



Reflection Guidebook:

CELEBRATION

Celebration time!

I love celebrating every little milestone and since I put my focus towards celebration, I do find something to celebrate every week. Taking the time to reflect is so essential. Do you take regular time to see and celebrate how far you have come?

No matter how big or small your celebrations, start to get into the habit of celebrating your steps and you train your brain for good things to happen to you.

I love to do my monthly reviews and looking back. Sundays are perfect to do so. I take my journal and ask myself lots of questions.

What happened for you in your life? Looking back one week? One month? Since you set your intention?



What happened this month for you in your business?

What are you proud of?

Where are you now?

With whom did you connect?

What new things do you need to learn?

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Where can you learn them and how will you set yourself up for success to follow through?

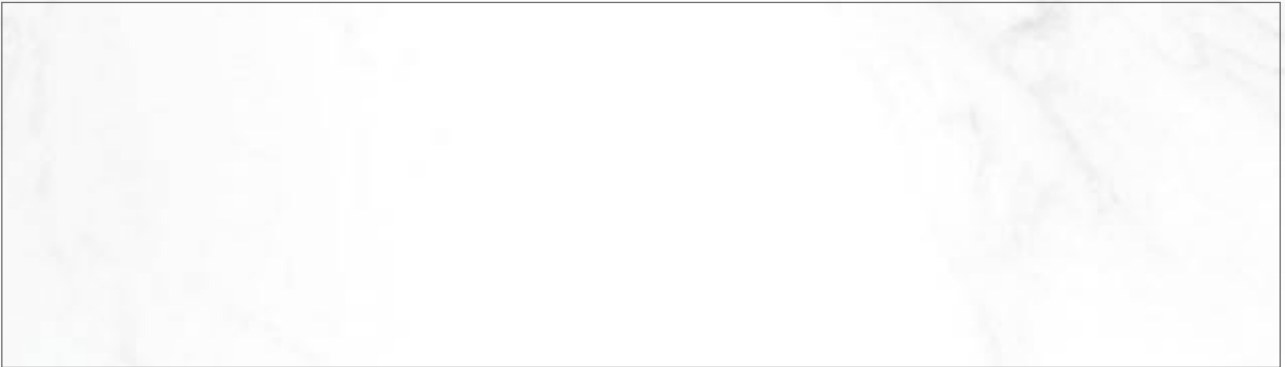
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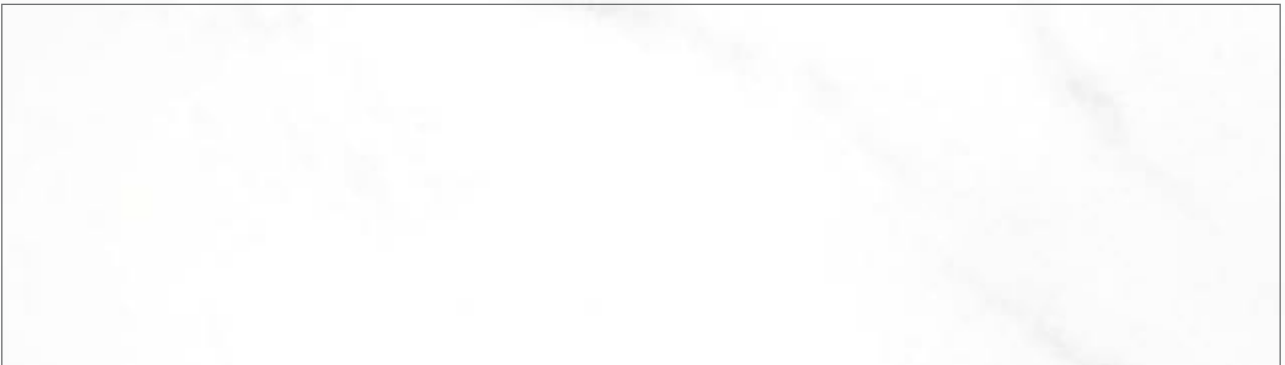
What is your intention for the coming time ahead? Until when`?



How will you celebrate? Will you give yourself a reward?



On what parts will you put your focus?



Who will you be ones you reached this intention?



How do you want to feel when you arrive this intention?

How can you infuse and create these feelings into the journey?

What experiences can you create to feel this way now?

Sharing your reflections, intentions and celebration supports you in amplifying them and come into my Facebook group: “The Soul of Business with Eos Koch” and share what you celebrate with a group of likeminded and openhearted women to practice your visibility and have a team of soulful women share experiences with you.

JOIN THE FACEBOOK GROUP

See you on the inside

