

MENTAL REHEARSAL

1 Think about the changes you want to make and visualize yourself having already made them. What's different about you?

2 How do you handle problems differently?

3 How do you feel differently?

4 How do you act differently?

5 How do you show up differently?

6 When you imagine yourself “practicing” for this part in your new life, what are you doing well, and what do you need to keep practicing?

7 How will you know when it has clicked for you?
