

Identify Your Loops

WHAT CYCLE KEEPS REPEATING IN YOUR LIFE?

You cannot change what you do not acknowledge. Different faces and places but the underlying theme will be the same. Identifying what is not working in relationships with others, will help you realize what is out of balance within yourself.

Set aside some quiet reflective time and be honest with yourself. Identify at least 3 major repeating themes in your life you would like to changes

