

# your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

## Digging deeper on the topic of emotions and change

How do you make peace with your former self? The parts of you that are still tormented, still brokenhearted?

What is your motivation for change? WHY do you want to do better and be better? What's in it for you and everyone else? How will the world, your family, and/or your community benefit from this?

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Where do you put people on pedestals and make up stories about them? Do you compare their lives to your own? What is it about them that you want for YOUR life? What do you think you need to do to get it? And where can you be compassionate with yourself?

Is your life “unmanageable”? Do you struggle with emotions, boundaries, and communication? Why do you think this is? If so, what is a step you can do to remedy that?

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Who is in your support system? Do you have them, but need to tell them how you would love to be supported? Do you not have them and need to take action on nurturing existing or new relationships? Who are the people who know you best and will hold you to your dreams?