

Women of Perfection- Perfectly Imperfect

MINDSHIFT WORK: Chapter 3

What is your current mindset? Do you have a positive outlook on life or a negative or are in blasé about life? When you see a situation in your life are you optimistic that it will go well or do feel like everything is going south? Let's really evaluate where your heart and mind are at? Are they linking up or are they completely different?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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Now close your eyes and I want you to picture where you would like to be in five years. What do you look like? What does your bedroom look like? What does your husband or partner look like? What do your children look like and act like? What is the first thing you do? What kind of car do you drive? Are you working? If so, then what do you do? What is your position? What does your office look like? How much money

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

What will your schedule look like?

5:00am:

6:00am

7:00 am

8:00 am

9:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

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