

# 7 Days With Arabelle - Free Challenge

28 May – 3 Jun

## DAY 1 – RECONNECT WITH INNER FIRE

Be childlike. Be curious. Find that passion and fire within you again.

**Find a childhood photo of yours that you feel connected with.**

1. What were your passions at the time?

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2. What did you 'pretend' to be when you played at that age? e.g. doctor, teacher, scientist?

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3. What aspects of those games that you played that you really loved?

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4. What did you say "I will become \_\_\_\_ when I grow up?"

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5. What were your dreams?

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6. What did you do whenever you had free time / when you finished classes?

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7. What are you doing now in life?

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8. What changed along the way?

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9. What do you commit to start doing now?

*(This is a promise to yourself so be mindful of what you're committing to. Because if you commit to something and not do it, you're programming your subconscious mind that you're OK not having integrity to your words in life.)*

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