

## Grounding Yourself Mid-Climb: Your AIR Cycle Reflection



1. Adapt
Where in your life or business are you being asked to adapt? What's been your resistance?
2. Inner Work
What emotions or beliefs are coming up during your current climb?
3. Repeat
What practice do you need to recommit to or start so your climb continues with intention
What practice as you need to recentline to or start so your cannot contained with intention
A Vour AIP Cycle Commitment
4. Your AIR Cycle Commitment
Finish this sentence: "To move to my next level, I will

