

THE ART OF PIVOTING

01

STEP ONE

ASK YOURSELF: WHY AM I HERE? WHAT IS MY PURPOSE IN THIS LIFETIME? SPEND SOME TIME WITH THIS QUESTION. ANSWER FROM YOUR HEART, NOT FROM WHAT YOU THINK YOU SHOULD DO.

02

STEP TWO

ASK YOURSELF: HOW DO I WANT TO FEEL? DON'T CENSOR YOURSELF. GET CREATIVE. I FIND THAT SIMPLE WORDS ARE BEST, BUT YOU GET TO CHOOSE THE WORDS THAT RESONATE WITH YOU. WRITE THEM ALL DOWN. IF WHAT COME UP FIRST ARE ALL THE THINGS THAT YOU'RE FEELING THAT YOU DON'T WANT TO FEEL, WRITE THOSE ON A SEPARATE SHEET OF PAPER. WHAT WE DON'T WANT CAN HELP US MOVE TOWARD WHAT WE DO WANT.

03

STEP THREE

NARROW DOWN TO 4-6 WORDS. THESE ARE YOUR CORE DESIRED FEELINGS, YOUR TOUCHSTONES, THAT WILL HELP GUIDE YOUR DECISION MAKING FROM YOUR HEART. ALLOW THEM TO CHANGE OVER TIME, BUT KEEP THEM HANDY SO YOU CAN REFER TO THEM OFTEN UNTIL YOU EMBODY THEM.

04

STEP FOUR

THE NEXT TIME YOU HAVE TO PIVOT, REMEMBER THESE TOUCHSTONES. ASK YOURSELF: HOW DO I WANT TO FEEL?

05

STEP FIVE

ASK YOURSELF: WHAT IS ONE THING THAT I CAN DO RIGHT NOW TO MOVE ME IN THE DIRECTION OF WHAT I DESIRE?

BONUS: ASK YOURSELF THE FIRST QUESTION AGAIN. HAS IT CHANGED??? IF SO, **PIVOT!!**

