

Create Your Lightning Bolt Moment

Part 1: SURGE (Awareness + Decision)

- What is one change you keep thinking about—but haven't fully committed to yet?
- Where is this showing up in your life right now? Be specific.
- What is this costing you? (energy, health, confidence, relationships, opportunities)
- When have you felt the impact of this most clearly?
- What moment made you think, "Something has to change"?
- If nothing changes, where will this lead you in 1 year? In 5 years?
- What is becoming unacceptable to you?
- What feels like it's clicking into place for you right now?

Part 2: DECISION (The Lightning Bolt)

- What decision are you making right now?
- I am done with _____.
- I am choosing _____ instead.

Part 3: REWIRE (Identity + Mindset Shift)

- What have you believed about this area of your life until now?
- How has that belief shaped your choices and actions?
- What is the truth you are starting to see now?
- I am the kind of person who _____.
- What does this new version of you believe about your body, your habits, and what's possible?
- What are the real effects of continuing the old behavior?
- What are the real benefits of your new choice?

Part 4: EMBODIMENT (Making it Real)

- If you fully lived this new identity, what would you do differently tomorrow?
- What is one small action you can take immediately?
- What would "success in progress" look like this week?

Part 5: GROUND (Support + Stability)

- What support do you need to make this stick?
- What might try to pull you back into your old pattern?
- When that happens, what will you remind yourself is true now?

Closing Reflection

- Write a note to yourself: "This is the moment things started to change..."