

clarity to move bravely forward

Where in your life do you say you want a thing, but your actions say otherwise	e
What keeps you up at night with worry and feels extra heavy?	
What's one tiny step you can take to create movement?	
Who can you ask for help? What ritual can you create to make it easier to just start?	
How would it feel to finally feel lighter here? What would it look like?	
Action Accountability:	