



# THE WOMAN WHO

What would she do? Who would she be?

You don't get in life what you DO, you get in life who you ARE.

Close your eyes and fast-forward 3 years to connect with the vision of your ideal life. Go deep and really connect with the higher version of you who is actually living and breathing this 3-year vision - the version of you that stepped up and consciously made the choices, held the beliefs and took the actions needed to create it. Ask yourself;

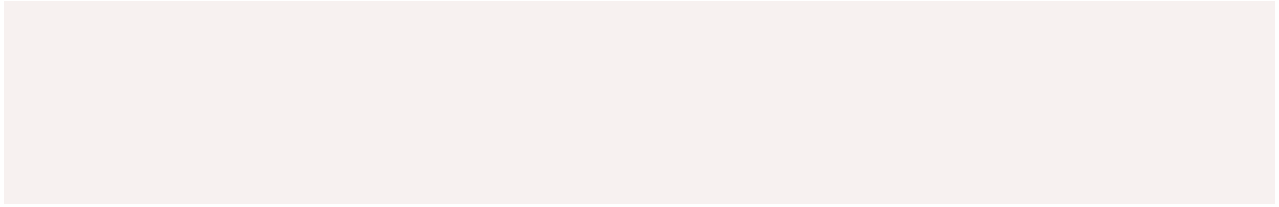
Who would she have needed to have become?

How does she walk?

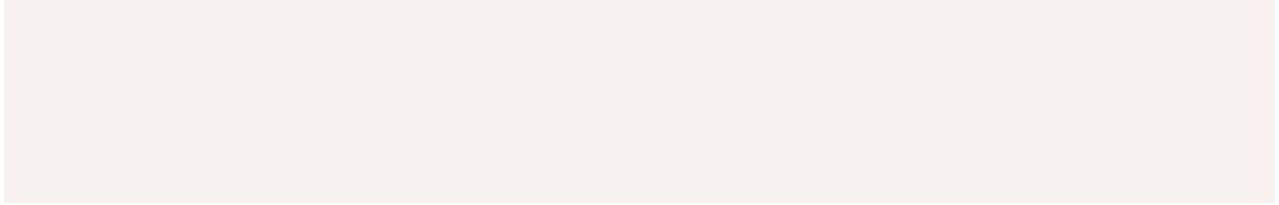
How does she talk?

How does she think and act?

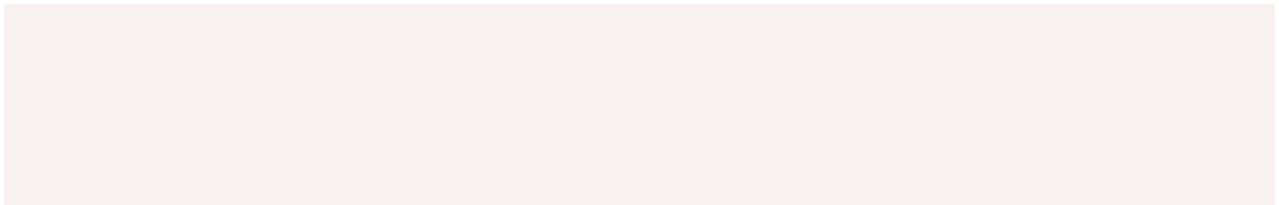
What does she do first thing in the morning?



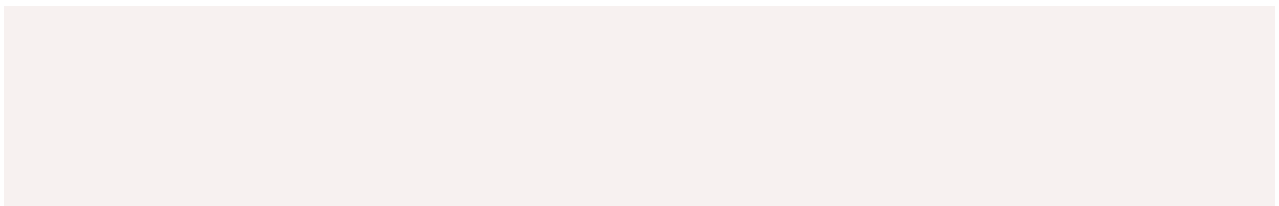
What does she believe about putting herself first?



