

Hey sis.



I am so glad you made this purchase. As you fill your spirit with everything this season has to offer, I would like you to gather a few takeaways:

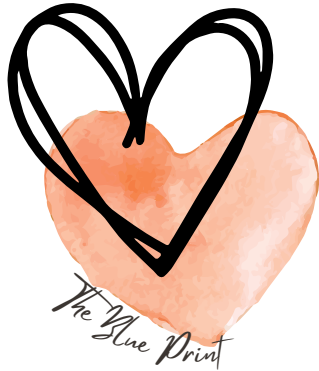
you belong in the room, just ask God about the right room.

you are the seed that this world needs.

Watering yourself first is key to all things.

When we don't set boundaries, we ultimately show people how to use us.

Thank you.
Gwen-MVT



Gwendolyn Logan - Craig
MVA Founder & CEO

Turning Our Goals &
Dreams Into Reality



Self Reflection



"Reflection are one
of the most
underused yet
powerful tools
for success."

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Everything in your life starts
with you! You are the most
essential and precious key to
your life, success, and
happiness. Understanding
your innate abilities, fears,
desires, insecurities, and
feelings is necessary to deal
with them effectively.
Introspect yourself and see
where you stand.



Self Reflection

How would you describe
yourself, what is the
ideal version of yourself
you want to be?



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Self Reflection

Do you feel introverted
or extroverted, do you
have a support system
or do you try to tackle
life alone?



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Self Reflection

Do you think your
dreams are a reflection
of something deeper
within your mind?



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Self Reflection

Are you carrying
baggage, what are the
things you think you
should hold on to or let
go of?



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Future Aspirations & Goals

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."



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Future Aspirations & Goals

Goals are like the compass that guide one's life. If they are vague and have no particular importance or direction, you may keep wandering in a world of confusion. Your goals need to be aligned with the long term big picture that you have for your life. Its essential to start asking the right questions that will get you the answers to where you actually want to be.



Future
Aspirations &
Goals

Are you content with where you
currently are in life, what's
the best reality you wish for
and how does it compare to
your present?



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Future
Aspirations &
Goals

Does the present work that
you do in this world align to
your goals, how much help
did you provide others in
achieving their goals?



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Future
Aspirations &
Goals

How far do you think you are
from achieving your big
dreams, and are your
deadlines realistic and
motivating?



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Future
Aspirations &
Goals

How do you plan to
deal with your regrets
and successes? Do you
stop trying or do you
keep working for it?



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Growth

Are you getting your lesson?
Every experience, whether successful or not, teaches us something. It is necessary to gauge your growth in every experience you undertake, which allows you to be aware of your capabilities and build your self-confidence. You should also be aware of what works for you and what doesn't when it comes to developing your skills.



Growth

"One can choose to go
back toward safety
or forward toward
growth. Growth must
be chosen, again and
again, fear must be
overcome again and
again."



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Growth

What actions do you regret
the most and what inaction
or missed opportunity do
you regret?



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Growth

What experiences improved
your self-confidence and
what do you think can
improve your self-
confidence?



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Growth

What new skills did you
learn last year and what
do you plan to learn in the
coming days?



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Growth

What are the mind blocks and difficulties that you overcame last year? Which decision of yours turned out to be the best and which did not work out as you hoped? Why do you think that is?



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Motivation

"Success requires that you have a motivating inner power to push you forward. If you don't have this power, you need to develop it."



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Motivation

Motivation is the fuel that drives us to achieve our goals and fulfill our dreams. It's that inner spark that pushes us to take action, overcome challenges, and keep moving forward in what you do. Remember, not all work is jolly even if it means it will get you to achieving your big dreams. Finding a way to motivate yourself through all the grunt work required is crucial to achieving your goals. And that also requires some self-digging.



Motivation

When do you feel
the most motivated
and which methods
help your
motivation?



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Motivation

What makes you
discouraged in pursuing
your desires and what are
the things you do that
make you lose track of
time?



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Motivation

Who has had a positive
impact on your life and
who demotivates you?



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Motivation

What opportunities are you
looking out for? How
prepared are you to take
up if that opportunity
arrives?



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*Growing together Through The
Journey of Self Reflection*



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