


FROM DREAMERS TO DOERS

with Beth

LIFE'S WHAT YOU MAKE IT!

- Make the choice that this is your road & your dream; you are going to make this happen.
- Identify the similarities & differences; find strength from those.
- Build & recognise your support network.
- Remember part of giving is receiving; let people help you.
- Take a moment everyday to reflect on at least one positive.
- Realise that many small changes can turn into big impact.
- Stop obsessing on every step and focus on the journey.

**You are the only person
who can flick the switch & make the change!**

 **PODCAST EPISODE** > 3 – Life's What You Make It - Changing Careers with David Taylor