

Week 4:

**Intention:** Finalise our intention on paper

**Meditation:** Step into the future

**Qigong** energy clearing

**Evernote:**

1. Determine three areas you want to work in.
2. Things that need to happen in order for you to achieve them.
3. What action needs to be met for the next week on the above.

**Action steps for the week.**

- Remember to put your self-critic in check.
- Hear yourself blaming, justifying and judging
- Add an action with regards to your worry list.
- Morning pages.
- The artist dates.
- Say something nice about yourself as often as you remember.