

2023

CHEERS TO THE

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# TRANSFORMING VIA YOUR INSIGHTS



MAY THE MAGIC OF NEW OPPORTUNITIES BE YOURS!  
WITH HEALTH, LOVE, JOY, DISCOVERY, AND HOPE ON YOUR HORIZONS!

## WHAT ARE THE BARRIERS TO YOUR OWN TRANSFORMATION?

METHAPHERS:  
EXPERIENCE?  
BELIEFS?  
BEHAVIORS?

(HOW: WHAT IS GETTING IN THE WAY OF  
MAKING THE CHANGES IN YOUR LIFE THAT  
YOU WANT TO HAVE HAPPEN)?

WHAT ARE THE POTENTIAL BARRIERS YOUR  
METAPHERS ARE CREATING FOR YOU?

WHAT WOULD BE THE BENEFIT OF  
CHANGING THIS METAPHER FOR YOU?

WHAT DO YOU NEED TO DO/BELIEVE/OR  
EXPERIENCE TO HELP YOU TRANSFORM?

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_



WHAT DO YOU STOP?  
WHAT DO YOU CONTINUE?  
WHAT DO YOU START?  
WHAT SUPPORT DO YOU PULL IN?