



## Getting Started & Getting It Done

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Tune into your heart and open up to your soul's wisdom...

What do you want to get started or get done?

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Why is this important? (Purpose)

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What is the old story you are telling yourself that is triggering your perfectionism?

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What is the soul wisdom in that story you can apply to the present moment?

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How do you want to feel when you have moved forward on this?

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Take a few breaths and FEEL!

Inspired Action Steps

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_