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Live a Life You Love:

How to stay the course, achieve your dream, and thrive through the journey

Questions for reflection:

- 1) Is there any area of your life where you haven't been true to yourself?
- 2) How could you change this?
- 3) Where have you been cutting corners or pushing the envelope with your health?
- 4) What could you start doing that would give you better health and energy?
- 5) Is there a habit (s) you have right now that could be setting you up for burnout?
- 6) How can you begin to change this habit?
- 7) What's the next step you need to take to get you moving forward towards your goals in real estate?
- 8) What's stopping you from doing it?
- 9) When will you do it?

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DISCOVER YOURSELF - CREATE VIBRANT HEALTH - DESIGN THE LIFE OF YOUR DREAMS

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