



Name:

Date:

## What do I want to shift?

Use the following prompts to help identify areas of your life that feel stuck, stagnant or just need some positive change:

WHAT ARE THE MAIN AREAS OF MY LIFE RIGHT NOW THAT ARE CAUSING PAIN, UNHAPPINESS OR DISCONTENT?

WHO ARE THE MAIN PEOPLE I SPEND MY TIME WITH?  
HOW DO THEY MAKE ME FEEL? UPLIFTED, HAPPY, ACCEPTED? OR ANNOYED, DRAINED, JUDGED?

WHAT DO I NEED MORE OF IN MY LIFE RIGHT NOW? HOW WOULD THAT MAKE ME FEEL?

NOW THAT I HAVE SOME CLARITY, WHAT IS THE FIRST THING I NEED TO SHIFT?

