



Empathic Messenger, Radio Talk Show Host, Author, International Speaker

## My Plan: What I Do In My Life to Create Change

1. What is the one internal area of discontent that I will address?
2. What steps can I take to make this positive?
3. From whom could/should I seek assistance?
4. Do I need to change my thoughts/beliefs?

Once you complete these questions or if you need assistance completing these questions please feel [free to schedule a 30 minute call](#) with Steph!