



Sara Regester
Directions 4 Wellness

YOUR DHARMA DESIGN

Living at Your Edge-Taking Risks

- ✓ Growth Opportunities
- ✓ Vulnerability
- ✓ Confidence
- ✓ Courage
- ✓ Stress
- ✓ Fear

Comfort Zone

- ✓ Stuck
- ✓ Unhealthy
- ✓ Tolerance
- ✓ Complacency
- ✓ No Confidence
- ✓ Keeping the Peace
- ✓ "Other" Focused
- ✓ "Safe" Problems
- ✓ Being "Good"
- ✓ Living Safe
- ✓ Mediocrity
- ✓ No Passion

Destination of Transformation

- ✓ Passion
- ✓ Fulfillment
- ✓ Bigger Vision
- ✓ Renewed Hope
- ✓ Shine Authentically
- ✓ Resourceful/Creative
- ✓ Rich Relationships
- ✓ Empowered
- ✓ Prosperous
- ✓ Magnetic
- ✓ Healthy
- ✓ Happy

directions4wellness.com