

## activities Before Starting the course

1.	Write out all your values. We will be referring back to these throughout the course
2.	Why are you embarking on this journey? What motivates you?
3.	What outcome do you want to achieve?
4.	Do you have any fears or hesitancies as you begin this journey? If so, that's totally normal and <i>expected</i> . Identifying these now will help you to challenge them throughout the course.