

# The Bridge Exercise - Part 2: Action

From your bridge exercise choose 3 areas of life that you want to focus on:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

What is one action step you can take in each area today?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

What is one action you can take in each area this week?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Great work! Now take a picture of this exercise and email it to us at [julieandmichele@happynextadventure.com](mailto:julieandmichele@happynextadventure.com)