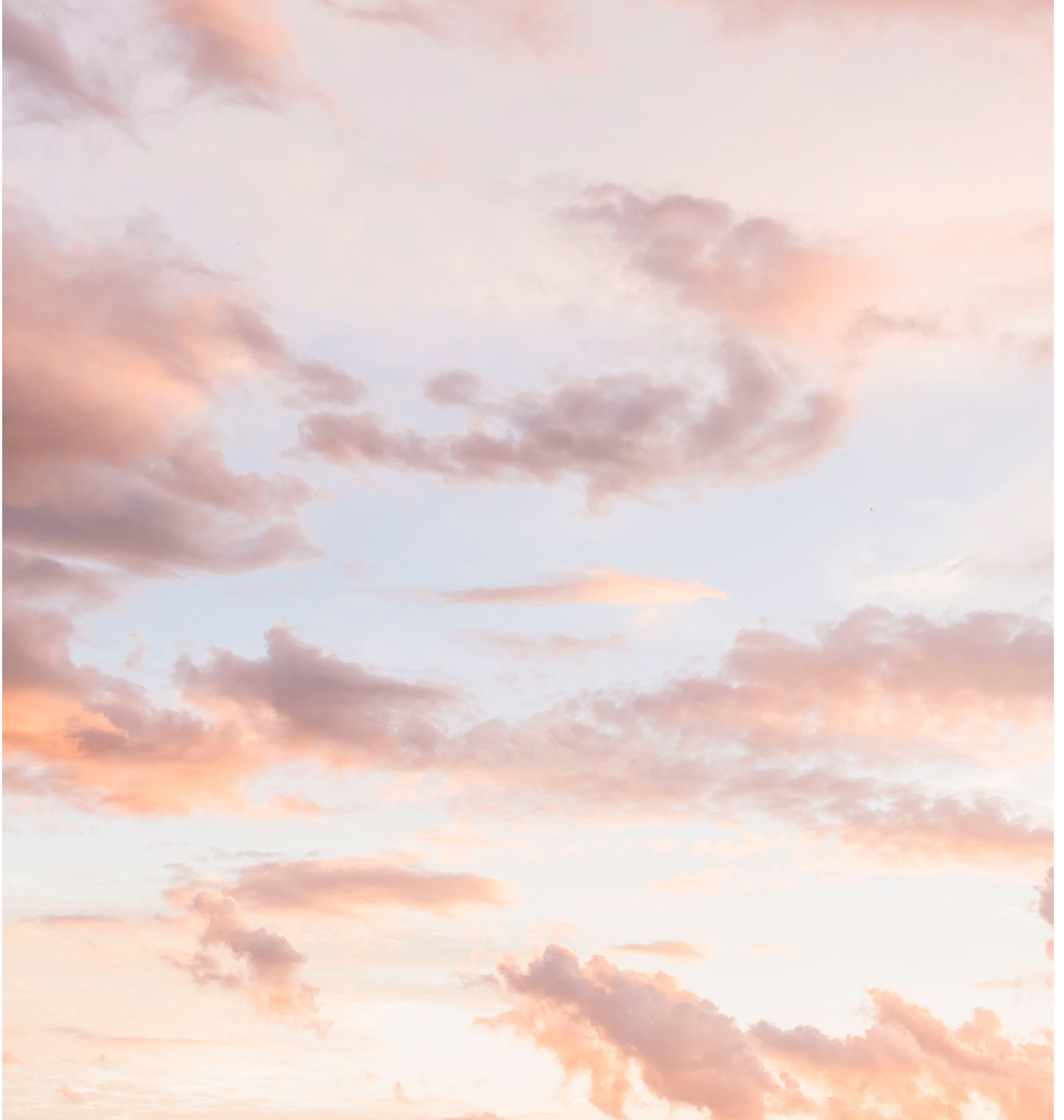


IN THE DEPTHS OF

Re-Choosing

WORKBOOK



Rise As She

Re-choosing allows us to look carefully at any one thing in our lives - or everything - and decide whether or not we are going to choose it again. Stick or twist. There is no right answer. We can re-choose and then recommit to exactly what we were doing previously: relationships, work, habits, health and wellness, etc. When we do that, we are strengthened by the act of re-choosing.

