

COMPELLING REASONS

What is your goal? What do you want? Describe in detail exactly the transformation that you would like to manifest. What kind of energy do you want, what about your mood? How do you want to feel?

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Think about the benefits to you and to others.
Who else will benefit? How will your
transformation impact others?

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How will this impact you? What will you have to learn? What will you have to do? What will you have to let go of?