



## *The 6 Keys to Personal Transformation*

### Step 3 - Embody the Person You Are Becoming

Your homework for today is to really think about ways you can embody the person you are becoming. Remember, it's not just about taking action - it's about really trying to feel like the version of you that you are working towards. Here are some thought starters that might help you to come up with some ideas:

1. How does the person you are becoming dress? How does he/she look? How does he/she move through the world?

2. What does her/his living space look like? What does her/his work space look like?

3. What sort of health practices does he/she have? What does he/she eat? How does he/she move his/her body?

4. What does this person do in her/his leisure time? How does she/he relate to others?

5. How does he/she start the day? How does he/she end the day?

6. Does she/he have any spiritual or self-care practices? What are they?

7. What does he/she say to herself throughout the day?

These are just some thought-starters, but hopefully you get the idea. Really think about how you can become this person and then have at it - I'm sure you'll feel the difference in your life experience.