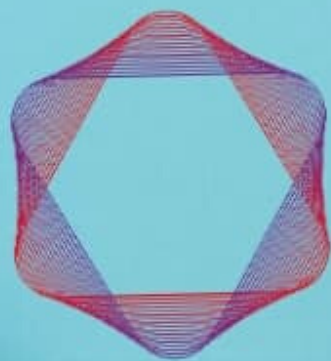


LIVE  
YOUR BEST  
LIFE



*Live Your Best Life!*

# **TIME TO GROW!**

Virtual Workshop Series



**Be not afraid of growing slowly,  
be afraid of only standing still.**



# 1. Power to Act

**Consider the possibility that your power to act  
is independent of your thinking and feeling.**

**Screw it,  
Just do it!**  
- Richard Branson

**Do or do not,  
there is no try.**  
- Yoda

**Don't believe  
everything  
you think!**



# 1. Power to Act

## Demonstration 'Power To Act'

What insight do you get from doing this exercise?

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**Where in your life could you use this  
power to act  
independently of your thinking and feeling?**

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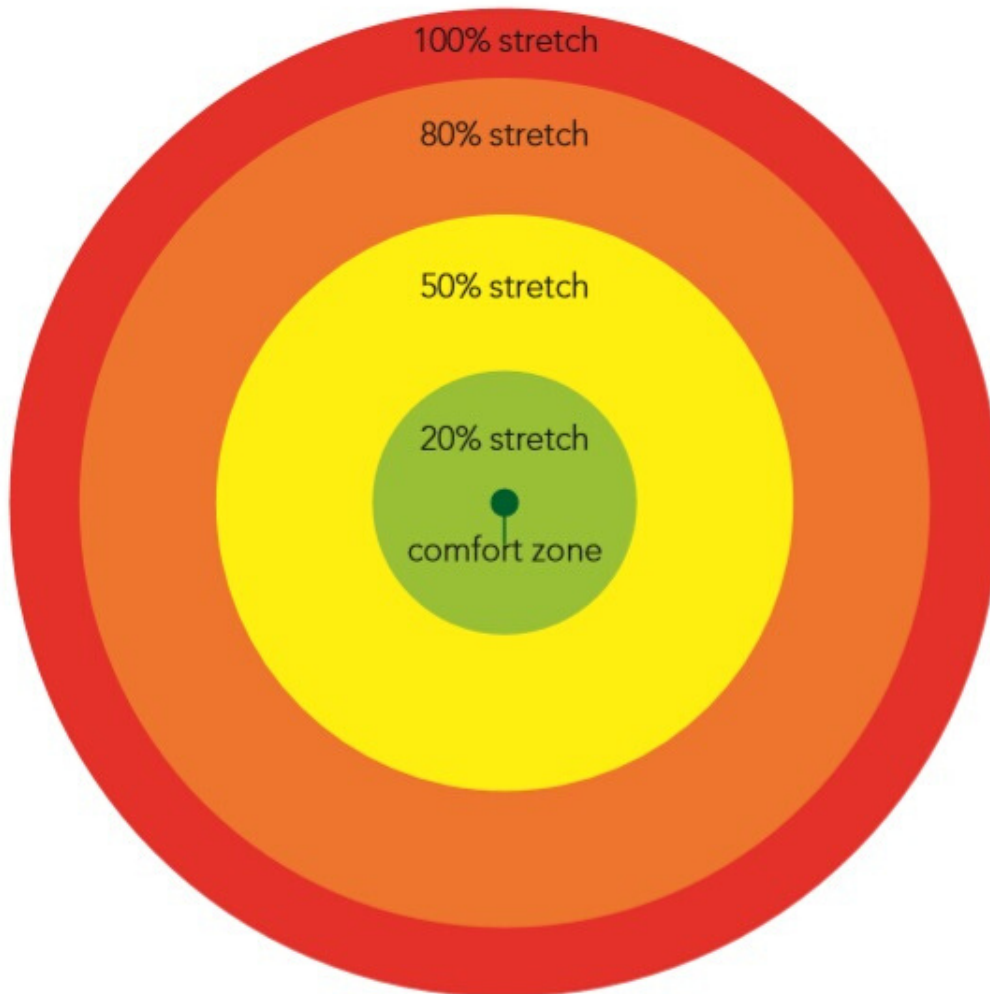
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# 2. Comfort Zone



My action/goal:



# 3. Gratitude

**Gratitude:**

**Living from abundance,  
rather than living from scarcity.**

10 things I'm thankful for:

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**My nugget of this workshop**



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**"I AM....  
two of the most powerful words,  
for what you put after them shapes  
your reality"**





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