



AFFIRMATION
Before I go out, I go in.



KEY TAKE AWAYS

- Your innertelligence is the combination of the innate resources, systems, tools, and talents that reside within you.
- Everything you need to be an extraordinary leader already exists inside you.
- Your mind, body, spirit, and emotions are the warehouses of your natural gifts and talents.
- Your breath is the vehicle that helps you turn inward to experience your innertelligence.
- By going within you can align your inner and outer worlds.



CURIOUS QUESTIONS TO ASK YOURSELF

- Who am I beyond my titles and accomplishments?
- What’s available inside me as a source of wisdom and strength?
- When is a good time to use my breath as a vehicle to take me inward?
- How often and when will I sit quietly to listen to the wisdom within me?
- What do I notice when I am aware of myself?



“Who looks outside, dreams; who looks inside, awakes.”

CARL JUNG



My commitment to activate my innertelligence is...
