Chandra Nicole & Associates

The hardest part of a journey is in the mind. If you can believe in it, you can achieve it.
Change is INEVITABLE
Progress is OPTIONAL
The Past is Your Lesson.
The present is your gift. The future is your motivation.
The only bad lessons are the ones we do not teach.
Purpose is the reason you journey.

Passion is the fire that lights your way.
Surround yourself with those on
the same mission as you.
We are a mirror to the world.
You attract what you ARE, not what you WANT.
So if you want it then REFLECT it.
Sick people attract
Sick People
Healthy People Attract

Healthy People
Preparing for a mentally healthy and strong journey.

What kind of baggage is traveling with you?
I am on the hunt for who I've not yet become

Strengths-Weaknesses-Opportunities-Threats
Strengths (Internal)

1. Who are you?
2. What are your accomplishments?
3. What are your core values?
4. What have you worked hard to overcome?
5. What do you see when you look in the mirror?
Weaknesses (Internal)

1. What can I change?
2. What is holding me back?
3. What fears do I have?
4. What do I need to work on for my emotional and physical health?
5. What are my negative habits that do not serve me?
Strengthes and Weaknesses

By investing time and energy we can have direct influence on both.
Opportunities (External)

1. How can I turn my strengths and weaknesses into opportunities?
2. What can I do today that isn't being done?
3. Do I have a friend that can help? Can I help my friends?
4. What can I do to grow?
5. What can I do to network?
Threats (External)

1. What are my obstacles to getting involved in other opportunities?
2. Can any of your weaknesses threaten your opportunities?
3. Do you have past experiences of trying and failing? How did this affect you?
4. Do obligations limit you?
5. Is your life and health changing?
Opportunities and Threats

Information can convert weaknesses into strength and threats into opportunity.
We are all just a car crash, a diagnosis, an unexpected phone call, a new found love, or a broken heart away from becoming a completely different person.
How beautifully fragile are we that so many things can take but a moment to alter who we are for forever.

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