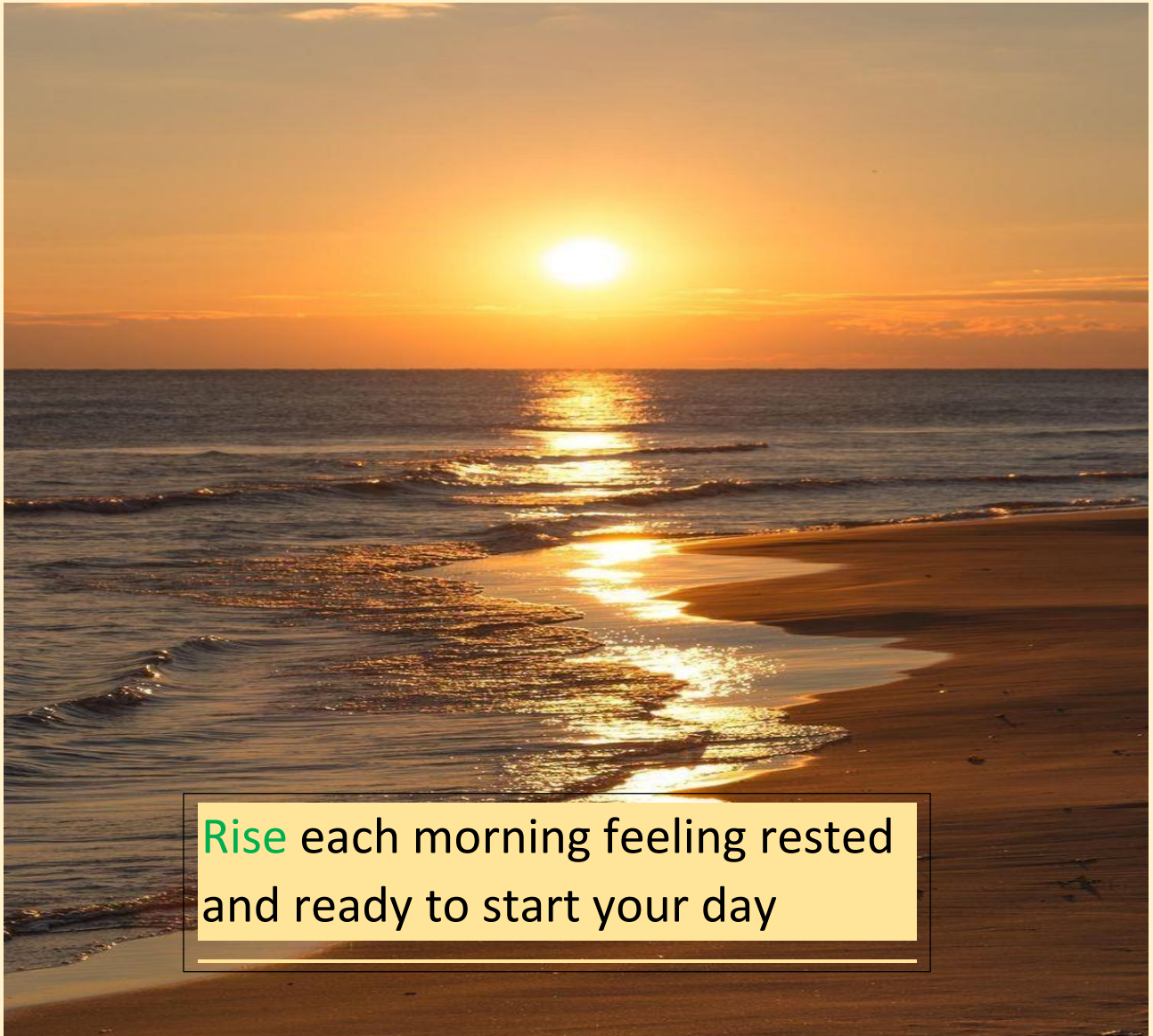


# R.E.A.P Guide



**Rise** each morning feeling rested  
and ready to start your day

[www.Risejourney.org](http://www.Risejourney.org)

Melissa Starks, Life Coach

# **FOLLOW THE R.E.A.P GUIDE FOR SUCCESS**

Use this guide to understand where you need to start making those changes in your life you are craving.

## **R = Reality vs. Illusion**

Understand what you want your reality to be vs what you are telling yourself. Be as clear as possible.

Write down what you want your reality to be

## **E = Excuses vs. Obstacles**

What obstacles are standing in your way from finding purpose and direction in your life? When do the obstacles become your excuses?

Write down what obstacles that are keeping you from finding purpose and direction in life

## **A = Action vs. Vision**

What is your goal? Work your way backwards to understand the steps you need to take to be successful. Then it's time to put your ideas into action.

State your goal. Write down the steps you need to take to achieve your goal

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## P = Purpose vs. Prize

Know your Why and find your purpose. Why are you wanting to change, why will making these changes in your life help you find direction? Remember, prizes do not keep you going.

Write down why making these will help you find direction

Take the time to reflect on what you wrote down and rise each morning feeling rested and ready to start your day.

**Congratulations**, you now have a tool to make the change in your life you need to restore the women you miss.

If you would like to continue your success and gain more tools needed for when life throws you a curve ball, let's connect and talk about your **rise** journey. [Click here to connect with me](#)