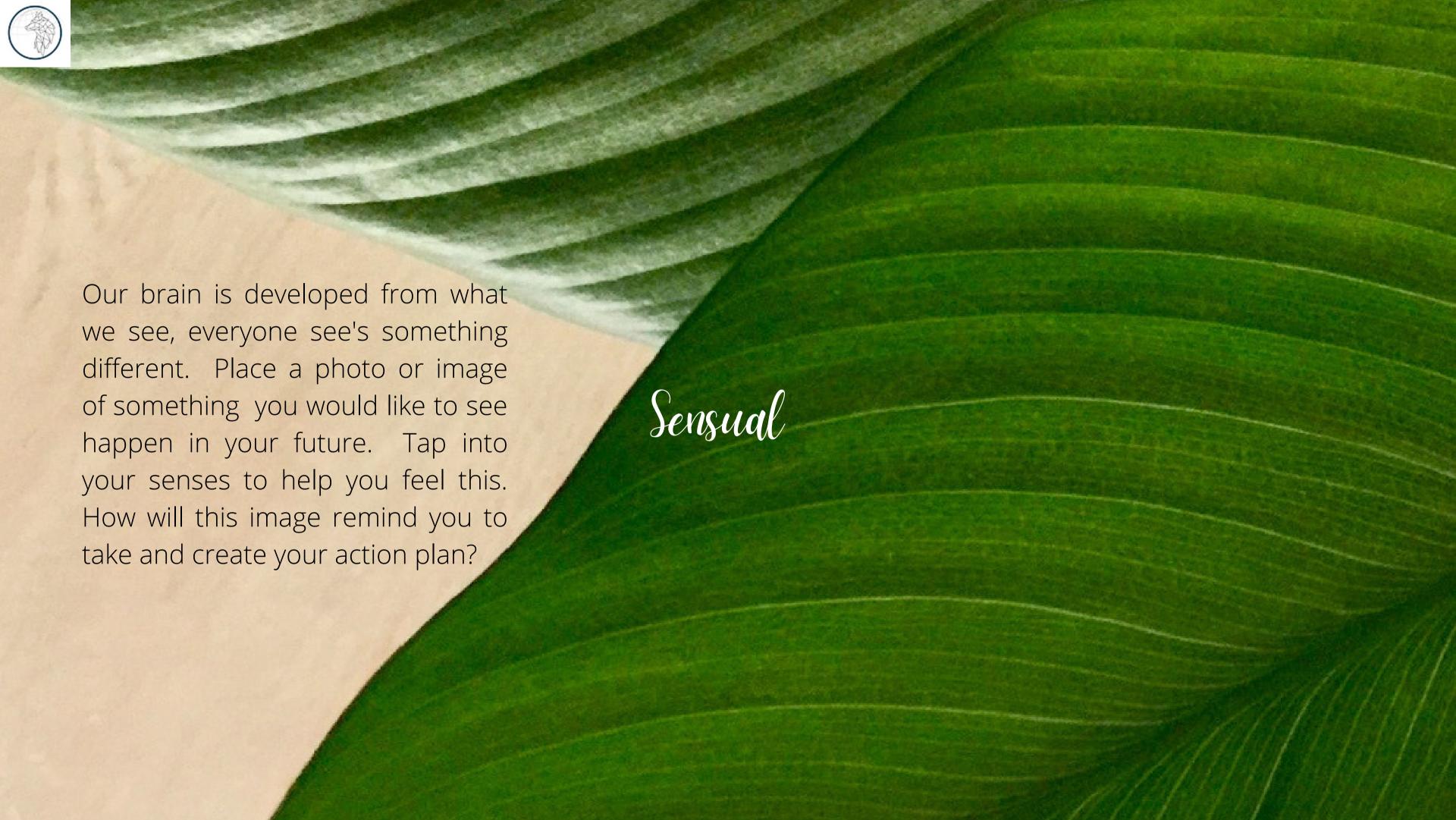




Evolving

Moving forward and making changes can be uncomfortable, it's part of the growth process though it can be fun to. Starting with small steps this is a good way to embark on a journey of significant change. What one thing can you start today that will help you to evolve in your life?







What kind of relationship do you have with your mind? Are you cynical, negative, restrictive in your thinking or optimistic, positive, open minded. Do you speak to your mind the same way you would to your friends, family, colleagues? Notice over the next week if your mind relationship is serving you in a way that is helping you to move forward or holding you back in life?





Experience



Travelling gives people the opportunity to learn more about themselves and the world around them, alongside connection with others. When being curious in the world and connecting with people and places it can better enrich our life's, minds and provoke thought and inspiration. Have you been somewhere lately near or far that has made you feel more connected in life?

