



# Live Your Dreams

## Plan Your Route

*Start to live your dreams. Map your route – on your terms!*



### Action Steps

1. Reflect on your communications strategy:
  - a. What do you do well—i.e. your assets?
  - b. What are your challenges?
2. Revisit your strengths and shadows lists. Have you noticed any shifts? Do you have greater awareness? How is that reflected in your progress towards your goal/dream?
3. Make a couple of lists:
  - a. Things you'd like to change but you can live with.
  - b. Things you can't stand and must change about yourself.
4. Consider a typical week in relation to your work, your partner, your children – talking about what's acceptable and what's unacceptable during that week, without judging, just identifying the event.
5. List some action steps that you're going to take based on your answers in #3 and #4. How will you leverage your strengths and address your shadows?
6. Think back a few weeks. Are you making decisions just to please others that aren't pleasing yourself, or are you making decisions now that are from this new place and because you know it's what you really want to do and it's being authentic? Assess this from a loving and compassionate place, loving yourself first and loving those around you second.