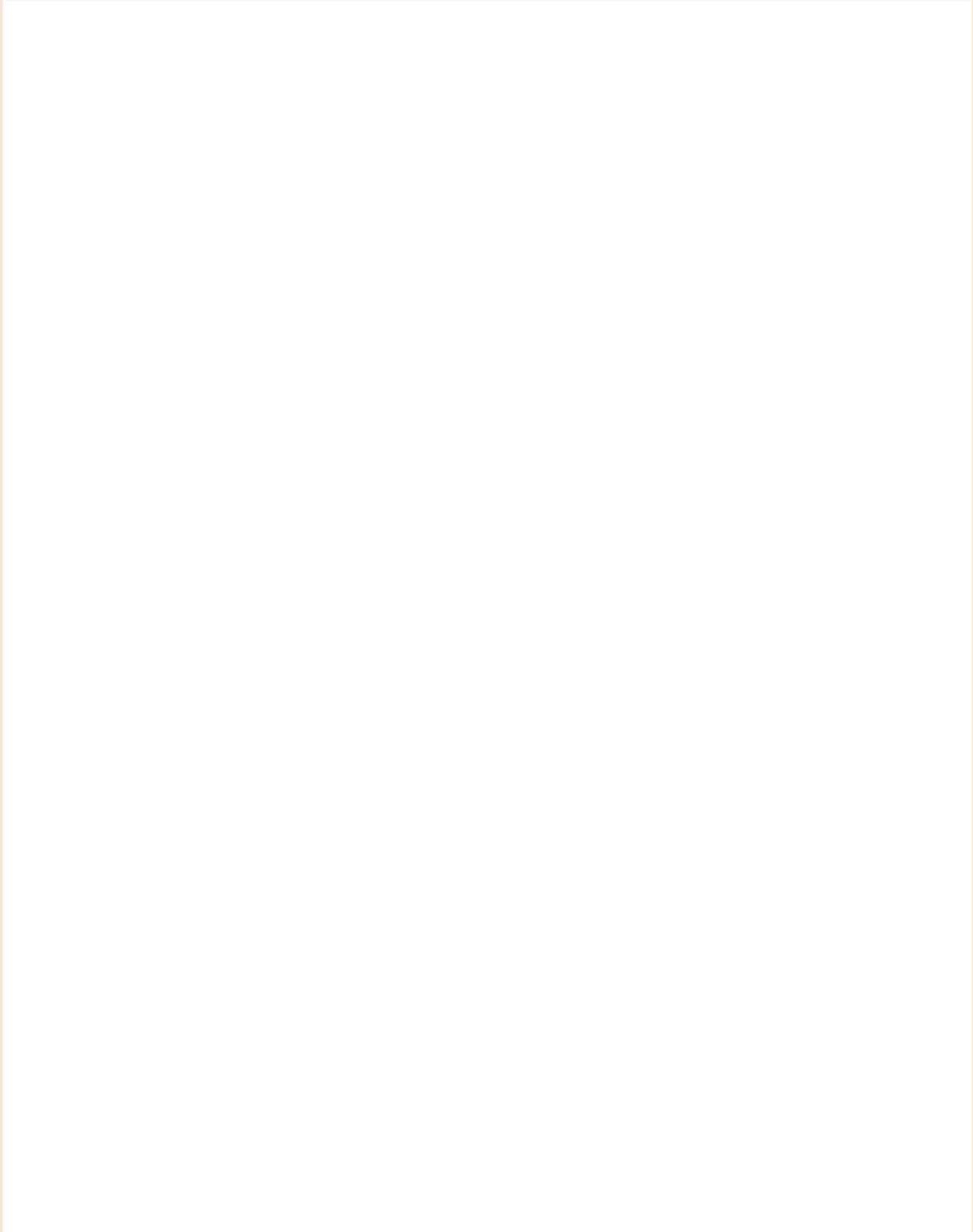


**1. HOW ARE YOU FEELING IN YOUR BUSINESS IN THIS SEASON?**

**How do you feel energetically? Physically? Mentally? Emotionally? In what ways do you feel supported to do your best work? In what ways do you feel like you're compromising your own needs for the sake of your business?**

