

The Path to Rhythm

Class 1 Worksheet

“Release: What You Must Know Before You Move Forward”

Rhythm: Procedure or routine characterized by regularly recurring elements, activities, or factors:

“Nothing is worth more than this day”- Goethe

1. We _____ to situations in ways that we were raised or in ways we would like to forget afterward... instead of being _____ and having a plan and tools in our pockets to pull out when needed.

2. Motivations for Change:

3. It's hard to make changes when we are not _____ of what the real reasons are.

4. 3 Categories of Reasons Why you are being held back.

Notes: _____

Questions: _____
