



Six Questions to Ask Yourself Before You Begin to Create Your New Beginning

This handout is the compliment worksheet from the "Six Questions You Must Ask Yourself" Series.

So often we have a sense or see our heart's desire but have stumbling block to how or what is holding us back from creating that wish.

Taking the steps to craft your clear intention focused on your desire and coupled with action brings about the changes your desire.

Get Clear About Your Intention by Asking Yourself these 6 Questions: To get to the why behind the why and to an amazing new beginning! (This exercise helps you to identify and move past your killer beliefs)

1. What Do I Want? Maybe you're we're crystal clear on what you want but sometimes you're not.

2. What Don't I want? Some times you can be super clear on what you DON'T want! (This is good)

3. What Will I Do?

Sometimes you are willing to do whatever it takes to achieve a goal, within boundaries



4. What Won't I Do?

Sometimes jotting down what you won't do holds you in your clear integrity

5. What Will I Tolerate?

Sometimes the pain to pleasure balance is okay to be push to its limits

6. What Won't I Tolerate?

Sometimes personal limits need to clear and understood to move forward with ease.

These six questions are intended to be a quick internal check in strategy to allow you to move in the correct direction for you with your full understanding of your feeling and needs.

Did you uncover your why behind your why?

Be sure to take advantage of the initial complimentary coaching session Kristen offers by emailing directly at Kristen@kristendarcy.com.