

Saturday Morning Ritual

Episode 34: Turtle, Turtle



Thank You Letter - What was the most momentous thing that happened this week? How did it make you feel and why? Did it impact your goals and if so how? Any takeaways from this?

Identity and Beliefs

- Are you introverted or extroverted?
- Do you thrive in the day like an eagle or come alive at night like an owl?
- Are you known for your strength, speed, wisdom, or something else?
