

LIVE THE CHANGE OBSTACLES AND DETOURS

What are you currently making the following mean? (Only answer the ones that relate to you)

1. Not having a clear direction of what you want or where you're going.

What it could mean instead?

2. Unmet expectations of what you would have/who you would be by now.

What could it mean instead?

3. How long certain outcomes are taking to materialise in your life.

What could it mean instead?

4. Disappointment in the people around you.

What could it mean instead?

5. Always being tired and stressed.

What could it mean instead?