



natural courage™

CLARITY • CREATIVITY • CHOICE

Clarity Exercise The Seasonal Selfie

Every season brings natural changes and unique gifts. Take a moment to stop, appreciate, and review where you really are in life. It is an important first step on your next quest journey.

Step 1: Natural Start

Go outside for a walk, sit in a garden, visit a park, or gaze through a window at the beautiful sky.

As you enjoy the wonder of our natural world, take a couple of deep breaths and think about everything that is good in your life right now.

Step 2: Windows to the Soul

Now snap a closeup selfie of just your face (or take a long look at yourself in the mirror). You don't have to post it but bravely look at the picture and ask yourself this question ... *how am I really doing right now?*

What did your eyes tell you? Do they reflect a balanced healthy and happy life? Or not? And as you look closer perhaps you can tell what's working for you and whether it is time to make some changes.



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Step 3: Seasonal Reflections

What season of life are you ending, beginning or in the middle of?

What are a couple of immediate changes you yearn to make in your life? Are there some changes you have been avoiding? Just how important is it to work on these things?

Step 4: What's Next?

Finally, how would you like to live into your next phase of life? With sunshine, ease and grace or with stormy, worry and struggle?

Where did you find the courage to actually complete this exercise?

Congratulations! When you have finished this exercise you have begun to gain more clarity about where you are in life. Now your next step is to schedule a FREE 30 minute Natural CourageTM Discovery Session.

[Click to Book Your Free Session Today!](#)

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