



2023 JOURNEY

WHAT IS IT THAT YOU HAVE ACCOMPLISHED OF WHICH YOU ARE MOST PROUD?

- ✓ Cultivated three solid partnerships
- ✓ Coached approximately 40 individuals
- ✓ Published eight e-newsletters
- ✓ Strengthened BETA's business proposition

WHAT PRACTICE HAS NOURISHED YOU THE MOST IN THE PAST EIGHT MONTHS?

- ✓ Walked between three to six miles most days
- ✓ Slept between seven and eight hours per night
- ✓ Connected with friends and family members
- ✓ Participated in the **Living True Program**
- ✓ Wrote poems within poems
- ✓ Practiced slowing down to go far by being intentional

WHAT COMMITMENT WOULD YOU LIKE TO MAKE TO YOURSELF FOR THE REMAINDER OF THE YEAR?

- ✓ Watch your mind and the stories I tell myself
- ✓ Work s.m.a.r.t. with i.n.t.e.n.t.i.o.n.
- ✓ Rebrand BETA Coaching & Consulting

WHO ARE THE MEMBERS OF THE INNER CIRCLE THAT IS SUPPORTING YOU AND WHO YOU APPRECIATE?

- ✓ Karen G., Corey G., Mo. A., Ayesha A., Saleema A., Aamna, A., Mary, F., Gina L.