

...unfinished business...

LEE KRAVITZ

One Man's Extraordinary Year of Trying to Do
The Right Things



TOOLKIT: INSPIRATION, REFLECTION AND PERSONAL GROWTH

Once you embark on the journey of completing your unfinished business, you'll find yourself becoming more attuned to your fears and aspirations and to the growing array of words, sounds, sights and behaviors that will inspire and motivate you to become a better and more connected human being.

Each new experience is an opportunity for reflection and personal growth. But where, in the rush of everyday life, can you find the time?

You have to make it.

I try to spend at least 15 minutes a day writing about my unfinished business in my journal. I pay particular attention to what I felt and learned that day. The time you spend writing and reflecting on your experiences helps you become a more conscious, compassionate and connected person.

The worksheet in this toolkit will help you achieve this goal.