

"Tell me,
what is it you plan
to do with your one
WILD AND
PRECIOUS LIFE?"
- Mary Oliver

A recommendation and note of encouragement: take what works for you and forget the rest. We invite you to change any word, question, or concept that doesn't agree with you and make it your own. You can do this all at once, in stages, by yourself, with friends. Whatever feels right for you. This is just a guide – you'll find the real questions and answers are already in you. Some of the prompts are intentionally vague so that you can answer them in whatever way comes to you. Fewer parameters means more possibilities!

PART ONE: Reflect.

*Let's keep this in the here and now. Answer from where you are at this time in your life, rather than where you were a few years ago or where you want to be in the future. Put away any distractions and set a timer for **15 minutes**. You're going to move quickly to bypass your analytical mind. Think of it as a warm-up for your intuition. You can always come back later and respond in more depth.*

I LOVE...

I'm inspired and delighted by...

I'm thankful for...

I'm hungry for...

I need...

I fear...

I feel guilty about...

My inner critic tells me...

My inner guide/intuition/wisdom/spirit tells me...

This year i've learned...

I have been compromising on (and I don't want to any more)...

I've been resisting...

My secret dream is...

I sometimes get in my own way by... (you can ask a friend)

I take care of myself by...

I feel most alive when...

I believe others see me as...

I want to be seen as...

I want to make others feel...

I'm most motivated by...

My super powers are...

The areas in my life I'm most looking for growth or change are...

*Whether you're working on your own or with a group, take a few minutes go back and review your answers. Set a timer for 10 minutes for each person and get curious. The only rule is **no giving advice**. The best gift you can give at this moment is to listen and help them deepen their own learning. Here are some good questions to start with – there are no wrong questions! What are you learning about yourself? Was anything surprising to you? What was reaffirmed or solidified? What questions did you skip or hesitate to answer? What themes are showing up? What questions did you find yourself spending more time on and why?*

PART TWO: Love your life.

"Success is liking yourself, liking what you do, and liking how you do it."

- Maya Angelou

I'll add this: liking who you do it with. And forget like...let's go for LOVE! If success means loving your life, what does it look like for you to...

LOVE yourself (physically, mentally, emotionally, spiritually)...

LOVE what you do...

LOVE how you do it...

LOVE who you do it with...

On your own or reflecting with a partner or group: what did you learn from answering these prompts? How does this affect how you perceive how successful you already are? What shifts can you make (in your action or your perspective) to be more successful or feel more love for your life?

PARTTHREE: Commit.

To create the kind of life I want to live, I will...

daily

weekly

monthly

sometimes / occasionally / sporadically / spontaneously

PART FOUR: Bring it to life.

The main themes showing up for me are...

My biggest assets and allies are (people, resources, guides, experts, personal heroes)...

I will share this with...

When I need support, I will...

The first thing I am committed to doing is...

I'm committed to creating plans for each of my biggest priorities by...

I'll stay true to myself and my dreams by...

A little extra space for your biggest thoughts/dreams/feelings...

*And a final note: whoever you are, whatever you do...you are **so good**. We believe in you. **YOU GOT THIS!***