



## Ep 15 Firewalking With Tony Robbins

List some of the significant teachers and mentors you've had in your life. Maybe an actual school teacher, or some other positive influencers who've helped guide you, either in real life or via their books, courses or programmes.

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Hold a couple of these people in your heart right now as you recall something important you learned from them. Describe this below.

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Is this someone you could speak to or write to in order to thank them for their guidance? If not, say a silent thank you to them right now.

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Do you have a mentor in your life now? List those who inspire or motivate you to live your best life.

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What about you? Are you a mentor to anyone? Are you in a position to share your wisdom or experiences with others to help them?

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What gifts, talents and contributions can you be sharing more freely with others? Remember that as long as you know a little bit more about something than somebody else, you are their expert!

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What do you think stops you from sharing your gifts with others more freely? What can you do about that?

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Until next time, open your mind, open your heart - and stay curious.

Positively yours,  
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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