

AN EXPERIENTIAL IMAGERY EXERCISE

You may color it and write a word inside of each hot coal that describes a current problem, fear, or unresolved experience—impossibility—that you would like to overcome and see as an invisible mentor. It is important to identify our fear of impossibilities in order to properly deal with them and overcome them.



PRINCIPLE

Know the why behind what you do before you focus on the how. People will judge you according to the how, but confidence is built in the revelation of your why.

Take the time to define your WHY:

Why do you do what you do? What is your motivation?

Are the daily actions and beliefs you portray congruent with your inner thoughts and feelings?

If not, what are the hindrances to congruency in your life? List three practical steps to take toward overcoming them.