

## FINDING PATHWAYS

### NO TIME LIKE THE PRESENT

The only way to get better at taking rejection is to take the risk of getting some!

What is one thing that you have said yes to that you actually don't want or don't have the bandwidth to do?

**DO IT NOW:** Make contact and practice graciously setting boundaries and saying no.

What is one thing you have been thinking about doing but haven't take the first step?

**DO IT NOW:** In this moment, will you take a BIG, BOLD first step? This isn't getting organized or prepared, it's putting yourself in the game, even if you don't think you are ready. What will you take on RIGHT THIS VERY SECOND?