In the process of re-choosing, you can decide it's time for a change. Think about who you were when you entered Rise As She and who are you now?

Ask yourself these questions: What are you choosing in your family? What are you choosing in your community? What are you choosing for yourself? What are you choosing in your health, in your relationships and in your life purpose?

For some of you, this time away from being in an office might've made you realize that you're in a job you hate. You might say to yourself, "There's no way I am going back there again."

Some of you might've seen that you haven't properly taken care of your health. So, how are you going to re-choose taking care of yourself? Will you join more classes, meditate, incorporate a healthier diet?

Really go deep here.

What have you learned about yourself during this time? What did you miss? Did you reflect on who you are? What does authentic voice mean to you?

When we're forced to go inside of ourselves, we can see better how we will emerge. Go inward.

What have you really learned about finding your voice? How are you going to express yourself now through your voice?

But, the most important question you should ask yourself is: How are you going to emerge?

So now, let's talk about where you are now in this moment. Let's talk about the real, tangible steps.

Imagine you've been given a blank sheet of paper because in a way, you have been given a blank slate. Get very specific, ladies.

What's next for you?



Take a look at the worksheet that we've created for **RE-CHOOSING**.

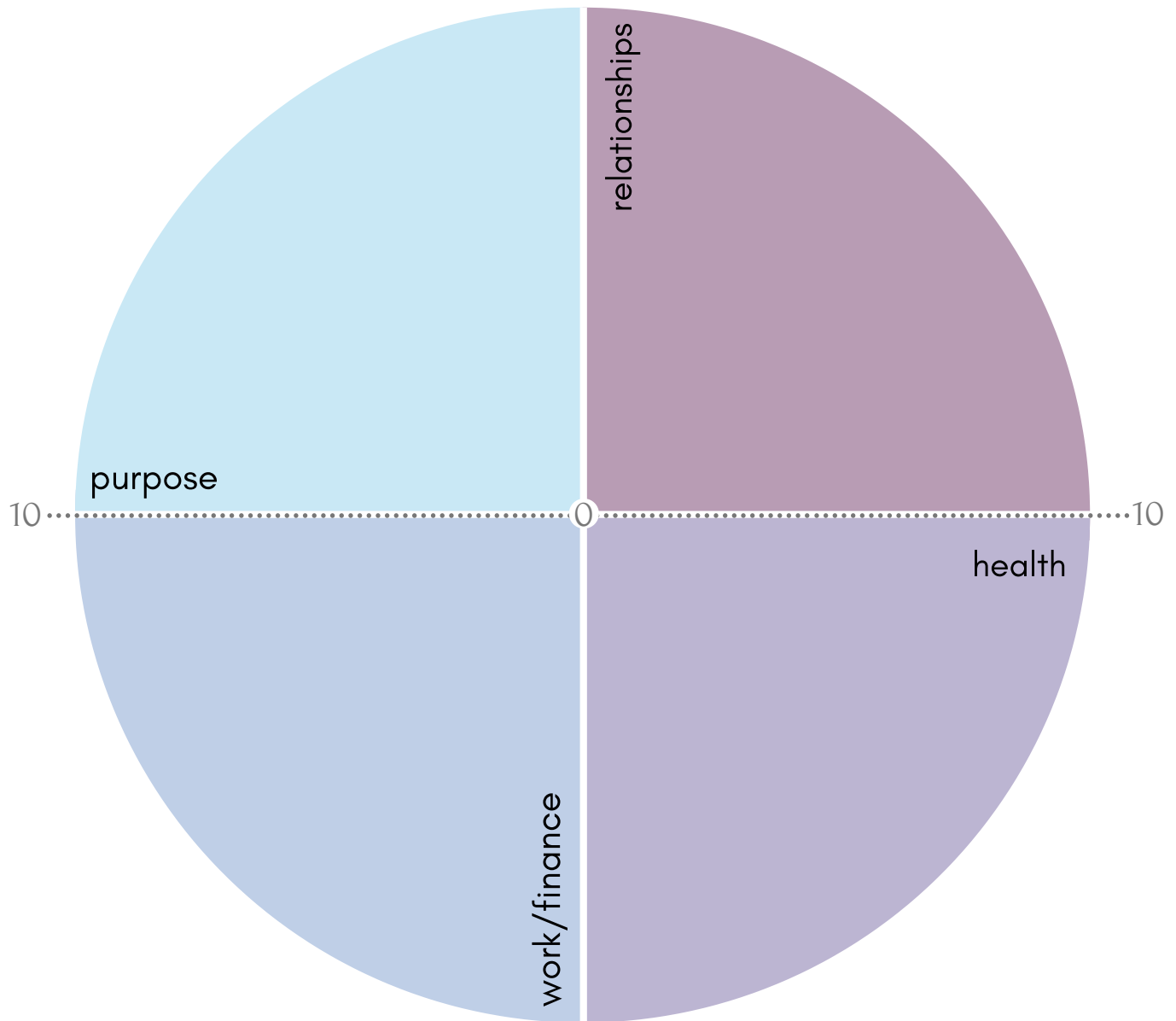
We begin with a "Wheel of Life," which is divided into Relationships, Health, Work/Finance, and Purpose.

