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Be pulled by your future and not pushed by the past!

Please take a moment to create your responses to the questions below, keeping one copy for yourself and returning another one for me. Through this writing process, you are starting to build a new foundation to experience your life and your relationships the way you have always dreamed of.

1. What would you dare to dream if you knew it would come true? And how would you like to feel if you knew it would come true?

❖ Personally:

❖ Relationships:

❖ Professionally:

❖ Spiritually:

2. What is having your dream worth to you?

3. What are some signs or some experiences that will show your dream is materializing?

4. What is preventing you from having your dream?

5. What are your highest values in life?

6. What are the challenges that you face when communicating with yourself and others?

7. What works well in communicating with yourself and others?

8. Are you aware of any patterns, thoughts and beliefs that are an impediment to you and/or are empowering?

Thank you! I am looking forward to working you!
Warmly,
Elana Sabajon