

5 tips to break the cycle

Name:

Date:

1. Stop waiting till you are ready.

you'll never feel fully prepared → start before you feel ready.

what is one action you can take day, that you have been postponing?

2. Be imperfect → perfection doesn't exist.

Progress beats perfect every single time.

what is one thing that you can post, publish, share or do without it being flawless?

3. Replace excuses with ownership.

Nothing changes until you take full responsibility.

Write down one thing where you have been blaming someone or something else → the flip it to "what can i do different?"

4. Lean into discomfort.

What feels uncomfortable is usually where your next level hides.

Pick one thing that scares you → and write down what en when you're going te do it?

5. Look beyond what's familiar.

Growth starts when you explore new tools, people and perspectives.

What thing you can learn this week that challenges your current way of thinking?

**BE THANKFUL FOR THE
TIME YOU'RE TAKING RIGHT
NOW TO BREAK FREE FROM
THIS CYCLE**

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