

INTO THE ARC - EPISODE 1

The Truth About Starting Over

THE INTERRUPTION

What ended?

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What did you think this was going to be?

.....

What part of this loss hurts the most?

.....

THE IDENTITY SHIFT

Who were you in this chapter?

.....

What did you tolerate or ignore?

.....

THE REAL COST

What is this costing you right now?

Time Energy Money Self-Respect

THE DECISION

What are you no longer willing to accept?

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What does 'aligned' look like for your next chapter?

.....

THE NEXT 30 DAYS

What needs to stabilize right?

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One action you will take this week:

.....

One thing you will stop doing:

.....

As long as you are alive, you can begin again and again and again.

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