



class 2: flip it

WE HAVE YOUR FUTURE YOU. LET'S GET 'WHERE YOU ARE NOW'
CLOSER TO 'WHERE YOU WANT TO BE!'

This requires vulnerability and honesty with yourself which can be really uncomfortable.
This is the start of letting go of your ICE CUBE story and believing in the possibility of
something different!

What are your top 5 pain points?



Now let's flip them:





Notes!

Questions you can ask yourself:

- What stops me from getting from where I am to where I want to be?
- If I think of my day-to-day life, am I getting what I want accomplished? Why/why not?
- Am I saying yes to things when I really want to say no? Why/why not?
- Am I saying no to things when I really want to say yes? Why/why not?
- Am I playing small when I know I am meant to do big things?
- Am I putting myself last or avoiding conflict to keep everyone else happy?
