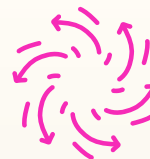




Grounding Yourself Mid-Climb: Your AIR Cycle Reflection



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?

4. Your AIR Cycle Commitment

Finish this sentence: "To move to my next level, I will..."