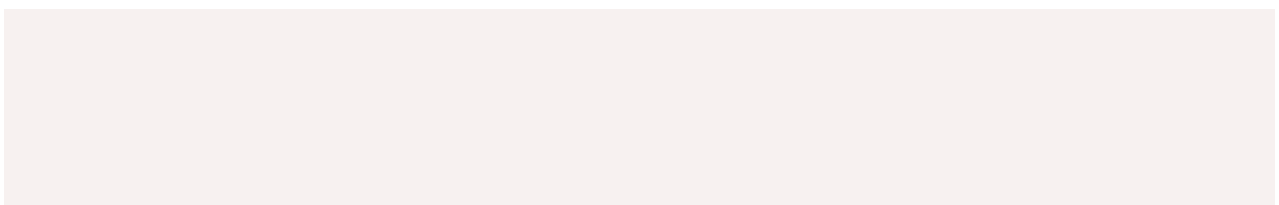
What are her beliefs about the world?



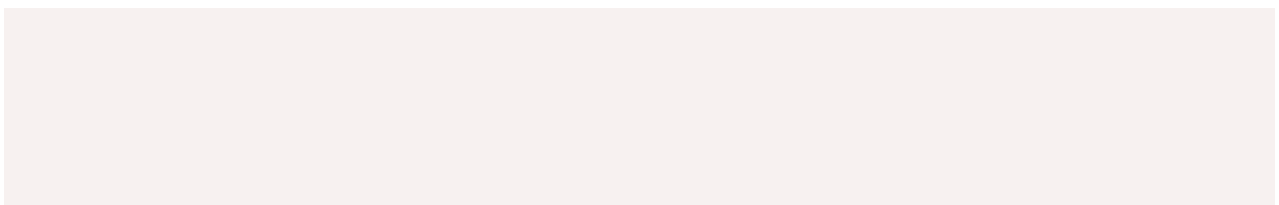
What does she think about and focus on every day?



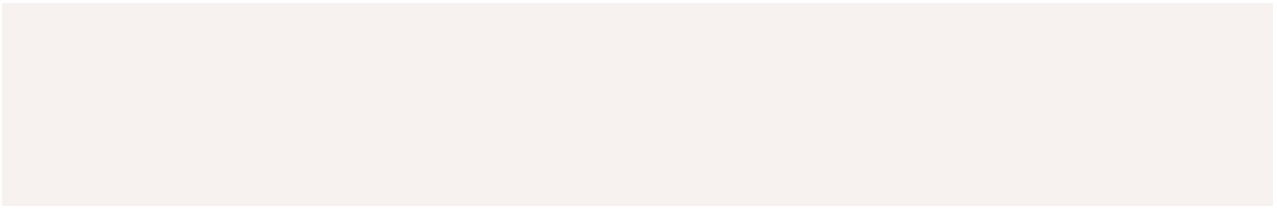
How does she show up in her business?



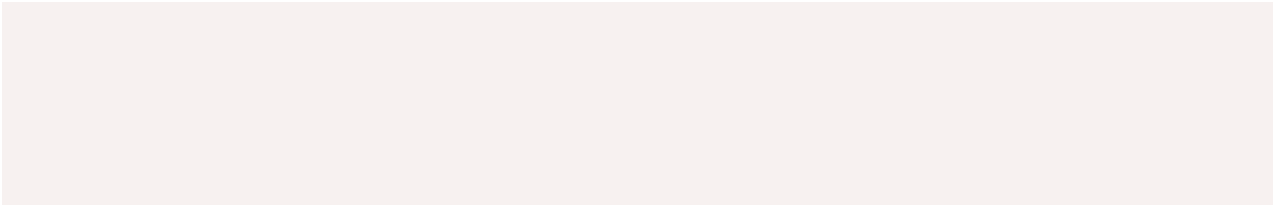
How does she handle conflict?



