much! The negative thoughts in our minds; the barking dog in our heads that won't shut up; the anxiety of what could go wrong. It can feel like a mental thunderstorm!

And so, when my brain takes over and my soul starts to suffer, I like to hit pause, grab a cuppa and ask

myself these three questions.

These questions, when answered truthfully, in full and in order help calm my senses, put me back in the driving seat and give me the clarity I need to move forward.

Give them a go and let me know what impact they have on you.

Q1. What life am I trying to create? I.e. How do I want to feel, what do I want to be free to do, what does my soul crave in life?



---

---

---

---

---

---

---

---

---

---

Q2. What fears, worries or concerns must I let go of in order to move forward positively? Give yourself some space by writing them down here.



---

---

---

---

---

---

---

---

---

---

Q3. If I truly believed in myself, what would be my three next steps, or, what three major projects would I focus on? Take one small step today to feel better.



---

---

---

---

---

---

---

---

---

---