

It's great that you have recognised a desire for change and an urge to no longer accept or put up with things the way they are.

This free resource is a great way to allow you to understand what needs to shift right now for you, and it will support you in thinking through who you are as a person and what matters most to you. Don't feel guilty if you need to do this in 5 minute chunks. Life is busy for us all. I get that. But take your time to do this well, allow yourself this valuable opportunity to examine what it is you need. What you need that's going to make the real difference for you and your life.

So...

I suggest you give yourself some time for this. Find a quiet space, set aside some time with no distractions. For this to work at its best I would also suggest you begin by feeling comfortable wherever you are, put on some quite music perhaps, put away your phone, grab a cuppa and start with 5 deep breaths, slowly breathing in and out, and in and out. And now allow your mind to wonder over these questions. Allow yourself to write down whatever comes to mind. Accept each answer as it comes, there is no wrong answer. These are just your thoughts and ideas, spilling onto the paper. Let them pour like a waterfall and allow yourself to go where your mind and body want to take you.

What do you feel you need right now?	What are your dearest hopes ?
What has been your greatest achievement ?	What is holding you back ?
Where and how are you putting up with things right now?	Which relationships are you desperate to improve?

Now have some time to read over what you have written. I wonder if any of it will have surprised you. I wonder if some of it was startlingly obvious or some of it subtle and barely noticeable until today.

What stood out to you most?

Take time to think of one area where you are craving change. Give yourself the permission to write it down below.

If you could take one action this week, to improve that one thing, even just a little bit, what is it you could do? Remember, there is no wrong answer. These are just your thoughts, arriving on a page.

Imagine, if you took this action, what difference could it make? If you didn't, what might happen?

Now perhaps, you'd like to commit to taking that action? Write some thoughts below about when you are going to do it, how you will go about it, who you will want to involve, how will you make sure it happens and how committed do you feel to taking that action if you scored it out of 10?

Wow, that's so exciting what you've just done. You have chosen to take a small step into making real positive change. Life improving change. I'm so pleased for you.

I hope you are feeling inspired. If you'd like to talk more about what you've just done, I'd love to hear from you at refugehopepurpose@outlook.com

To book your free chemistry session go to my website at www.refugehopepurposecoaching.co.uk

I am so looking forward to hearing from you. Don't delay your future any longer. Give yourself permission to choose your best life today.