



# HEARTWORK

Here is a check-in and some action to back up all you are learning. Action makes it real. It locks in the learning, facilitates change and supports your intentions.

1. What have you learned about yourself in this chapter?
2. What are you excited about on the other side of this chapter?
3. What do you specifically want to do about it?
4. How will you know if you've succeeded?
5. When will you do it by?

Do you need help? Do you need more information? Are you feeling good about this? Can you talk to someone about your experiences with this project? Can you sit with what's going on inside you? Don't forget to check in with the map in the intro, and there is extra credit in the resources at the back.