

What's Up with YOU?

@WORK&BIZ

My business/career isn't where I want it to be because:

It's difficult to gain progress in what needs to be done because:

I am not where I want to be overall in this area of my life because:

The "shoulds" and "suppose to's" that trip me up most are:

The "rules" I seem to follow that no longer serve me in work & business:

@HOME&FAMILY

I ignore important tasks because:

The "shoulds" and "suppose to's" that trip me up most are:

I am overwhelmed by:

I hadn't planned my life would:

The "rules" I seem to follow that no longer serve me @home/in my family are:

@LOVE&RELATIONSHIPS

The results I really want are:

The "shoulds" and "suppose to's" that trip me up most are:

I seem stuck in always feeling:

I am not seen, heard or understood @love/relationships, it leaves me feeling:

The "rules" I seem to follow that no longer serve me in love/relationships are: