

# Kathryn R Martin

## Next Chapter Coach

### SHIFT YOUR DAY-SHIFT YOUR LIFE **BINGO**

FOR LEADERS AT CROSSROAD MOMENTS TO TAKE CHARGE AND CREATE THE IMPACT, MOMENTUM AND LIFE YOU ARE MEANT TO HAVE.

SET MY "INTENTION FOR BE-ING"	LAUGHED OUT LOUD	CHOSE A THOUGHT THAT CREATED A NEW POSSIBILITY	REACHED OUT TO SOMEONE WHO YOU FELT NEEDED HELP	COMPLIMENTED MYSELF
NOTICED WHEN I FELT GREAT	ASKED FOR HELP	ADVOCATED FOR MYSELF	DID SOMETHING THAT MADE MY HEART SING	FOUND THE LESSON IN A DIFFICULT SITUATION
LOOKED FOR PATTERNS IN MY CAREER/LIFE	CHOSE A FEELING THAT CREATED A NEW POSSIBILITY	ASKED SOMEONE HOW YOU CAN BE OF HELP OR SERVICE	ALLOWED MYSELF TO BE MENTORED	INVESTED IN MYSELF
CREATED A GRATITUDE LIST	DO ONE THING EVERYDAY TO TAKE CARE OF YOU!	LIFTED ANOTHER PERSON UP WHO WAS STRUGGLING	TESTED AN ASSUMPTION	LET GO OF SOMETHING THAT IS NO LONGER SERVING YOU
TOOK 5 MINUTES TO CONNECT TO MY BREATH	TOLD SOMEONE WHAT I WANT	SHARED AN INSPIRING QUOTE	RESTED, AND KNEW THAT IT WAS OKAY	TRIED SOMETHING NEW

