



What's next?

An exercise to re-boot your life.

1. Find a quiet place to sit and listen to the audio exercise 'experience your experience'. When you are finished take out a notepad and a pen. Write down your answers to the questions below and commit to action.
2. What are you most passionate about? What is most important to you? To help you with this, answer this question:
 - If your life is the Olympic Games, which event or area of your life would you like to win the Gold Medal in? (for example your career, your business, or your relationship).
3. What is currently stopping you? Why are you not there yet? What is in your way?
4. Imagine if you didn't have that issue or barrier anymore; someone waved a magic wand at you, and it disappeared? What would be possible?
5. Look at some of the successful people in your area or field. What qualities about them inspire you? If you could take on some of those characteristics and qualities, what would they be? (Like being 'Happy, confident, inspiring, proactive') choose and write down the words that inspire you.
6. Between now and the end of the day do everything you have to do, the way that type of person would do it. For example, a happy person would smile to people on the way to work or schedule time to do something they enjoy doing.
7. Aim to take one bold action that is out of your comfort zone in the area of life that is important to you.
8. **This is the important part.** Tell some you are going to do it. Do it. Then afterwards tell them that you did it!
9. Get in touch and tell us how you got on.
www.freedomworks.org.uk/contact/

Template

<p>The area of my life that is important to me is...</p>	
<p>What is stopping me now is... / the reason I am not there yet is because...</p>	
<p>The qualities in other people who have been successful in this area that inspire me are...</p>	
<p>The action I will take out of my comfort zone is...</p>	
<p>I will do this by....</p>	
<p>The person I will tell I am doing this is...</p>	