



How To Live More On Purpose

FREE “REFLECTION” WORKSHEET

R·E·A·C·H
Retreat

Hey there!

You've probably heard about our amazing REACH Retreat.

What you may NOT know is the REACH process is a 5-part framework to help you get clear on your vision and create an action plan to get there.

And it all starts with "R" in REACH... which stands for "REFLECT."

That's why I created this simple reflection exercise you can do in just a few minutes that helps you live more on purpose and create the life and business you love.



One of the things people tell me they love MOST when they come to the REACH Retreat is the incredible SPACE they get to dream and reflect and zoom up out of that feeling of being "in the weeds" and get a clearer view of where they've been and where they're going.

Learn more about the REACH Retreat at thereachretreat.com

Here's to doing what you love,

A handwritten signature in black ink that reads "Suzi Dafnis". The signature is fluid and cursive.

Suzi Dafnis
CEO
HerBusiness

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Retreat



“When you press the pause button on a machine, it stops. But when you press the pause button on human beings they start.

You start to reflect, you start to rethink your assumptions, you start to reimagine what is possible and, most importantly, you start to reconnect with your most deeply held beliefs. Once you’ve done that, you can begin to reimagine a better path.”

Dov Seidman, CEO of LRN

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REFLECT

- 1. Take 5 minutes to deliberately and consciously become present to the now. Go to a quiet place and set your timer for 5 minutes.
- 2. Sit down with both feet on the floor and get comfortable. Close your eyes and take a few deep breaths as you reflect back over your life identifying the times you felt you were most “on purpose”.
- 3. At the end of the 5 minutes, write down anything that comes to mind - it could be a phrase, a memory or even a drawing.

My Reflection – Living On Purpose Exercise

Notice what you were doing and who you were with when you felt most on purpose. Bring more of those opportunities into your life going forward.

Join us at the REACH Retreat in Hawaii

24-28 October 2022
Kona, Hawaii



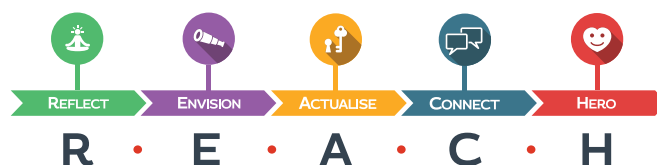
Ready for something **REALLY SPECIAL** to happen
in your business and your life?

We're going to Hawaii and I'd love for you to join us.

You, me and a small group of like-minded businesswomen sharing a 5-day all-inclusive experience to REACH new goals and BREAKTHROUGH to even more success... all in a stunning luxury resort in Hawaii!

Spend five days together in one of the most beautiful places on Earth, to re-imagine, re-engineer and REACH a new, higher, level in your business.

Suzi Dafnis, CEO HerBusiness



Learn more at www.thereachretreat.com