



the carousel

The Carousel is a symbolic concept brought to life from a deeply intuitive place. It will help you develop consistency and commitment, plus strengthen your follow-through energy and potential.

Our ultimate goals are: tangible growth in a specific area, personal expansion and a whole recalibration of the inner systems that help you get things done.

How does the *carousel* conversation intrigue me?

What is the **potential** I see for my own life/business/journey?

What seems most appealing about committing to this experiment?

What could I achieve with consistency and commitment to one task or project?

What is my *why* for riding this particular *carousel*?

How long have I been contemplating this project or task?

What has stood in the way before?

What do I seem to be **resisting** the most about getting on the *carousel*?

What **parameters** am I willing to set? *Think specific tasks and a timeline.*

What would make me want to *jump off* the *carousel*?

What will I tell myself when I'm feeling ready to jump off prematurely?

What support systems will I set in place to **keep me on** the *carousel*?

What **inspires** me to stay on the *carousel*?

What **frightens** me about staying on the *carousel*?

What gifts am I ready to bestow on my **future self**?

How will my future self thank me?

**focus is
freeing**



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What is my carousel?

When will I begin?

When will I end? (Recommendation: at least 3 months)

What are my specific parameters?

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What is my WHY?

My mantra for this carousel cycle is:

**momentum
is magic**