

SELF *enquiry*

To enhance the quality of your life

Love happiness joy flow

What do you love doing? What makes you smile? What brings you great joy and happiness? In the past and now. What makes you feel energized? What makes you feel great about yourself? What activities make you lose track of time?

Ideal Day

What does your perfect day look like? When was the last time you had a good day? What do you need to change to have more days like this?

The Present

Where are you right now? Are you satisfied with your life right now? What is working? What isn't working?

Challenges

What are some challenges, difficulties and hardships you've overcome or are in the process of overcoming? What are some key lessons that came out of these challenges about the world or yourself?

SELF *enquiry*

To live. your best life,
aligned

Talents

What are you good at? What are your natural/learnt skills? What would your best friend say? What do people typically ask you for help with? If you could teach something what would it be? *Your talent is the beginning of your true calling.*

Inspiration

Who inspires you the most? What qualities inspire you in another person?

Legacy

Take some time to elucidate what is actually important to you. What do you want to leave behind? How do you want to be remembered? What do you want to have spent your life doing?

A full life

Along the same lines as above: picture 90 year old you blissful and happy, grateful for the wonderful life you've lived. Looking at your life all you've achieved, acquired, and relationships you've developed; what matters most to you?

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Cause & Message

What causes do you connect to? If you could get a message to the world, what would it be? Who would you share it to?

Contribution

Given you talents, passions, values how could you use these resources to contribute, to help, to serve others or the world?

Purpose = Values + Passion + Talents

If I knew I could not fail, what would I do?

Value

How could you turn this into something that people would get value from? Who would find value in this?

Theme Words

What words or theme will guide you moving forward? Let this be your compass.

myVALUES

What matters most to you

Below is a list of common values, take some time to connect with yourself and highlight those that resonate. This list is not exhaustive, if there are things that are important to you, feel free to include add them.

Acceptance	Discipline	Honesty	Restraint
Accountability	Discretion	Honor	Results-oriented
Accuracy	Diversity	Humility	Rigor
Achievement	Dynamism	Independence	Security
Adventurousness	Economy	Industry	Self-actualization
Altruism	Effectiveness	Ingenuity	Self-control
Ambition	Efficiency	Inner Harmony	Selflessness
Assertiveness	Elegance	Inquisitiveness	Self-reliance
Authenticity	Empathy	Insightfulness	Sensitivity
Balance	Enjoyment	Intelligence	Serenity
Being the best	Enthusiasm	Intellectual Status	Service
Belonging	Equality	Intuition	Shrewdness
Boldness	Excellence	Joy	Simplicity
Calmness	Excitement	Justice	Soundness
Carefulness	Expertise	Kindness	Speed
Challenge	Exploration	Leadership	Spontaneity
Cheerfulness	Expressiveness	Legacy	Stability
Clear-mindedness	Fairness	Love	Strategic
Commitment	Faith	Loyalty	Strength
Community	Family-orientedness	Making a difference	Structure
Compassion	Fidelity	Mastery	Success
Competitiveness	Fitness	Merit	Support
Consistency	Flexibility	Mindfulness	Teamwork
Contentment	Fluency	Obedience	Temperance
Continuous Improvement	Focus	Openness	Thankfulness
Contribution	Forgiveness	Order	Thoroughness
Control	Freedom	Originality	Thoughtfulness
Cooperation	Friendliness	Patriotism	Timeliness
Correctness	Fun	Perfection	Tolerance
Courage	Generosity	Piety	Traditionalism
Courtesy	Goodness	Positivity	Trustworthiness
Creativity	Grace	Practicality	Truth-seeking
Curiosity	Gratitude	Preparedness	Understanding
Decisiveness	Growth	Professionalism	Uniqueness
Democraticness	Happiness	Prudence	Unity
Dependability	Hard Work	Quality-orientation	Usefulness
Determination	Health	Reliability	Vision
Devoutness	Helping Society	Resourcefulness	Vitality
Diligence	Holiness	Responsibility	

TOP FIVE: List your top five values

To live a life according to your values is to live an aligned, conscious, and purposeful life. Is that not the whole darn point.