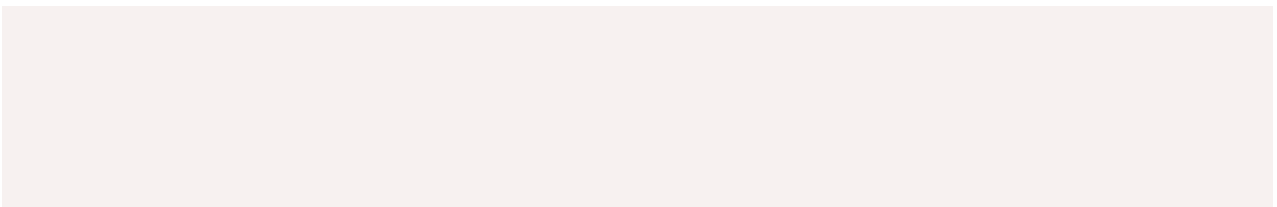
What does she know about her worth?



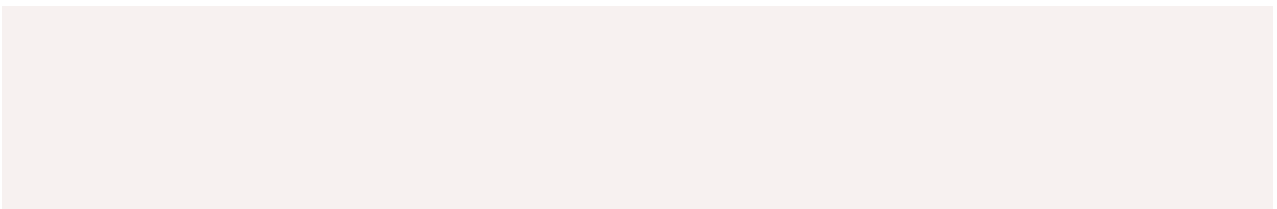
How does she respond to negativity?



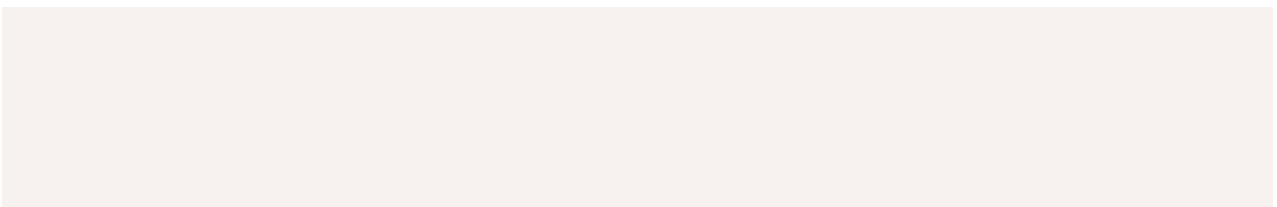
What does she tolerate? What does she no longer tolerate?



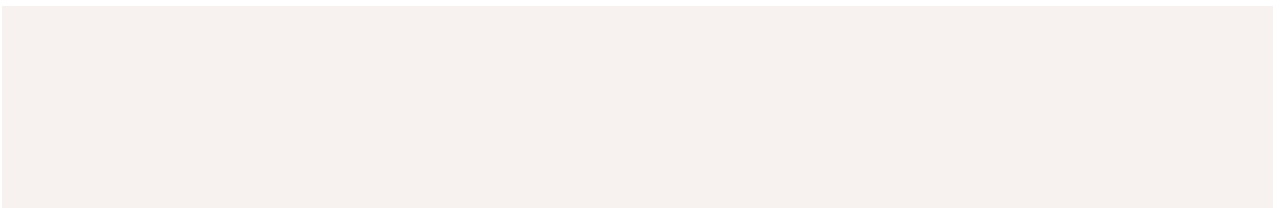
How does she handle her fears?



Who does she surround herself with?



How does she dress?



How does she fuel her body?

How does she keep fit and care for her body?

