

LIFE CHANGER, FIND YOUR SUNDAY NIGHT HIGHS

1 Know what's driving you

What's your big picture: find the wood for the trees in your life

<http://www.b-elastic.com/2013/06/whats-your-big-picture/>

Real Authentic You: 4 step purpose puzzler

<http://www.b-elastic.com/2013/09/real-authentic-you/>

Time for a change: are you in for the long haul or a quick revamp?

<http://www.b-elastic.com/2014/08/time-for-a-change/>

3 Design your change wisely

Your perfect day: neat download to play and plan your day

<http://www.b-elastic.com/2014/03/design-your-perfect-day/>

Spring Clean for a simple life: clear and declutter

<http://www.b-elastic.com/2014/03/spring-clean-for-a-simple-life/>

Be the real you by living your values: id and use your values

<http://www.b-elastic.com/2015/04/be-the-real-you-living-your-values/>

2 Focus on your mind

Comfortably uncomfortable – your brain's reaction to change

<http://www.b-elastic.com/2013/08/comfortably-uncomfortable-your-brains-reaction-to-change/>

3 lessons on the pace of change: be gentle with yourself

<http://www.b-elastic.com/2013/11/speed-of-change-winner/>

4 Get support

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Or why not drop me a line with your challenge? You can always find me on email, sarae@b-elastic.com