PERSONAL *why*

Dig Deeper:

Think of your biggest goal or dream, the one you desire the most and ask yourself why. Then ask why again, and again, and again. Ask why at least seven times, paying attention to what comes up. Getting the root of your why = powerful motivation.

why

why

why

why

why

why

why

hold space for yourself and be *kind* to yourself as you complete this exercise. Know there is no right answer only *lessons* and nudges along your path

SELF COMPASSION

my GOALS

Your dreams and ambitions are not random, they are perfectly designed. They simply provide a glimpse of your infinite potential.
It's already yours.

DREAM BIG

take up space

Playing small does not serve the world...we were all meant to shine...and as we let our light shine, we unconsciously give other people the permission to do the same

-Marianna Williamson

Goal 1:

Goal 2:

Goal 3:

What is holding me back? Is there anything? What changes do I need to make? What resources/help do I need?

How will I feel when I achieve these goals:

ACTIVATION: What is one thing I can do right now to get started?

I am worth of love. I am worthy of abundance. I am worthy of emotional and financial stability. I am worthy of achieving my dreams, I am worthy of everything I desire, I am worthy of all my manifestations.

my GOALS

GET PROACTIVE

Reactive people are driven by feelings, by circumstances, by their environment.
Proactive people are drive by values

-Stephen Convey

Barriers: time & "all or nothing"

Too often goal setting does not result in positive change as we come across time barriers. So in this section let's get into the detail of **how** you are going to incorporate working towards these goals into your life. Start by asking yourself with *radical honesty* do you have time to achieve this goal? What time opportunities do you have during your day/week to add to this goal? How are you *really* spending your time? Does something else have to give, do you have to make some compromises? What's the trade off? How can you make it part of your routine, make it a habit? Some days are good and some days are bad. Some days you have more energy than others, how can you tailor your daily goal actions to meet these different levels?

Goal 1:

Goal 2:

Goal 3:

Booster: support

Another fundamental aspects of achieving your goals is your support. Take some time to reflect on how you will support yourself to achieve these goals? Perhaps there is an element of self discipline (or self devotion) or self care. Who in your life can you bring in, either to support you, hold space and/or involve themselves in the same activities?

Goal 1:

Goal 2:

Goal 3:

I am worthy of living my dreams. I am supported by life in all of my endeavours. I ask and I recieve.

PERSONAL *why*

Personal statement:

A brief summary of your why, to return to when times get tough. Your commitment to yourself. Intentionally dedicate yourself to making your life exactly whatever you've dreamed it could be.

Self pep talk:

Write a little pep talk to yourself. include words of encouragement and compassion, as if you were writing to your best friend, someone you love dearly and want to succeed.

Strengths:

Remind yourself of your strengths and talents, what are you capable of, take time to feel proud of your abilities.

IT'S OKAY

to make mistakes
to be less than perfect
to be uncertain
to be scared

Gratitude:

What are some things you are grateful for in your life, some positive things in your life you can return to when times are tough.