Each of these four pieces of the wheel can be broken down even further to categories that are relevant for you.

- Relationships: Consider your personal, romantic, family, work relationships.
- Health: Reflect on spiritual, emotional, physical, mental and sexual health.
- With your work/finance: Think about your job, income and other sources of revenue that are coming in.
- Purpose: Check-in to see how you feel in relation to your life's work.

The Wheel of Life

We have created a “Wheel of Life,” that’s divided into to sections for you to consider how to review your life at this juncture.



Reflect on each of these categories.

Rate each area on a scale of 1-10, taking into consideration where you were a few months ago, and where you are now.

Now, for each of these areas, make a choice and **RE-CHOOSE** what you want for yourself. What do you want to do/be/feel differently?

Write concrete action steps in each of these categories that will be easy for you to follow.

And begin the steps to **RE-CHOOSING YOUR LIFE.**

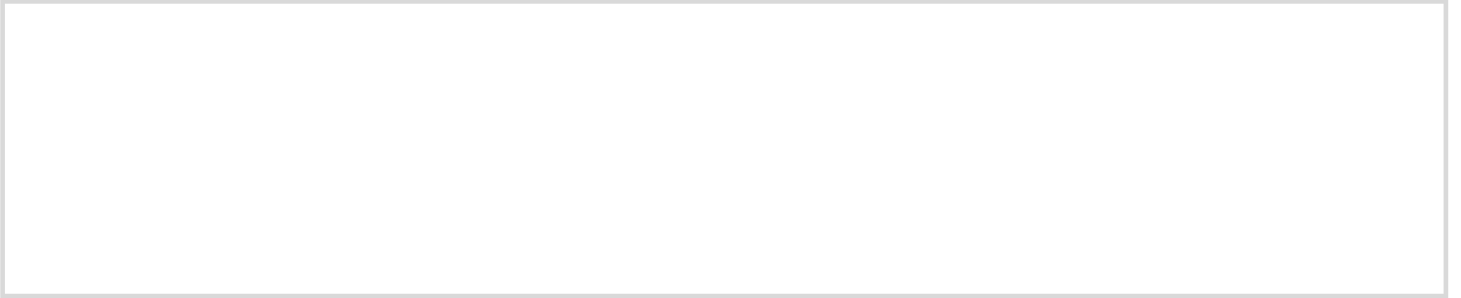
Explore...

Where were you at in your life a few months ago?

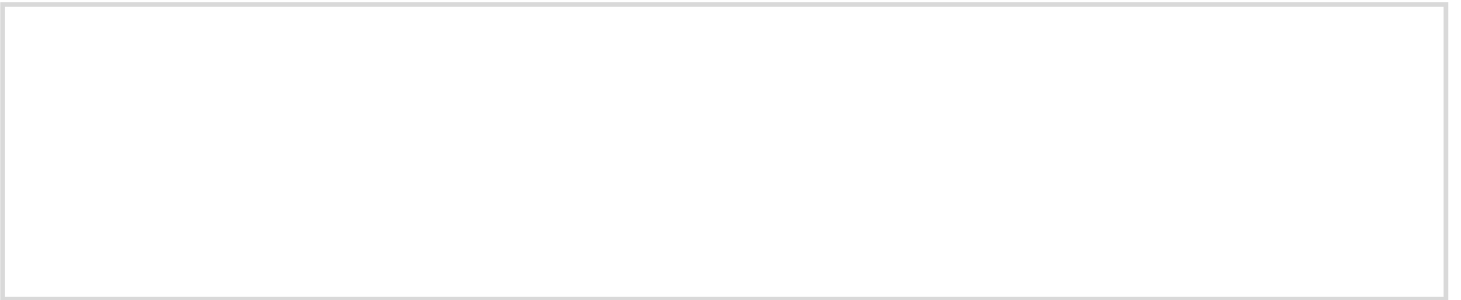
What did your life look like then?