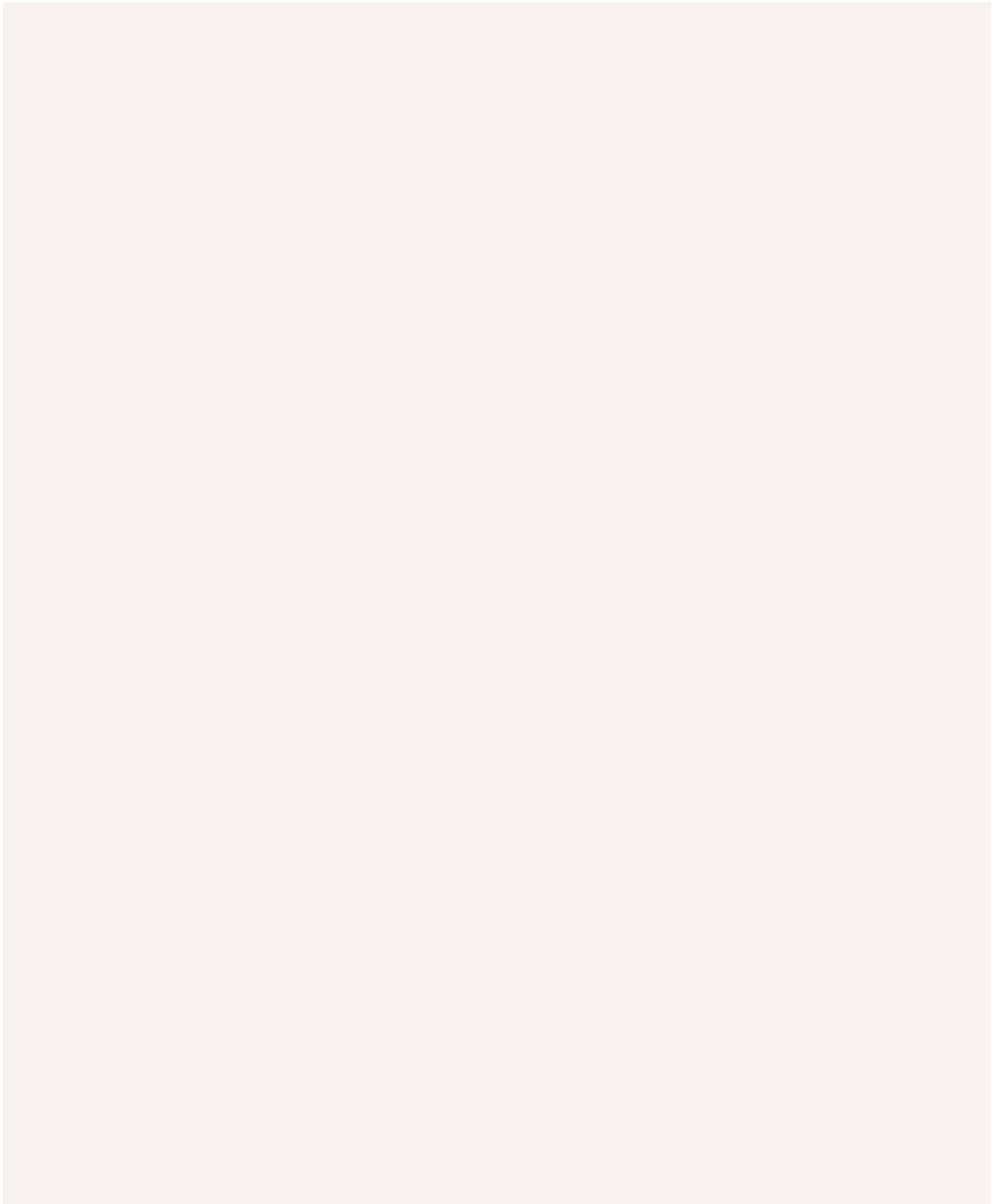
How does she structure her average day?

What is she available for in her relationships?

What is she not available for in her relationships?

What energy does she bring into a room when she enters it?

Any other thoughts and insights that come up...



Now you have a choice...

You can wait for 3 years to pass by and slowly grow into the higher version of yourself or you can choose to BE that version of you now and live from this place. When you do this, magic happens.