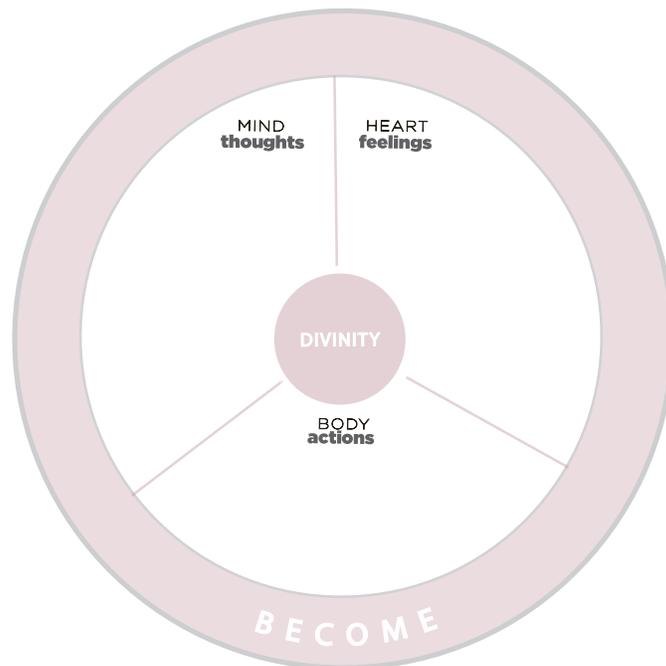


OWNING YOUR AGENCY
June 2021

In what areas of your life do you feel acted upon?

- Is there a thought I have a hard time letting go of?
- Is there a feeling I feel I have no control over?
- Are there actions I am taking that I don't like?

Choose one and put it into 'The Spin.'



After you've filled in 'The Spin' ask yourself: Do I believe I have the ability to choose everything in my circle? Do I want to make a different choice? Does this motivate me to do good or change? Is this helpful?

In that same area of your life, ask yourself:

- What do I want to think?
- What do I want to feel?
- What actions do I want to take?

Now create flow ... fill it in here

