

THE SELF-REFLECTION MANIFESTO

ARE YOU LIVING YOUR LIFE TO THE **FULLEST** RIGHT NOW? WHAT DO YOU WANT TO **ACHIEVE** 1 YEAR FROM NOW? 3 YEARS? 5 YEARS? WHERE ARE YOU LIVING RIGHT NOW - THE PAST, **FUTURE** OR **PRESENT**? WHAT WOULD YOU DO IF YOU **CANNOT FAIL**. IF THERE ARE ABSOLUTELY **NO LIMITATIONS** IN MONEY, RESOURCES, TIME OR NETWORKS? DO YOU **LOVE** YOUR **JOB**? IF YOU HAVE **1 YEAR LEFT TO LIVE**, WHAT WOULD YOU DO? WHY/WHY NOT? HOW ABOUT 1 MONTH? 1 DAY? 1 MINUTE?

WHO ARE YOU? WHAT DO YOU **FEAR** MOST? WHAT ARE YOUR **VALUES**? DO YOU **REPRESENT** **WHY?** WHY? WHY? WHY? WHAT ARE YOUR **BIGGEST GOALS AND DREAMS**? ARE YOU PUTTING ANY PARTS OF YOUR LIFE ON HOLD? WHY? IF YOU WERE TO **DIE TOMORROW**, WHAT WOULD BE YOUR BIGGEST REGRET? WHAT CAN YOU DO TO MAKE SURE THAT DOES NOT HAPPEN?

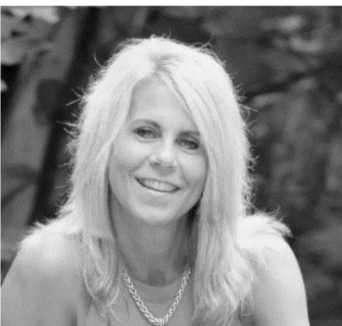
HOW ARE YOU FEELING TODAY? DO YOU **LOVE** YOURSELF? WHAT IS YOUR **WHY / WHY NOT?** HOW CAN YOU LOVE YOURSELF MORE TODAY? WILL THIS MATTER 1 YEAR FROM NOW? IF YOU HAVE **1 MILLION DOLLARS**, WHAT WOULD YOU DO WITH IT? IF YOU ARE TO DO SOMETHING FOR **FREE** FOR THE REST OF YOUR LIFE, WHAT WOULD YOU WANT TO DO? WHO DO YOU **LOOK UP TO?** WHAT **INSPIRES** YOU? WHO ARE THE **MOST IMPORTANT PEOPLE** TO YOU IN THE WORLD? HOW ARE YOU SHOWING THEM YOU **CARE**?

WHAT DRIVES YOU? WHAT ARE THE **BIGGEST THINGS** ABOUT YOU YOU'VE LEARNED IN LIFE TO DATE? WHAT LIMITING BELIEFS ARE YOU HOLDING ON TO? ARE THEY HELPING YOU ACHIEVE YOUR GOALS? HOW CAN YOU DO THIS **BETTER** THE NEXT TIME? ARE YOU **SETTLING** FOR LESS THAN WHAT YOU ARE **WORTH**? WHY? IF YOU ARE YOURSELF **1 YEAR FROM TODAY**, HOW WOULD YOU ADVISE THE YOU NOW?

WHAT IS YOUR IDEAL LIFE? WHAT'S THE **TOP PRIORITY** IN YOUR LIFE RIGHT NOW? WHAT ARE THE **BIGGEST ACTIONS** YOU CAN TAKE NOW TO CREATE THE **BIGGEST RESULTS** IN YOUR LIFE? **CAREER? DUTY? HOME? SELF? LOVE? LIFE PARTNER?** WHAT ARE YOU DOING TO **ACHIEVE THEM**? WHAT IS ONE THING YOU'RE GOING TO DO **DIFFERENTLY** AFTER READING THIS?

Pursue the best you!

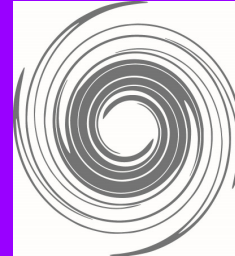
Are you ready to live your life as God intended? In this powerful, faith-driven session... you will refocus your vision, redefine your values, discover your mission and determine your purpose! You will think deeply about what matters most to you and why. You will leave choosing how - going forward - you will think, feel and act in such a way that you continue the journey to pursue the best possible you!



JUDY HEHR
Speaker. Coach. Trainer.
262.206.4040



RE-FOCUS YOUR VISION
and
RE-DEFINE YOUR
VALUES!



DISCOVER YOUR
MISSION
and
DETERMINE YOUR
PURPOSE!

*Sometimes it seems like we're
spinning our wheels!
Spend time re-discovering
who you are*

Saturday, February 3rd
8:30-11:30 a.m.

**Cost: \$30 for program,
workbook & snacks**

Registration forms on the kiosk

Messiah Lutheran Church
5202 Cottage Grove Road
Madison

For more info:
608-222-3833

Yes. I'd like to register: for **Pursue the Best You**

Saturday, February 3, 2018 8:30-11:30 am

Name(s) _____

Address _____ City _____ Zip _____

Phone _____ Email _____

Attending @ \$30 each _____ Amount Enclosed _____

Checks payable to Messiah Church with "Feb 3 Event" in the memo line, mail to 5202 Cottage Grove Rd. Madison 53718,

For more information contact Holly Tunak, 608-222-3833