



The Big Vision Project Module 8: Station 8 – Gestation



Questions

- ✓ In what ways do you feel you're waiting in this area of your life?
- ✓ What do you feel must happen for things to be okay?
- ✓ What would happen if you let go and trusted the process?
- ✓ What do you wish you could believe about this process but aren't quite sure yet?



Exercise

- ✓ Some things can't be rushed. Some things take time. Take a breath now. Wait and see what comes.
- ✓ Describe the urgency you feel. Give it words. What is frustrating you? Worrying you? What is driving you to act? Remind yourself of your original vision - how close do you think you are? What kind of damage might you do if you act too soon? What potentiality would make waiting worthwhile?



Actions/Homework

- ✓ As the waiting continues in this quarter, there is an even greater sense of unknown than before. You have taken action but now things are really outside your control. So there is nothing to do but wait. How can you use the time?
- ✓ What means do you have today for defusing the feelings of urgency to act too soon? Who can you talk to? What physical activities can you use to dilute the adrenaline?
- ✓ Choose two and make them part of your weekly routine.



Accountability

- ✓ Check in with your Facebook group or your accountability partner.



Measure your Learning

- ✓ What are you learning – about yourself or your business – through the act of waiting?