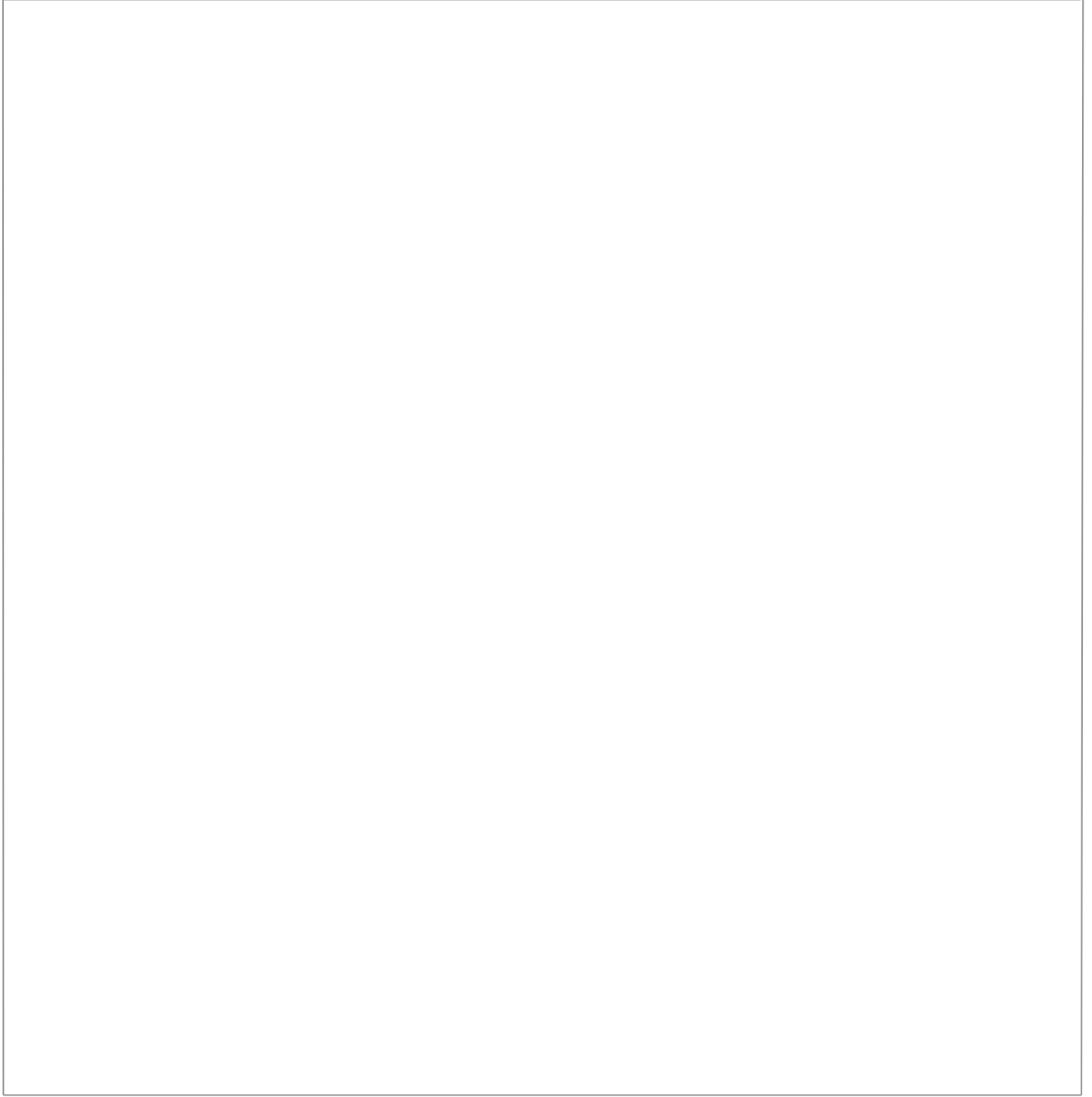
IT'S OKAY

to go slow
to want more
to change your mind
to choose you

IT'S OKAY

VISIONboard

This is *your* space to visualise all your dreams and intensions. Save your favourite quotes, affirmations, pep-talks and self-care reminders. A space to ignite inspiration and to revisit along your journey, reminding you of what you want to strive for.



You are more magical than you give yourself credit for. You are made of the same stuff that created our stars, mountains, rivers...our entire universe.

MANIFESTATION

AFFIRMATIONS

Affirmations are incredible for intentional manifestation.

Affirmations help change your internal narrative and by transforming your thoughts you start to feel and act differently. New actions create a whole new life. Affirmations can also bring hope and inspire in times when you feel unmotivated, lost or insecure.

Affirmation guidelines

Understand your intention, affirmations need to be relevant to your goal(s) and resonate with you. Use present tense, positive language, be specific, keep it short and sweet.

e.g. I am healthy and vibrant, my thyroid functions optimally v.s. I will heal my underactive thyroid

Extra for experts: emotion fuels your affirmations so as you write your affirmations or when you repeat them to yourself, imagine what it would feel like having your affirmations realized. Practice them with intention, conviction, and belief.

Your affirmations:

You have the power to create your dream reality.
Transform your thoughts thus shaping your new reality and in turn manifesting the life your desire.

limiting BELIEFS

*Be gentle with yourself, this can be a very difficult exercise, make sure you have scheduled time after to rest, connect with nature or with friends, family member or a pet <3

THE BELIEFS: Bring to mind a limiting belief you may have. How does it make you feel? Where do you feel it?

BYRON KATE: Let's work through the limiting belief (for more see www.thework.com)

Is this true?
Can you absolutely know it is true?
How do you react when you think this thought? What happens when you believe this thought?

Who or what would you be without this thought?

"It's only a thought and a thought can be changed" -Louise Hay

AFFIRM: Create some affirmations to re-write the limit belief

You are worthy of living your dreams, you are worthy of loving yourself, you are worthy believing in yourself.
You are *powerful* beyond your wildest dreams.