

LIFE WORK WEEK 4

Eleanor Roosevelt said “Do ONE thing every day that scares you.”

- What are at least 3 things you will do this week that scare you? Choose something that is not truly dangerous or life threatening, but that stretches you outside of your comfort zone and shows you it's ok to be uncomfortable.

It's great if this is in service of your dream, and it's ok if it's not.

- Commit to at least one action step and put it into your calendar: What is one thing you can do to take a step in the direction of your dream?