



BRINGING YOUR VISION TO LIFE VIDEO 3 WORKSHEET

REFLECTION ON CHANGE

Think about the various phases of your life.

How have you seen yourself change over time?

What sparked those changes?

THE POWER OF EXPRESSION

Our daily “expression” is not just about our actions but also our mindset, beliefs, and emotions. All together, they shape our experiences and the world around us.

After watching the video, what does "changing your expression" mean to you?

NATURE'S LESSONS

Nature constantly shows us that change and transformation are possible.

How does the journey of an acorn to an oak tree, or a caterpillar to a butterfly, resonate with your personal growth journey?

EMBODYING YOUR VISION

To bring our visions to life, we must not only see them but also embody them in our daily lives. Reflect on the mantra "be that which you seek."

How can you apply this in various areas of your life?

What would you believe if you truly embodied your vision?

What behaviors would you change to align with your vision?

Congratulations on beginning this transformative journey! It is a continuous one that requires self-awareness, commitment, and the courage to step out of your comfort zone moment by moment, day by day. You don't have to do it alone, though.

To dive deeper, consider joining our full “Rock the Reboot” course when we open enrollment. It's a 5-week adventure designed to guide you every step of the way, ensuring that your vision becomes a tangible reality in your life.

ABOUT YOUR REBOOT SUCCESS COACH



With more than 20 years of experience in leadership, entrepreneurship, and collaboration with the world's top thought leaders, keynote speaker **Shawn Ellis** is championing a new era of resilient leadership that can adapt, evolve, and emerge stronger from adversity. His transformative framework, The Reboot Roadmap, enables individuals and organizations to not just survive challenges, but to go Beyond Resilience and thrive, returning stronger and more effective than ever before in a deeply fulfilling, human-centric work environment. Learn more at www.ShawnEllis.com.