



Click through the prompts and start to gain some inspirational insights for yourself. Guiding you to feel inspired, connected, committed to moving forward in your life in a valuable, positive way.



Curiosity

In order to change yourself you first must understand yourself. Self awareness is key, be curious about you. What drives you to do the things you do? What interests you in life? How do you behave and act in your daily life? What are your wants, needs, beliefs? What are you managing? What are you rejecting?

Take a breath
Understand your patterns
Are you ready for change?



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?



Our brain is developed from what we see, everyone see's something different. Place a photo or image of something you would like to see happen in your future. Tap into your senses to help you feel this. How will this image remind you to take and create your action plan?

Sensual



Perspective

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

"Be brave take risks, nothing can substitute experience" Paulo Coelho



Connection

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?



Freedom

"Never be afraid to do the things that make you feel free."

Start your journey to feeling freer by booking a bespoke coaching session with Wolfe & World today.

www.wolfeandworld.com