



Are you feeling stuck? Set aside time to create and survey your surroundings.

TRY TO CHECK-OFF 3 OF THESE PRACTICES WHEN YOU'RE FEELING STUCK:

- ☐ Meditation
- ☐ Pray
- ☐ Deep Breathing
- ☐ Stretching/yoga
- ☐ Exercise

BEFORE HEADING INTO YOUR BIG MEETING/PRESENTATION

- 1) Set an Intention – What do I want my audience to feel when I create this?
What is my outcome?

- 2) Match your feeling to the outcome – If you want them to be sold and sign on the dotted line, then start to visualize that. Write down how you can match your feeling to the outcome. (Tip: This may take 3 or 4 drafts)

REVIEW:

Check your head-space

Set an Intention

Match your feeling to the outcome you want

Chill-out, check in with your heart, set your intention and go!

INSPIRATION

worksheet