

# live your best life



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Are you living your best life? What does that even mean?

Use Instagram as a menu. Think about the last time you felt jealous. What did they have that you wanted?

List all the things you'd like to be, do, and have. Don't be polite. Nothing is too big and greedy or too silly to include.

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If you think it, write it down.

## Be

## Do

## Have

What you're really craving is a feeling! Circle the words you'd like to feel most.

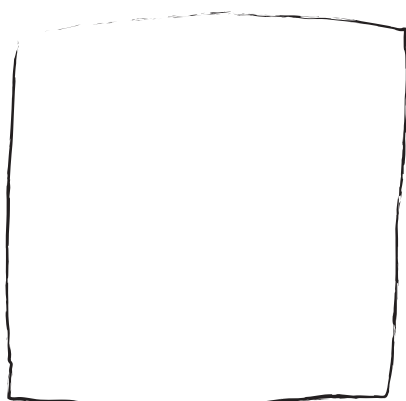
11

joy interested serenity gratitude hope pride  
amusement inspiration awe elevation altruism  
satisfaction relief affection cheerfulness surprise  
confidence admiration enthusiasm eagerness  
euphoria contentment enjoyment optimism  
happiness love aroused playful cheeky  
free content joyful curious successful proud  
respected accepted confident valued courageous  
powerful creative loving thankful peaceful  
sensitive trusting intimate hopeful  
optimistic inspired energetic amazed excited

Let's take a look at the different areas of your life and see how things are going. We'll look at:

**you, your relationships,**  
**your finances, and your contributions.**

12

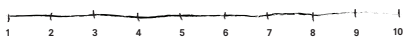


## you

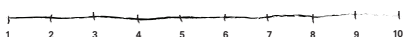
your physical, mental, emotional health and your confidence!

13

Rate from 1 - 10



What is your goal rating?



What are some words that describe how you want to feel?

What do you already do and have that gives you those feelings?

What could you do and have if you felt that way?

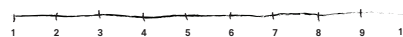
What do you already believe to be true that makes you feel that way?

## relationships

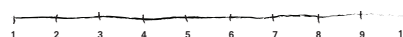
family, friends, spirituality

14

Rate from 1 - 10



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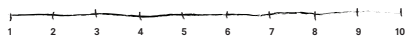
What do you already believe to be true that makes you feel that way?

## finances

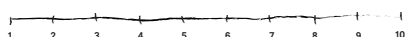
money

15

Rate from 1 - 10



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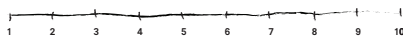
What do you already believe to be true that makes you feel that way?

## contributions

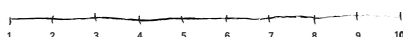
your impact on the world

16

Rate from 1 - 10



What is your goal rating?



What are some words that describe how you want to feel?

What do you already do and have that gives you those feelings?

What could you do and have if you felt that way?

What do you already believe to be true that makes you feel that way?

## gratitude



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Be grateful for what you already have and you'll attract more good things.

How do you want to practice gratitude?

**"Say thank you in advance for what is already yours."**

— Denzel Washington



**"If you want it, you can  
have it. But you've got to  
learn to reach out there  
and grab it."**

— Weezer

What would it take for you to reach out and grab it?

## thoughts

Your brain is just trying to keep you alive.

It has 3 main jobs:

1. Seek pleasure
2. Avoid pain
3. Conserve energy

What thoughts can you redirect to?

**Wow!  
You did it!**

Take a second to give yourself props.

You did something most people only think about doing. You carved out time to get clear on what matters most to you.

You'll be able to live each day with intention from here on out.

I'm cheering for you - always!

Jen

**"Your only job is to  
believe it's possible."**

— Jody Moore

## notes

## notes

## notes