



DIFY Activity - What? Why? How?

Self-improvement: What do I want and do not want?

With an intension to grow and evolve, I intend to become better version of myself.

For that I need to reflect on **What I need to Improve? Why I need to Improve? and finally, How do I need to Improve?**

For all the Statements below you need to Explain What? Why? And How?

1. I have things that I would like to change:

(Example – being an introvert; not being able to manage stress and anxiety; feeling of I don't know how to present / communicate etc.)

2. There are things I would like to have:

(Example – Financial Empowerment, Autonomy to make my own decisions; Emotional strength; Optimistic Attitude; Friends, Travel the world; happiness; etc.)

3. Change things I shouldn't do:

(Example – Eating Junk; Sulking and taxing myself; Binging TV or Netflix etc.)



4. I don't do things I would love to do:

(Example – Planning; Prioritizing; Being Organized; Learn new Hobbies; Read Books; etc.)

5. I wish I were different:

(Example – Change feeling of Self-Esteem; Being Dependent on others; Anxiety; Negative thoughts; Self-Doubts; Fear of Unknown etc.)

6. I haven't reached my potential:

(Example – In terms of Success; Financial Empowerment; Decision making ability; etc.)



*** note - Reflect on these statements and see where do you stand.

You Need to submit your review to me in order to get the personalized training from me to achieve your goals. (Email – richa.chaturvedi84@gmail.com)

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