

@Daily Reflection

I want you to grab yourself some 'Post-It' notes and write the following questions on them – be sure that they are clearly able to be read. I want you to spend a minute each morning reflecting on these questions.

SHOWING UP

What am I grateful for?

Who do I love?

Why am I so happy?

STEPPING UP

What am I most committed to?

How committed am I? (Give a number out of 10)

Why that number and not 1?

GIVING BACK

What is my intention?

What is my wish?

Why am I here?

I have written these questions on heart shaped 'Post-It' notes and placed them around my bathroom mirror. I review them every morning. Sometimes it is good to move them around – otherwise they lose focus as they stop being a 'novelty' in your environment.