Explore all the categories mentioned in the wheel of life.

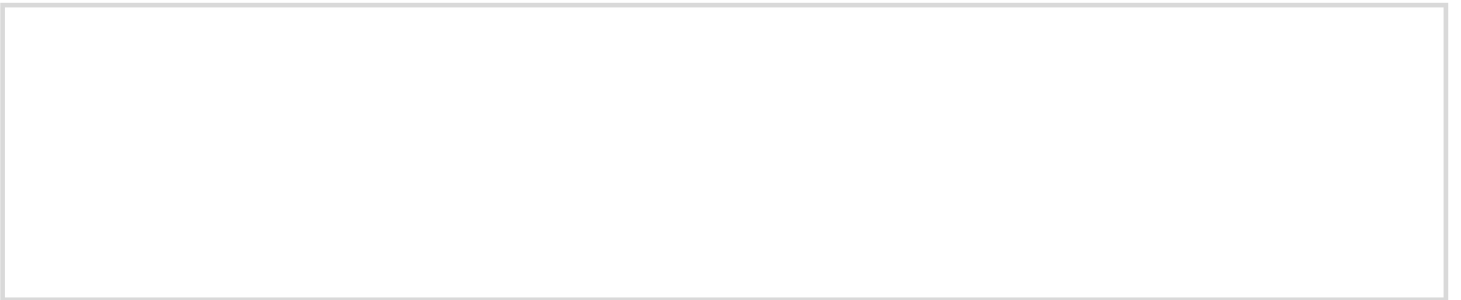
Relationships



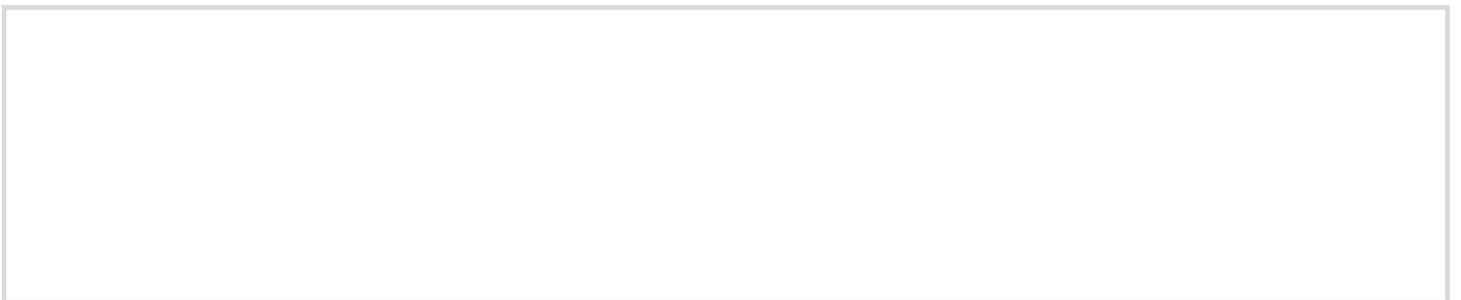
Health



Work/Finance



Purpose



Consider

What changes do you want to make in each of these areas of your life?

If you just want to focus on 1-2, that's fine as well.

How do you want your life to be different?

What are you RE-CHOOSING for yourself?

Relationships

Health

Work/Finance

Purpose

Action

What tangible, small actions can you take in your life in the four areas in the "Wheel of Life" to become the person you want to be post-shelter-in-place?

Make a list of all the action items that you can take.

Relationships

Health

Work/Finance

Purpose

Envision

How will your life look differently when you RE-CHOOSE for yourself in all these areas of your life?