

My insights What are your top three insights or AHA's you have had from completing the exercises? Insight #1 Insight #2 Insight #3 How important are these insights to you? What is now possible? What did you learn about yourself by doing this work?

Please review your plan to see if you need to revise or add any new actions.

Congratulations on these new insights. You're on your way to making transformative change.