



STUCK
TO
UNSTOPPABLE

Play Book

NEW BEGINNINGS



NEW BEGINNING

Rate yourself in different areas of your life. NO JUDGING!!!

What is the one, or more thing you can change in each of those areas to go one level higher?





Reflection

As we are entering a New Year, it's time to reflect on where you are in life and what you may want to change.

What were the gift of this year? What are you grateful for?

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What is something you may have learned?

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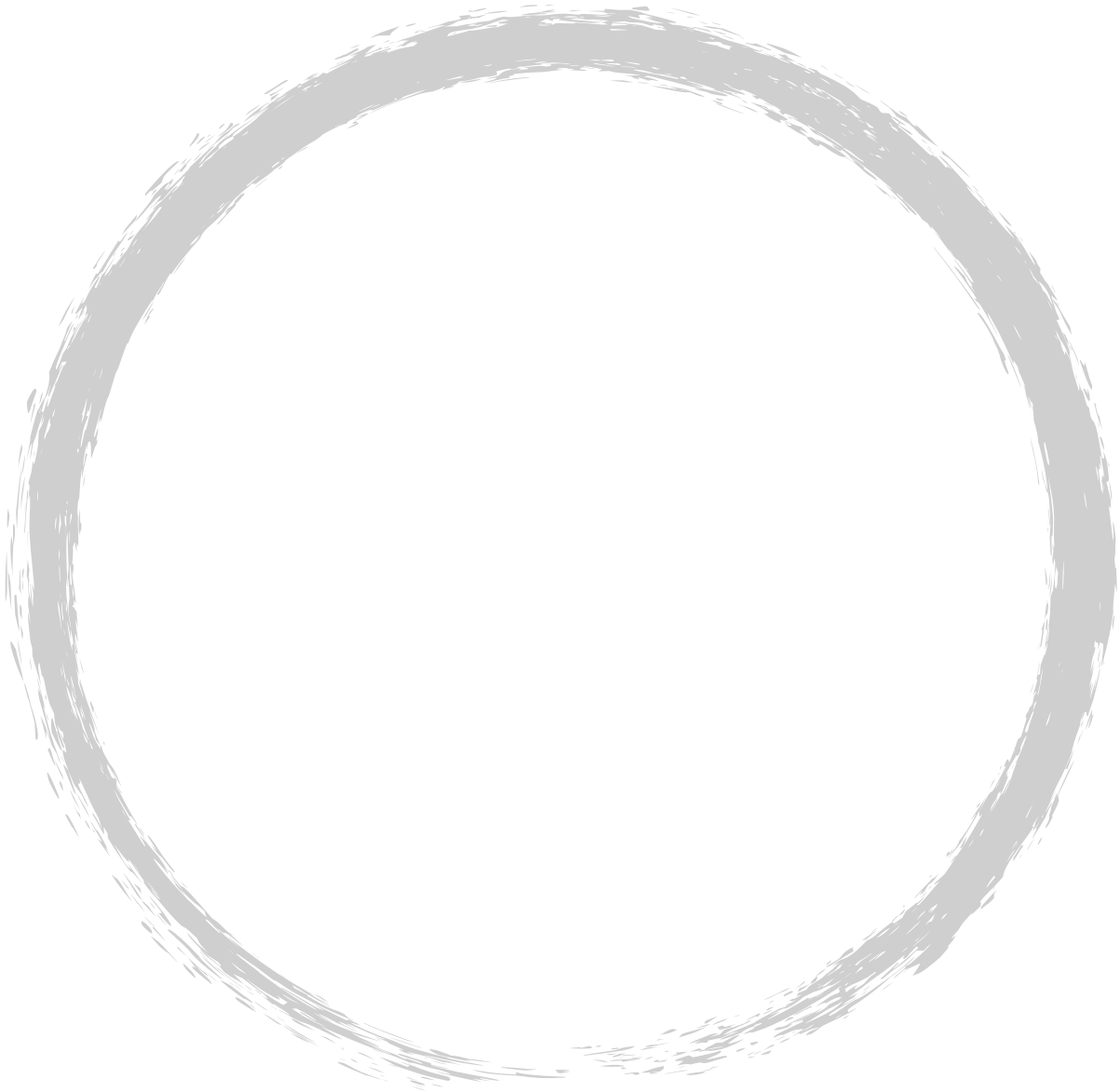
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Reflection

