



## Project Six

### “Go Deeper to Go Higher”

This is definitely one of my all time favorite thoughts about creating a genuine and authentic life that reflects exactly who we are and all the things we desire out of our lives. It's about connecting what's deep down to all the areas we want to grow and GO BIG. That being said, going deep and digging into those wants is great thing BUT we need to make sure we're taking the actual steps to implement what we find when we do that digging. When we do this work, we create a sustainable plan that really does allow us to “go higher!”

So here's my thought, let's take all the info we gathered in the last project along with your 90 day commitment letter and breakdown the things you committed to implementing within that 90 day time frame. This would be a great project to come back to after 90 days and set up once again for the second half of the NOURISH program!

## One Mindset Step + One Action Step

For each step you created let's create one mindset step and one action step to make it happen. Really feel into your intuition and overall vision (mindset) to determine the next right action step - Go deep to go high!

**Example:**

**Mindset Step:** My heart tells me I need to slow down because this stress is draining me and it's taking a real toll on my health and time with my family.

**Action Step:** I am going to commit to actually scheduling in one hour everyday where I disconnect from ALL the things that stress me out and do something that creates a sense of calm and peace in my life.

Your turn!

**Commitment:**

**Mindset Step:**

**Action Step:**

**Commitment:**

**Mindset Step:**

**Action Step:**

**Commitment:**

**Mindset Step:**

**Action Step:**

**Commitment:**

**Mindset Step:**

**Action Step:**

**Commitment:**

**Mindset Step:**

**Action Step:**

“The distance between dreams and reality is called action.”