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START

SEC**OND CURVERS**

Step 1

E-book

Introduction

Welcome to your **personal**  **revolution.**

This workbook is designed to help you reflect, identify and **START** making the changes you desire in your life.

Start by responding to the prompts clearly, specifically and with a big, open heart. Sit deeply with your intuition.

Let your thoughts flow freely and remember
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***THERE ARE MORE OPTIONS
AVAILABLE TO YOU THAN
YOU CAN EVEN IMAGINE.***



STEP 1

**Starting Your
Personal
Revolution**

Where Are You Today?



Describe your current situation.

How do you **FEEL** about your **job**, you and your **life** in general ?

Eg: I feel stagnant in my job and uninspired. My daily routine is a little monotonous.

What Is Working / Not Working?

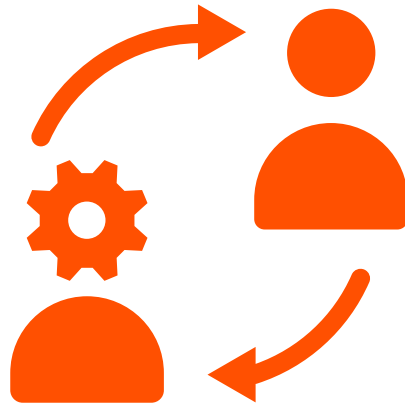
Identify what **works** and what **aspects** of your life are going really well. **THINK BIG**, allow yourself to **DREAM**. What brings you **satisfaction** and **joy**?

Eg: I enjoy my morning runs and spending time with my family. I am getting recognition at work.

Identify what **doesn't work**: What parts of your life are causing **frustration**, **dissatisfaction** or **stress**?

Eg: My current job role feels limiting. I'm a little frustrated by the lack of career growth opportunities.

What Needs to Change?



Identify **specific areas** in your life that you **feel** need to **change**. Consider your career, personal life, environment and habits.

Eg: I need to find a job that aligns more closely with my passions. I want to carve out more time for creative pursuits.

What Is Your Intuition Telling You?

Sit quietly for ten minutes, somewhere calm and reflective, close your eyes, go inwards and really tune into your gut.

Reflect on what your intuition is telling you. Your gut feelings can guide you toward what truly matters. See what comes up. Any little ideas could be the SEED of your future SECOND CURVE.

Eg: My gut is telling me to explore my passion in art, music, writing, health, tech, to travel, to start something new.

Next Steps

Congratulations on taking the first step to your **SECOND CURVE**. 

START is the first key step and you are on the way. You have begun the process of identifying what needs to change and understanding yourself better. The next steps will involve exploring options, getting creative and building a plan to transform your life.

Stay *committed* and remember, the journey to your **SECOND CURVE** starts with the steps you've taken today.





End of Step One

Continue your personal revolution by moving on to the next steps in your journey.

Keep this workbook as a reference and update it as you progress.

We are with you all the way.

