



New Chapter Discussion Notes

What does new chapter mean to you?

- New Page
- Moving Forward
- Blank Canvas
- Starting Fresh
- Possibilities
- Something Focused
- Opportimism
- Start / Finish
- Improvement
- Next Step
- Closure
- Opportunity to reflect
- New Ideas
- New Opportunities

What emotions does New Chapter evoke?

- Energised
- Excitement
- Hope
- Negativity
- Relief
- Curiosity
- Fear
- Serenity
- Anxiety
- Pragatism

How can we take advantage of this new chapter we have?

- Set Goals
- Dive in + be brave
- Re-invent yourself
- Dream about the future
- Dont be afraid to change
- Having faith to carry on



How can we take advantage of this new chapter we have? (continued)

- Reverse Bucket list
- Acknowledging that no 2 chapters are the same
- Continue Growing + building
- Take time to identify where we are seeking change
- We can do anything we want

What do we need to be mindful of?

- Setting realistic goals
- Not too much
- Existing commitments
- Being kind to ourselves
- Considering priorities
- Have fun!
- Be Spontaneous!
- Something standing still is the best thing to do
- Is it still relevant?
- Celebrate achievements
- Being careful not to overload others
- Abandoning if not serving

Key Takeaways and Actions

- Set Aside time
- Set realistic goals
- Don't be afraid to say no to things
- Celebrate achievements
- I only have to be answerable to myself
- Reserve bucket list
- Being happy with myself
- Talk to others about plans
- Trust my focus / regularity
- Be careful not to overwhelm others with my goals
- Be mindful of taking a break
- Stop / Start / Continue + don't be afraid not to