

**CHOOSE YOUR ATTITUDE** Relaxed

Attitude benefits: Clear mind. Less tension in my shoulders.

Better version of me for my team to be around.

GRATITUDE

- 1 Visit from Grandma and Grandpa
- 2 Lovely messages from people after my speech
- 3 Stef finding a way to edit the scorm files

Message of gratitude or encouragement to: Pete

**JOURNAL** WRITE IN THE PAST TENSE - AS IF IT HAS ALREADY HAPPENED.

I love that I have made so much money this year that I was able to spoil my girlfriends. Last weekend I flew them to Morocco for a mini break at a beautiful hotel on the coast. In the mornings we had surf lessons and giggled our way through it. In the afternoons we chilled by the pool and had massages. I loved the long walks we took on the beach; just having the chance to talk and talk and talk some more.

It's so incredibly satisfying to be able to afford this kind of luxury.

I didn't skimp on anything. I had a posh car waiting at the airport to whisk us off to the hotel. Everyone had their own room with a sea view and we ate out every night.

I love these women so much. They fill my heart with joy and keep me grounded.

SELECT:

**KEY ACTION**

Finalise Unconscious Bias eLearning course.

**SMALL WIN**

Finalise course logo

