



THE HEALING TREE



THE HEALING TREE WELLNESS PODCAST  
• EPISODE 14 ASSIGNMENT

TAKE NEXT STEPS



WHAT IS SOMETHING YOU WOULD LIKE TO DO BUT HAVE NOT?

Empty rectangular box for writing an answer to the question: "WHAT IS SOMETHING YOU WOULD LIKE TO DO BUT HAVE NOT?"

WHAT CAN YOU DO TO GET YOURSELF IN THE "ALI" MINDSET?

Empty rectangular box for writing an answer to the question: "WHAT CAN YOU DO TO GET YOURSELF IN THE 'ALI' MINDSET?"

WHAT IS THE FIRST STEP YOU CAN TAKE TO REACH THIS GOAL?

Empty rectangular box for writing an answer to the question: "WHAT IS THE FIRST STEP YOU CAN TAKE TO REACH THIS GOAL?"