



Ellen Gray

www.ellengrayuh.com

ellengray@verizon.net



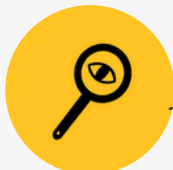
Navigate: Know your inner compass, your values, your purpose then aligns

When do you feel the most aligned with your purpose, and what tends to spark that feeling?



Empathize: Show appreciation, compassion and forgiveness - yourself and others

What conditions do you put on yourself in creating healthy boundaries with others?



Explore: Ground yourself in curiosity and openness

Where in your life might you be seeing only "one part" of a situation?

What do you need to discover the "fuller truth"?



Innovate: Generate insights to boost your creativity

Where in your life do you need "fresh ideas"?



Activate: Make decisions and take actions without fear and distractions

What would open up for you if you were able to make decisions and take action with confidence and laser-focused?