

Rediscovering You

Reach for the Stars

List five things:

1. You used to do that you would like to again:

3. You have always wanted to try, but never have, and it would take a lot of effort to do so:

2. You have always wanted to try, but never have, and could probably do fairly easily:

4. You have always wanted to try that seem out of reach:

Now, choose at least one item from list one that you can commit to yourself to do again.

Choose at least one item from list two that you will commit to try.

Choose at least one item from list three that you can commit to at least look into.

Look at list four. Are they all truly out of reach? Choose one to dream about and make a long term goal, then set the wheels in motion. How can you make it happen?

A little pampering can go a long way

You Deserve It!

- 1. You could do for yourself that would take only 5-15 minutes and cost little to no money:

- 3. You would like to do for yourself that might take more time and/or money, but is still possible:

- 2. You would like to do for yourself that would take only one to two hours and cost little to no money:

- 4. You would like to do for yourself if you didn't have to worry about time or money:

Now, choose at least one item from list one that you can commit to doing for yourself.

Choose at least one item from list two that you will commit to doing for yourself.

Choose at least one item from list three that you can commit to at least look into.

Look at list four. Are they all truly out of reach? Choose one to dream about and make a long term goal, then set the wheels in motion. How can you make it happen?