



## Episode 9 Exercises

1. What are some things you would like to do but fear, worry, or other factors are holding you back? Write them down.

2. What skills would you like to learn or improve upon but haven't taken any action towards yet? Write them down.

3. Divide each of the items above into ten steps or parts. Write down each step. To start, focus on the first step and don't look ahead to the following steps. Concentrate solely on the step you're about to take and take action. Complete one step at a time, then move on to the next step until you reach the final step.



**THE MAGIC OF PERSONAL FLOURISHING**



**FORTUNA-ACADEMY.NET**