

THE PAST IS OVER AND YOU HAVE YOUR WHOLE LIFE AHEAD OF YOU



Heart Based Exercise (10 minutes)

I encourage you to reflect on the following points, to make your future the best it can be. Ask yourself-

- **What do I need to stop doing that hold me back from having more self love?**
- **What do I need to start doing to be open to receiving love?**
- **What do I need to do differently to improve my relationships?**
- **What can I commit to right now that will move me forwards in the direction of my dreams?**

Be aware of the thoughts, actions and behaviours which will take you closer to your dreams and then go get 'em!