

**WITH SELF**  
Conversation  
of being

**MAKING BIG  
REQUESTS**  
Clarity of  
Motivation

**COMPLETION,  
ACHIEVEMENT,  
SET UP FOR  
NEXT REQUEST**  
Validation and Celebration  
New possibilities

**SETTING UP  
FOR SUCCESS**  
Support and  
Challenge

**HOLD TO  
ACCOUNT ADDRESS  
NON-DELIVERY**  
Accountability  
and refocusing

**ACKNOWLEDGE  
DELIVERY**  
Acknowledgement  
and learning