

JOVI'S NOTE:

"It's important to start from a place of celebration and gratitude. For many of us it's easier (read, we're taught/programmed!) to look for ways to improve immediately. And yes, while it's important to acknowledge our areas for continued development, when we begin our process purposefully celebrate our progress/wins and leaning into gratitude we invite the power of MOMENTUM to gently encourage us along our way. It's with this in mind that I offer these coaching questions to help you begin your Wake Up/Love OnPurpose reflection."

WAKE UP/LOVE ONPURPOSE PROMPTS

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. I feel obliged to make everyone happy during the holidays | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I appreciate my: <i>(Think expansively here! Consider your qualities, physical abilities, achievements, positive emotional responses to challenges, etc)</i> | | |

3. Write three positive affirmations that you believe about yourself

- 1. _____
- 2. _____
- 3. _____

4. How have I shown my community love? What can I celebrate?

5. What relationships have grown and improved?

6. How have I shown love to communities that I inhabit? (family, church, friend circles, neighborhoods, affinity spaces etc)

7. What does a healthy, meaningful relationship look, feel and sound like to me?

8. How have I edified the key relationships in my life? How have they edified me?

9. What spiritual practices, if any, have I honored to show myself love and care? What should I continue? What should I consider changing?

10. What relationships (or types of relationships) need more care and attention from me?