

Make an Honest Stand

Making an Honest Stand is a process of looking deeply inside
in order to identify your greatest intentions.

It is forming a clear picture in your mind and feeling what it would be like to live that way.

There are six questions on these pages to help you begin to create your Honest Stand. Before you jump in, we encourage you to listen to the free audio download, "Make an Honest Stand: Audio by Tricia Huebner." In this audio, Tricia walks you through some of the reasons why she feels the Honest Stand is so important.

After listening to the audio, find a time and a quiet place to contemplate. As you write down your answers, notice any critical

voices that you may hear in your head. Don't listen. Just let them pass. Focus on any feelings you have as you write down your thoughts. You know you're getting close to your honest stand when you start to feel alive, excited, and perhaps a little scared. You will have a "yes" echoing deeply in your chest.



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Questions

1. What do I want?

2. What feeds me or makes me feel most alive?

3. What do I love?

4. When do I feel most like myself?

5. What do I have to offer?

6. If I could accomplish three things before I die, what would they be?

1)

2)

3)

Now, look at your answers above and summarize it so you can complete this sentence. My honest stand is to...

Want to talk about this?

Tricia & Sherry are offering 50% off a 30-minute coaching session to everyone who completes this exercise.

Email coaching@simplycelebrate.net to find out more.