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THE GROWTH EDIT - ISSUE 14



“Part of being successful is about asking questions and listening to the answers.”

– Anne Burrell

Ponder This:

Are you feeling unclear or confused at the moment?

This is often a signal that something powerful is unfolding beneath the surface. You may not know what it is yet, but it's a nudge from life to lean in, not pull away.

These moments of uncertainty hold countless possibilities, if we choose to hold them that way. This is when you need to pause, ask powerful questions, *listen* deeply, and trust that clarity is just around the corner.

Ask yourself:

- What have I achieved in my life so far (really sit with this, list out your achievements from learning to drive a car, graduating college, moving cities, creating a family, professional achievements etc)
- What is my vision for my life? What does success look like for me now?
- What is one thing, under my control, that is holding me back?
- What might happen if I removed this one thing? What might open up?

- When I picture myself at 90, having lived a life I was proud of my life, what would have taken place?
- What are the most exciting possibilities in front of me right now?

Suggestion: Take your time to journal on this questions in detail, you will gain the clarity you are looking for.

Experiment with:

Choose the most exciting or energising possibility you listed above and take action on it. As you take take one step, the next one will reveal itself to you, as will the next, and the next. So just focus on taking that first step.

Remember: *Small changes lead to big breakthroughs.*

Till next time.

Lots of love,

Rachel

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