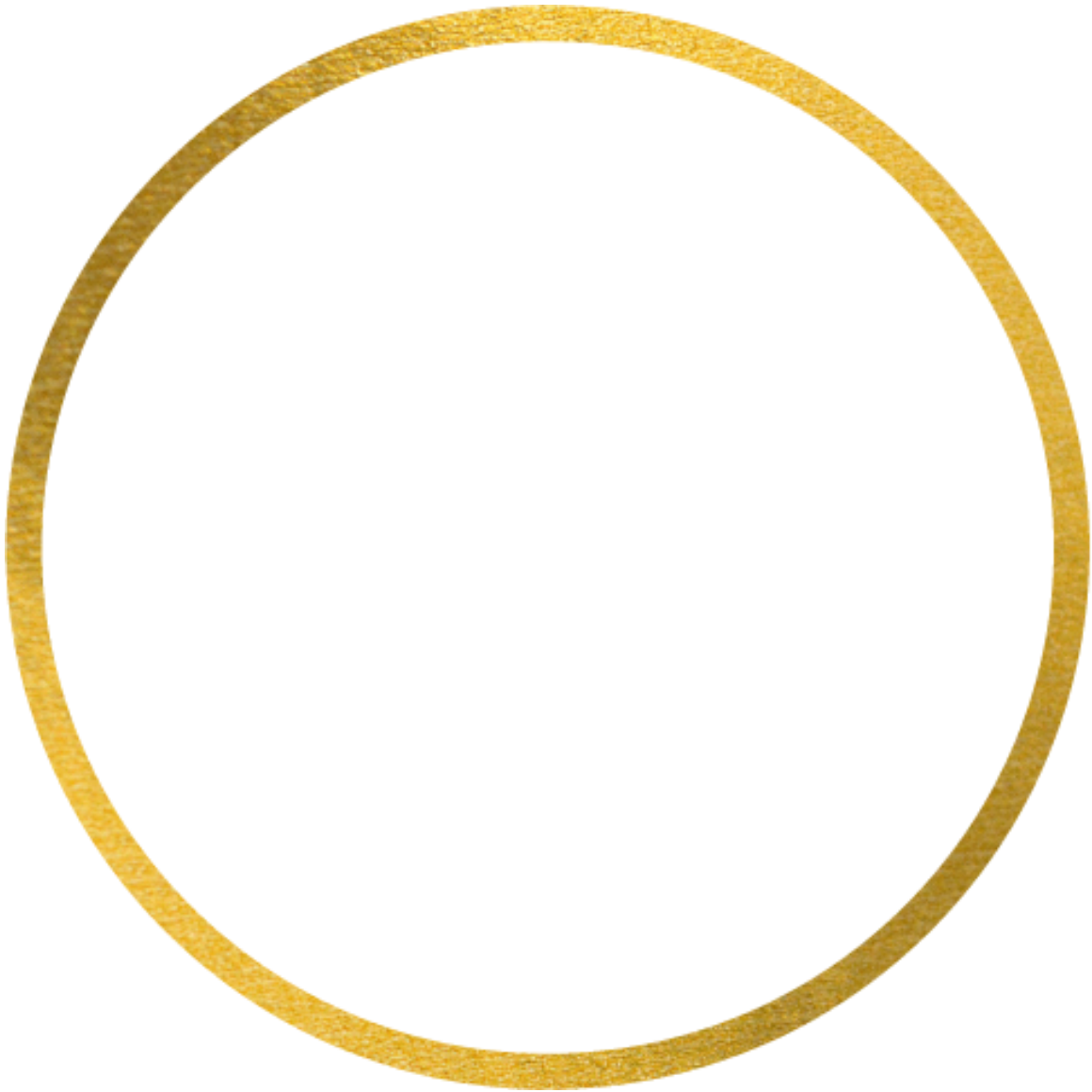
In this bubble, place everything you would like to let go of





Reflection

In this bubble, place everything you want more of





Reflection

Doubts, Negative voices, What if...





Reflection

**Imagine your ideal future in 6 months.
What would happen if it all came true?**





Self Reflection

Insights, Breakthroughs, Sharing...

