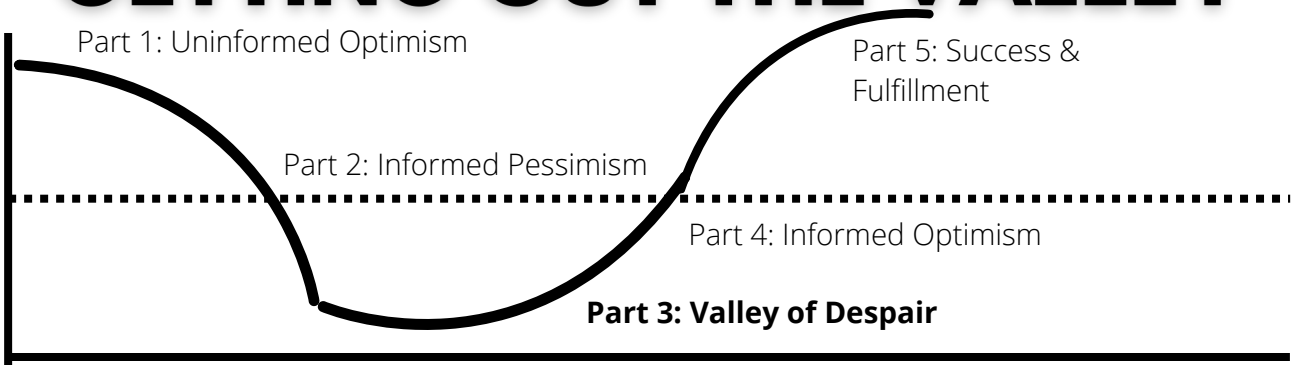
Name: _____ Date: _____

GETTING OUT THE VALLEY



Where am I at currently in this journey I am in right now?

What are some evidence that I am in this cycle right now?

What can I do currently to move forward?

What free resources or cheap resources that I have to get more information on what to do?

Who do I know that can help me through this valley?

What are some reasons why I haven't took any of those steps?

BE BETTER