

HUMANITY  
UNCODED

MOVING FORWARD

# MOVING FORWARD

**Small steps create sustainable transformation.**

Transformation is not dramatic — it is iterative. There is no there to get to.  
Your next aligned action is more powerful than a perfect plan.

## **Reflection Prompts**

**What is one small action you could take this week?**

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**What can your future aligned Self thank you for today?**

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# MOVING FORWARD

## Reflection Prompts Continued

**What are you ready to release?**

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**What are you ready to receive?**

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**How can you support yourself in this process gently and consistently?**

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