

Think. Talk. Walk.

As you think about your life (personal, professional, social, etc.), consider how you feel about the following questions:

Think: Celebration & Burnout

- What have you STOPPED doing?
- What have you STARTED doing?
- What have you OVERCOME?
- What have you LEARNED about yourself?

Talk: We are Influencers

- What is something that comes easy to you & seems like a no brainer?
- What can you bestow/ give/ offer to your coworkers/peers/leaders?

Walk: Create the Space & Plant the Seed

- What 5 words (or phrases) come to mind when you think about who you know you are?
- What is the message you give to yourself when you need a pep talk (to have your own back)?
- What is one element in your control you would like to try this month?

Notes & Additional Thoughts:



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