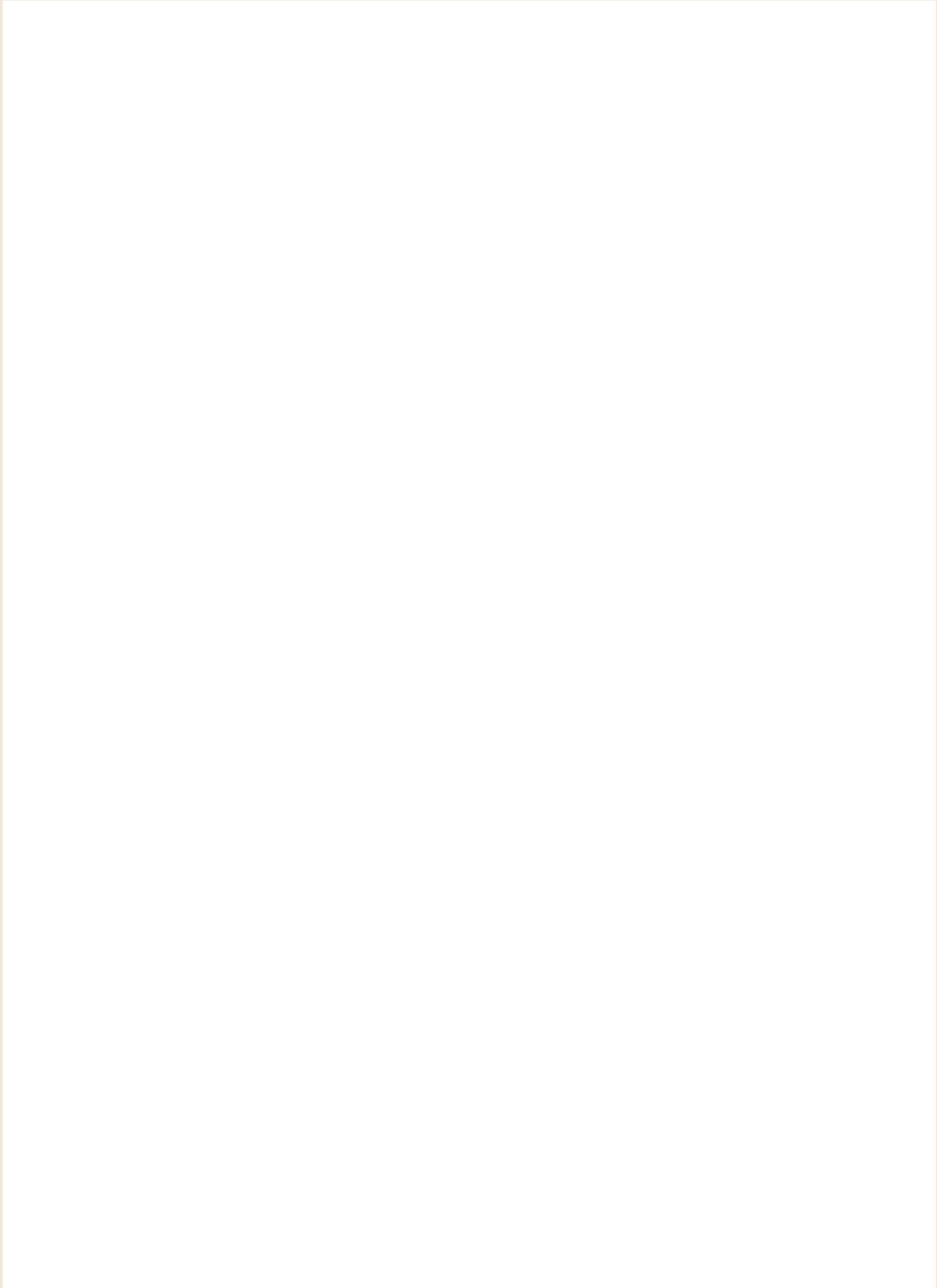


**2. IN THE MOST BEAUTIFUL VERSION OF YOUR CREATIVE WORK AND LIFE THAT YOU CAN IMAGINE FOR YOURSELF, HOW WOULD YOU FEEL EACH DAY?**

**In what ways would you feel supported to do your best work? In what ways would you prioritise your own needs each day, week, month, and year?**



**3. WHAT WOULD NEED TO HAPPEN TO MAKE THIS VERSION POSSIBLE FOR YOURSELF?**



**4. IN THIS SEASON OF YOUR BUSINESS WHAT ARE THE WAYS YOU CAN EMBRACE THE SELF CARE YOU WANT AND NEED?**



All Rights Reserved. Jen Carrington, 2020 ©