

PERFECTION

IN PRACTICE



KAREN
HUMPHRIES

BLOOMING FROM WITHIN

Join the #changechick today to give yourself the much needed boost to connect to your TRUE SELF!

PATH PASSION PURPOSE

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One of the quickest ways to make changes in your life is to increase your conscious awareness of what it is you want to change. This includes embracing what you like and owning what is blocking your ability to implement small actions in order to work towards the dream life you want.

I work constantly with the Laws of Attraction, and part of the change process is identifying what it is you want. By this I mean what does your dream business life look like?

- How many clients each day can you sustainably provide a service to before you get tired and run down?

- How many clients each week can you provide services to and keep up with the administration of your business?

- How many clients each day gives you the income you want as well as achieving a work to life balance?

Say for example you are capable of working on five clients per day, and we work during school hours.

This is the dream.

What small steps and actions do we need to start taking now to be able to achieve the dream? So first step is to complete the strategic business plan (watch the webinar!), and commence identifying all the tasks to be completed. We then need to prioritise your energy, focus and attention, to be able implement the small actions in a systemised way.

I find an honest and responsible reflection of my performance or procrastination easily helps me identify where I need new skills or to outsource tasks in order to maintain momentum. The weekly planner also helps me stay on track and identify anything negative to be defused at my next maintenance session!



Weekly Planner

Living my dream life will allow me to feel

so I intend to undertake the following actions, which will enable me to align to creating the new habit to sustain my dream life!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Don't Forget!

To Do:

**What worked this week?
Take Note and DO IT
AGAIN!**

This week I am GRATEFUL for :

I CHOOSE TO CHANGE & LIVE MY DREAM LIFE