THE ReGeneration GROUP

Is That All There Is?
Is there still something you're yearning for?

• What do you want?

• Where are you on the "Status quo" scale?

• What makes your heart sing?

• What's something that would be way outside the box for you?

• What does it mean to "reinvent?"

• Are you someone who "waits" or someone who "takes action?

• What really scares you about change?

• What's in your comfort zone and What's out of your comfort zone?

• All in all, what are you here to do now … at this phase in your life? What's your purpose? Does it make you happy and fulfilled?

• Can you begin to lay out a plan of action?

• Who are your buddies who can support your plan of action?

Every time you fail to honour yourself,
A little piece of your spirit dies!

Four Precursors to Change:

- Show up
- Be willing
- Tell the truth
- Give yourself permission

You don't want to die with your dreams inside you!

Ann Fry has been helping people figure out these questions for over 20 years. She runs conversations and coaching groups to help people reinvent themselves. It's her mission to help people feel totally fulfilled. For more information, go to www.annfry.com and for questions, email her at ann@annfry.com