superabound
COACHING

LIGHT YOUR LANTERN
WORKBOOK

A SUPERABOUND WORKSHOP

What distinct Lantern will I light in these three weeks and why is it important to me?

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Static that comes up for me (use this often):

H (honor) _____

E (explore) _____

A (ask) _____

L (listen) _____

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The 5 Rs

Challenge I am working on towards my next lantern:

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Resolve (what decisions need to be made in order to move forward?):

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Respond (what tasks need to be done to complete this challenge?):

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Reflect (what did I learn that will inform my path forward or reveal my next challenge?):

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Rest (how will I rest and celebrate this accomplishment?) before **Repeating**:

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