

MY #CYCLEBREAKER ROADMAP

In the spaces below, as honestly as possible, fill out the answers to the best of your ability. This will help bring clarity to your aim, and a visual of where you will put your focus so that you will be able to track Incremental progress on your journey.

This is a lifelong path, with many twists and turns. For the next 90 days, we will set the targets in such a way where we'll be able to track our progress and be able to make refinements along the way.

re	finements along the way.
1)	Why are you here? What was the INCITING INCIDENT that made you want to register? (What was your wake up call?)
2)	Was this a one-time event or a pattern that is leading to an unwanted consequence in your life?
3)	What have you tried before to solve this? (Therapy, Counselling, Courses, Youtube/Podcasts)
	What have been your reculte? What has worked? What hasn't?



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5)	What was your Beck Depression Index Score?
6)	If you could fast forward 90 days, where would you love to be? Be specific, outcome basec
7)	Let's Reverse Engineer the above outcomes. What skillsets and Mindsets/Beliefs about myself would I have to adopt to make this happen?
8)	The Gap: What do I need the most help/support with?