GROWTH INTELLECTUAL / SPIRITUAL

- Are you growing?
- What was the last book you read?
- What was the last movie you saw?
- Do you go to seminars and workshops?
- Are you a member of a church, temple or other spiritual group?
- Do you meditate? Do you want to?
- Do you walk your talk?
- What was the last class you took (when)?
- How much TV do you watch?
- Are you alive?
- _____?

TAKE A FEW MINUTES TO WRITE YOUR ANSWERS.
THEN ASSIGN A NUMBER FROM 0 TO 10.

Jo Christie, Life Coach
jochristie18@mac.com
617-775-1171

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NOW - WRITE YOUR VISION OF HOW YOU WANT IT TO BE!

GOALS!

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