

3. What are you sick & tired of? What will you no longer tolerate? (you could do this as a thought download – just rant. There are no wrong answers.)

4. What are you most excited to learn/experience?

5. Why is now the perfect time to dedicate your time to doing this?



6. Who do you want to surround yourself with?

7. If there was a perfect version of you out there in an alternate reality, what would her life be like? (Again, be aware that you're still going to have bad days, feel negative emotion, and problems are still going to come up)



8. In the two sections below, define what you're energetically available for, and what you're not energetically available for. Think of this as your personal yes/no list for what you will tolerate in your dream reality.

YES

NO



PART THREE: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. The categories below are the same categories that you evaluated in the Wheel of Life Exercise at the beginning of the program. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in part 2 here. We are just practicing getting clearer & putting it together.

9. Health & Wellness

10. Career & Business

11. Spirituality



12. Finances & Money

13. Personal Growth

14. Creativity & Joy



15. Family & Friends

16. Love & Romance

17. Fun & Leisure



3. What do you need to believe to create this result in your life?

4. What can you do/What are some creative ways to tap into these beliefs and feelings daily?

