

HOW WE CAN HOLD THE PATH OF TRANSFORMATION

purpose + commitment = transformation

Enrich your options

Dialogue with instability

Give movement to your inspiration

Identify three or four verbs that inspire you
Draw a graphic to extend the impact of these ideas
Write a phrase about your inspiration for your script

Do not cling to a single mode of response

Distribute your emotions according to specific objects
Nurture your feelings with positive relationships
Transform discouraging emotions into new responses

Cultivate a routine to be surprised

Create a routine that is open to the unforeseen
Generate transitions between the activities
Incubate the new things by saving the ideas

Always find a learning point

Take from each experience a point of learning
Amplify the positive to reframe an experience
Identify positive to recreate your relationships

Take care of your inner space

Recognize the limits of superficiality
Do not leave space for the noise that do not interest you
Recover the stillness to nurture the core of your purpose

Look at everyday from the horizon

Consider the consequences of your decisions
Nurture your purpose with inspiring ideas
Enrich your time with new experiences

Transform your living conditions

Hold the inspiration + Keep the motivation