
EMBRACE & BLOSSOM

THE ART OF THE REFRAME



BRINGING CLARITY AND VISION INTO BALANCE

What we don't empower, something or someone else will overpower. This can even mean unhelpful patterns that keep us from pursuing what it is we really want in life.

Most people are looking for permission to do those things that they have always wanted to do. Sometimes we get stuck looking at what we don't want in life instead of what we don't want. We then become problem-focused.

If we are to build something new we have to have a vision for our life that is profoundly inspiring and better than what we have today. We want it to align with our core values and our unique skillset.

If we can get crystal clear about what it is we want in life we can move in the direction of bringing our greatest vision to life.

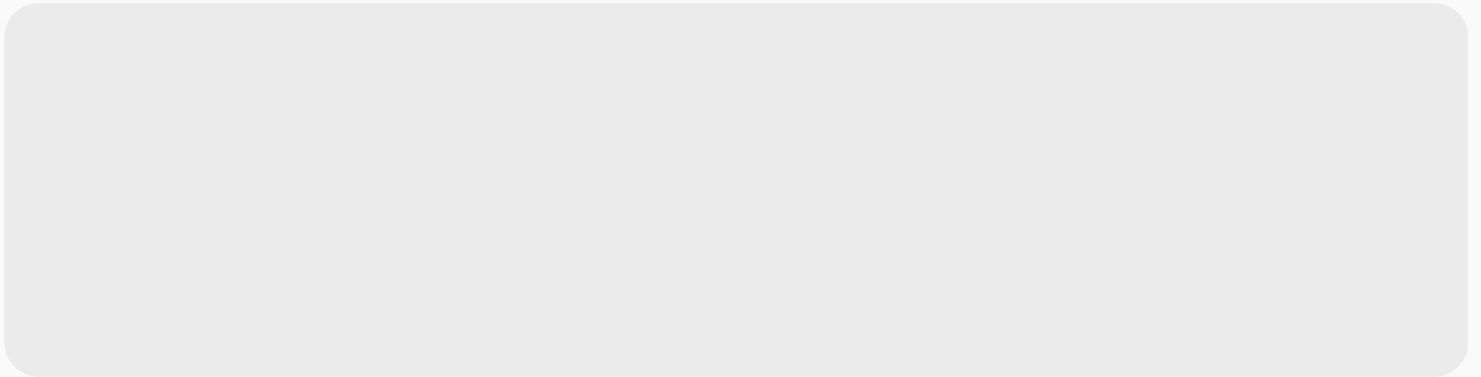
The vision that people have for their future is based on their beliefs, but many times we have limiting beliefs about what we can do and we don't realize how many options are available to us.



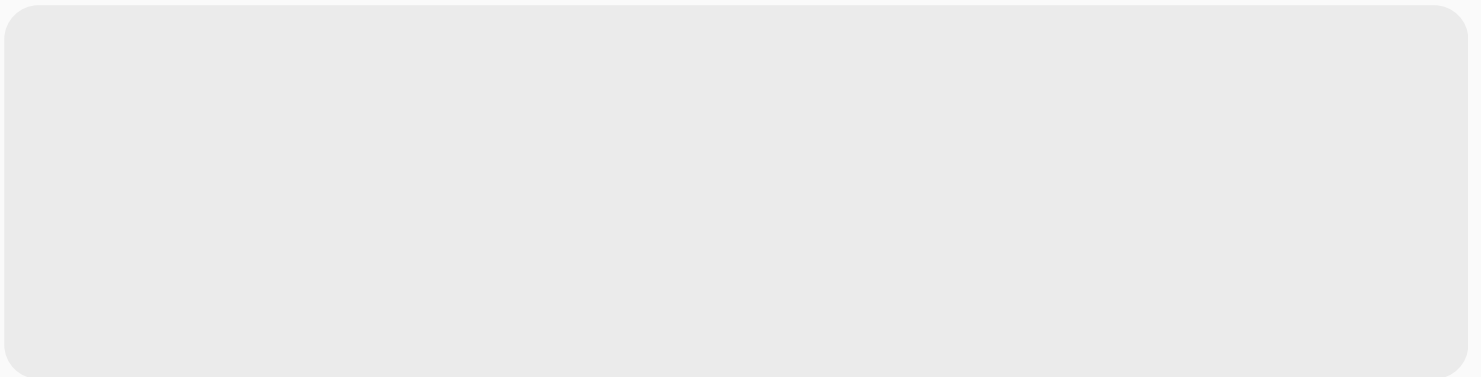
" WHO LOOKS
OUTSIDE, DREAMS
WHO LOOKS
INSIDE, AWAKES."
CARL JUNG

Here are some questions to help get you started on your Journey towards living the life of your dreams,

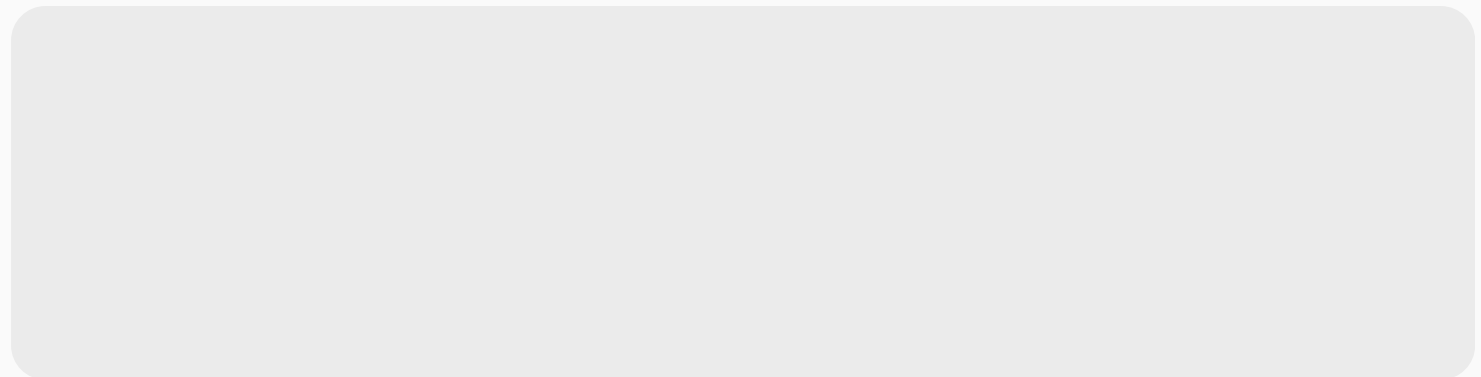
If you were free to do anything you wanted in life what would it be?



What would a life without limits and rules or caring what other people think, look like?



What's the first step you need to take to get what you want?



What motivates you, what drives you?

Why haven't you gotten what you want in life? What have you tried? What are you willing to try?

Who can support you and your vision?

"We are never going to get more than what we got yesterday if we continue to do the same things we did yesterday and the day before."

Kain Ramsey