

FROM

DREAMERS

TO DOERS

✦ *with Beth* ✦

✦ KEY QUESTIONS
TO KEEP YOU ✦

Moving
Forward

YOU'VE
GOT THIS!

Why it's Important to Review as You Move Forward

Whilst you may have your sights set firmly on the future, it's also important to review the path that you have taken you to where you are now. By reflecting on the decisions that have got you here, the path forward can often be a lot clearer and easier to navigate.

Taking the time to reflect on past experiences enables you to figure out what you have learnt from them, and how that might shape your decisions moving forwards.

When you have some time without distraction, work through the questions in this book to help you review your personal and professional decisions, and consider what action is needed to take your next steps forwards.

When looking back you might find you had more wins and successes than you've realised - it's important to celebrate these!

By recognising and breaking down challenges you may have faced, it should become clearer about how to overcome these in the future or easier to develop action plans tackling them.

And finally, by acknowledging and writing down your Dreams, no matter how big or small, it makes them more tangible. A Dream that is acknowledged, just needs a plan to become achievable.

Keep this review somewhere safe so you can look at it anytime you need a reminder to keep Dreaming and Doing.

Key Questions to Keep You *Moving Forward*

PERSONAL

1. What helps to keep me sane?

2. What makes me smile?

3. Who makes me smile and grow?

Key Questions to Keep You *Moving Forward*

PERSONAL

4. Who maybe takes away from that?

5. What can I do to improve my environment?

6. What would I do if I wasn't worried about what other people thought?

Key Questions to Keep You *Moving Forward*

PROFESSIONAL

1. What can I do right now?

Concentrate on what is possible.

2. What is a distraction?

Stay focussed on what is in your control.

Key Questions to Keep You *Moving Forward*

PROFESSIONAL

3. Am I in or am I out?

Staying in the 'grey' zone of indecision will prevent you from moving forward.

4. What is there to celebrate?

To help you with this look back through your social media, ask your friends, look at your diary, go back through old emails or messages. You might be surprised!

Key Questions to Keep You *Moving Forward*