

THE 5 “F” WORDS TO EVOLVE YOUR LIFE AND CAREER

QUICK START GUIDE

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FIGURE (OUT WHAT YOU WANT)

Everything starts with clarity. Most people are moving through life on autopilot. They take every client and every opportunity without ever asking what they actually want.

Prompt: Write down one desire you have been ignoring or pushing aside.

Action: Say it out loud. Claim it.

FOCUS

Your attention directs your reality. When you focus on overwhelm or lack, you get more of it. When you shift toward possibility, everything begins to change.

Prompt: What is one thing you can focus on this week that aligns with the life and career you want.

Action: Choose one aligned task today.

FEARLESS ACTION

Forward momentum happens when you take small, brave steps. You do not need giant leaps. You only need consistency and courage.

Prompt: What action have you been avoiding because of fear, doubt, or overwhelm.

Action: Take one micro step today.



FEEL

Your feelings are your guide. When something drains your energy, it is out of alignment. When something expands or excites you, move toward it.

Prompt: How do you want to feel in your life and career moving forward.

Action: Choose one thing today that creates that feeling.

FAITH

Faith is the bridge between where you are and where you are going. Trust yourself. Trust the timing. Trust the process.

Prompt: Where can you let go of control and trust yourself and the process more.

Action: Write one affirmation that supports your next chapter.

