



GETTING COMPLETE

As we learned, a lack of integrity with ourselves and with others creates deep distrust on all sides. One way that lack of integrity shows up is with incomplete tasks and situations. Whatever is incomplete in our lives, tends to create a subconscious “white noise” that takes up space in our minds and in our hearts. If we want to be powerful creators, we must have the mental and emotional clarity needed to support our creativity. Getting it all out of your head and onto paper is the first step, then we must take action to get complete.

Below, list out the things, conversations, phone calls, emails, bills, chores, errands, etc that are incomplete in each category. When you're finished, complete ONE item in each category by the end of this week.

RELATIONSHIPS: Who in your life are you incomplete with? Did you leave things in a negative space with a friend or family member? Are there people with whom things are unanswered or unresolved? Phone calls that need to be made? Emails that need to be responded to?

WORK: What in your work life are you incomplete with? Did you leave things in a negative space with any coworkers? Are there people with whom things are unanswered or unresolved? Phone calls that need to be made? Emails that need to be responded to? Bills that need to be paid? Invoices that need to be created? New opportunities that are waiting for you to follow up on? Always on time, or late? Are all of your projects completed with excellence?

PERSONAL: What in your personal life are you incomplete with? Are you up to par on your health habits? What personal care and maintenance have you been putting off? Do you feel complete or incomplete with your spiritual beliefs? What goals, results, or accomplishments have you slacked off on? Are your finances in order (know what you make and what you owe each month, debt paid off?) Are there unpaid parking tickets? Is your house in need of a cleaning?

YOUR STEP OF GREATNESS: Complete ONE item in each category by the end of this week.