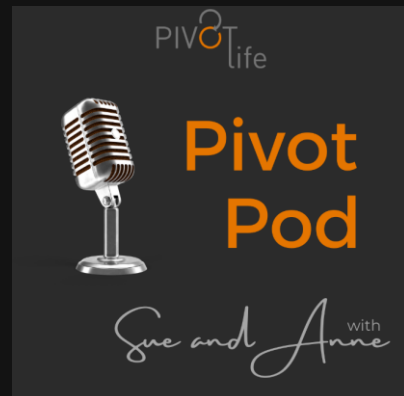


## Season 2 Episode # 10

Making the most of the life you have been given - my journey to being a digital nomad

Kylie Zeal had a goal, finish her second book and become a digital nomad. Now three and half years later she is living that life and loving it. This journey started long before when she was drawn to work in Japan, finding she had the time to review reflect and redefine and in the midst of a quarter life crisis at 25 this was her time to dig deep into who she was and find her new trajectory. Her life is now framed by knowing you can change your thoughts and therefore change your feelings. As an eternal optimist Kylie lives by the quote, "Everything will be alright in the end, if it is not alright its not the end".



### Top Tips

### Simple Steps to Action

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Everything will be okay in the end. If it's not okay, it's not the end.

Recall all the times in the past when you were faced with a challenge and you figured it out.

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Never underestimate how much you help those around you and the world when you get yourself together.

Take time to acknowledge every piece of progress, no matter how small.

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Feelings and behaviours are preceded by thoughts. If you want to change how you feel or how you are behaving, change your thoughts.

Enhance self-awareness by taking note of thoughts and how they led to feelings/behaviours.

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