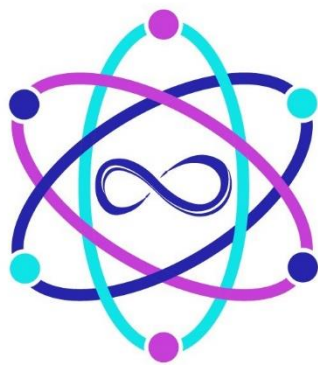


ASTUTE

Transformation Blueprint

A _{LIGN}	What really matters to you? Getting clarity about your core values, vision, purpose and mission enables you to make every decision in alignment with those guiding principles.
S _{TRIVE}	Decide what you want to BE and DO in order to thrive. DOING is a powerful antidote to the 3Ws of staying stuck: wondering, worrying and wishing.
T _{HANK}	Gratitude changes the structure and function of our brains and helps us to access the parts of our brain that support the processes of success e.g. empathy, creativity, critical thinking and problem solving.
U _{NDO}	What can you STOP doing that isn't serving you well? Removing thoughts, habits and behaviours that aren't serving us well creates space for more positive and productive ways of being.
T _{OGETHER}	Connection is a fundamental human need. We do better together. Consider: Who needs you? Who do you need? Who can you serve? Find your people.
E _{LEVATE}	What can you do today that you will thank yourself for tomorrow? What can you do for someone else that will elevate them? Don't wait for the "perfect time" to make a change – do something small, often.



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