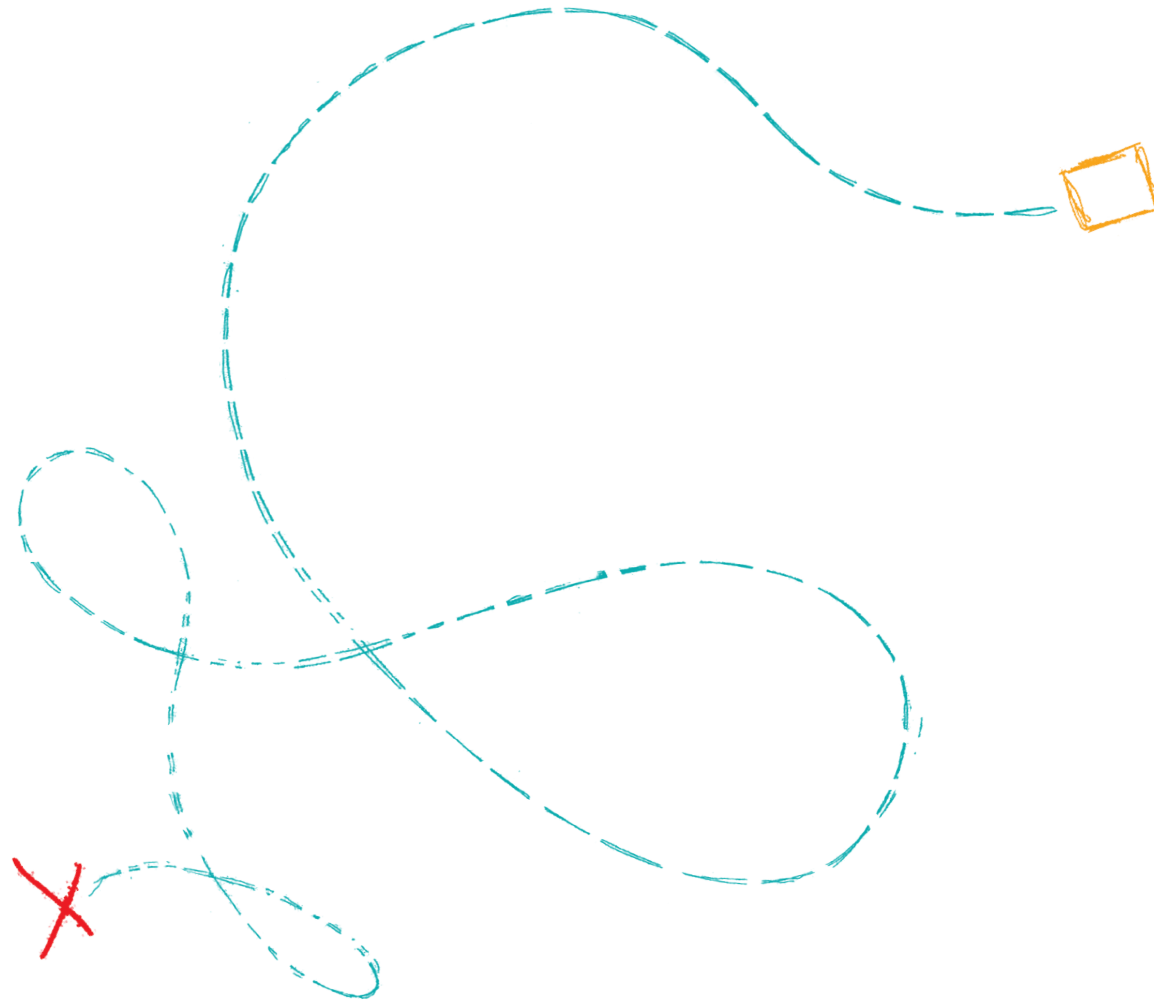


# Now It's Clear

*The Career You Own*



# Mini-Retreat

## TAKE A PAUSE

*You can experience clarity by taking time to reflect. Try this for three minutes, sit comfortably in your favourite chair or place, close your eyes, and take three minutes to breathe. Relax and experience the stillness. Open your eyes and adjust to the surrounding space.*



## Reflective Exercise

Anytime, Anywhere, Three Minute Retreat - What do I need right now?

# Monthly Reflection

What do you need to do to uncover the future you?

Things I will start doing  
(purpose, health, wealth)

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Things I will stop doing

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month

year

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NOTES

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# Spring is like a perhaps hand

by e e cummings

*Spring is like a perhaps hand  
(which comes carefully  
Out of Nowhere)arranging  
A window,into which people look(while  
People stare  
Arranging and changing placing  
Carefully there a strange  
Thing and a known thing here)and  
Changing everything carefully*

*Spring is like a perhaps  
Hand in a window  
(carefully to  
And fro moving New and  
Old things,while  
People stare carefully  
Moving a perhaps  
Fraction of flower here placing  
An inch of air there)and  
Without breaking anything.*