



push button and wait
for signal opposite

WAIT

Don't Just Move On

Every once in a while, you need to look back to move forward.

Once we complete or finish something, it's easy to feel happy for that moment and then look around for what's next, moving on.

Reflection on the positives and your achievements can help quieten the inner critic we all have inside. **Rather than moving straight on to the next thing, we should remember to take time for reflection.**