

### A. Mapping the present

Every transformation begins with a moment of clarity.

1. What aspect of my life do I want to transform right now?

Write freely about the area in which you feel stagnation or challenge.

2. How do I feel about this aspect today?

Use words that describe your current emotional state regarding this area.

3. What thoughts or beliefs tend to come up when I try to make a change in this area?

Write down the recurring ideas that limit your progress

### B. The possible horizon

The future is not written, it is designed with each decision.

4. What would have changed in my life in 4 weeks?

Describe the specific impact you want to see on you at the end of this process.

5. How would I like to feel about this aspect of my life?

Write down the inner states you wish to experience in this transformation.

### C. The first step

The change appears in the movement.

6. Write down one small action you can take to begin this change.

Define a simple but meaningful step that you can put into practice immediately.

7. How would I remind myself of this commitment every day?

A reminder on my phone, a note on my mirror, writing it in my planner...

### D. The echo of change

What you wrote is your mirror of transformation. Close your eyes, take a deep breath and reread what you have written. Don't look for perfect answers. Just observe with curiosity and without judgment.