



## Kick start from Frantic to Free

### 1. What do you want? (private life - work - business)

- Private life how does your ideal day look & feel like, write it down or make a drawing
- Work, how does a great day look & feel like, interactions with others, results produced
- Business, if you own your business or want to create one, how does an ideal day look & feel like

### 2. What is holding you back to get it?

- In every area check out who or what you are blaming that it isn't working like you want (this exercise is just for you, nobody will read it ☺)
- Do you feel/think. It comes for your education? Parents/school?

### 3. What kind of thoughts are holding you back (limiting thoughts - beliefs - the but's)

- What kind of "excuses" do you use, say, think that support you in coping with this "Frantic" ☺

Be gentle with yourself

Much love to you ☺

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