



Find a nice quiet space with a hot cup of tea (or whatever you love) and feel the freedom to share whatever is present from the heart with openness and honesty, as much or as little as you like. Whatever you choose to share here will help you get a sense of what is truly important to you right now. From there you can choose to direct it in any way you want to creatively design the future.

As Stephen Covey says “The best way to predict the future... is to create it”

With success, abundance and possibility...

TAKE A FEW MOMENTS TO REFLECT ON THE FOLLOWING:

To you, what are the most important things in your life right now?

What areas do you feel are ‘working’ well right now, bringing a sense of joy, happiness & satisfaction?

What areas do you feel most need to change?

How would you describe your picture or ‘vision’ of your ideal life or lifestyle?

Continued...

What are you most excited about!

How would you rate your sense of balance between life and business at the moment? (1 being a feeling of total balance, 10 being completely out of balance)

What do you feel you most need to focus on as a person right now?

Of all your achievements and qualities, what are you most proud of?

How much time would you invest each week nurturing your friendships and special relationships?

How would you rate your health and sense of wellbeing?

Are you satisfied with your financial position at the moment? What are your goals for your finances?

Continued...

From a business perspective, how are things working and is there anything that would make a real difference to how your business runs and what it creates for you?

If you could achieve anything at all right now, in life or business, what would it be?

To make things happen and move forward in the direction you choose, what do you feel the most important 'next steps' are?

Well done! We really appreciate your openness and honesty, trust the reflection time and your answers will be a real catalyst for you and look forward to spending time together very soon.

For those attending Bali Retreat 2011, please also take a moment to share the following...

What would you most like to get out of your Bali Retreat? In order of importance, what is personally most important to you in your time away:

- Time Out - complete time out to relax and recharge, lazing by the pool or curled up on the daybed with a good book!
- Workshops and connection time that support me in bringing new energy to my life goals
- Workshops and connection time that help consolidate my business goals and plan and set the path to activate it
- Quiet reflection time with a balance of light activity, exercise, good food and good company
- Total recharge – all of the above!

If you would like to attend Bali Retreat 2011, please confirm availability first, either by phone (1300 941 480 within Australia) or email to team@baliretreat.com.au Once confirmed, fax together with registration form to 1300 941 481 or email direct to team@baliretreat.com.au . With thanks and possibility for the future!

