



BE THE EXCEPTION

1. BE HONEST...Rewriting your Story

- **THE STORY**...I don't have one minute to breathe or take care of myself
- **THE TRUTH**...I am worth taking care of, I need to slow down & breathe
- **MOVING FORWARD**...I will take a 2 minute break every hour to breathe, I am worth taking care of
- **THE STORY**...Those kids are bad and they are always naughty
- **THE TRUTH**...The kids are struggling and have problems they are dealing with
- **MOVING FORWARD**...I will lead with more curiosity & less judgement

NOW YOUR TURN...

2. Are you Open to Help?

- Who has been a mentor to you?
- Who have you mentored?
- Who has been a surprising helping hand?
- Who has been the most **IMPACTFUL** Hero, Mentor, or Light in your life?



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3. What does taking care of **you** look like?

- What are three ways you used to play?

- What is your favorite way to move your body?

- What is one thing you do each day to take care of your...
 - **Physical Health**
 - **Mental Health**
 - **Emotional Health**
 - **Spiritual Health**
 - **Financial Health**

4. How do you feel about changing direction?

- Are you excited or are you resistant to change?

- Can you find the silver-lining in the most challenging of changes?

- What has been your most challenging change that required you to shift in your life?
 - **Career**
 - **Relationship**
 - **Health**



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5. What do you do when the story changes?

- Have your detours made you feel like a failure?

- Do your detours derail or **MOTIVATE** you?

- What has been a motivating factor?
 - **Relationships**
 - **Learning**
 - **Indulgences**

6. What is the most courageous Goal you achieved?

- Do you get up in the morning **BOLD** and inspired for the day?

- When is the last time you felt uncomfortable and pushed through anyway?

- How does acting courageous positivity effect those around you?
 - **Friends**
 - **Co-workers**
 - **Family**



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7. What does it mean to like yourself?

- What would need to change to become the real version of yourself?

- What role model do you compare yourself to?

- Who are you?
 - **How would you define yourself in 3 words?**
 - **What are the 3 words others would use to define you?**
 - **Ask 2 people...what are their words for you?**