

FOUR WEEKS OF DISCOVERY

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ABOUT THE WORKBOOK

IT'S ALL ABOUT YOU!

THIS WORKBOOK IS ALL ABOUT YOU! IT IS a REKINDLING PROCESS TO IGNITE THAT FIRE INSIDE OF YOU! IT IS a SELF-CHECK ON HOW you are CURRENTLY LIVING versus WHERE your SOUL REALLY WANTS TO BE!

THERE IS a PAGE FOR EACH DAY DURING THE FOUR WEEKS OF DISCOVERY. SPEND THE TIME TO reach your core and RESPOND TO WHAT IS TRUE FOR YOU.

THERE aren't any RIGHT or WRONG answers.

RELISH IN THE DISCOVERY!

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Day One of Discovery

DESCRIBE YOUR IDEAL DAY ...

What is one thing you can do now
to enjoy your day?

Day Two of Discovery

WHAT INSPIRES YOU?

How do you inspire others?

Day Three of Discovery

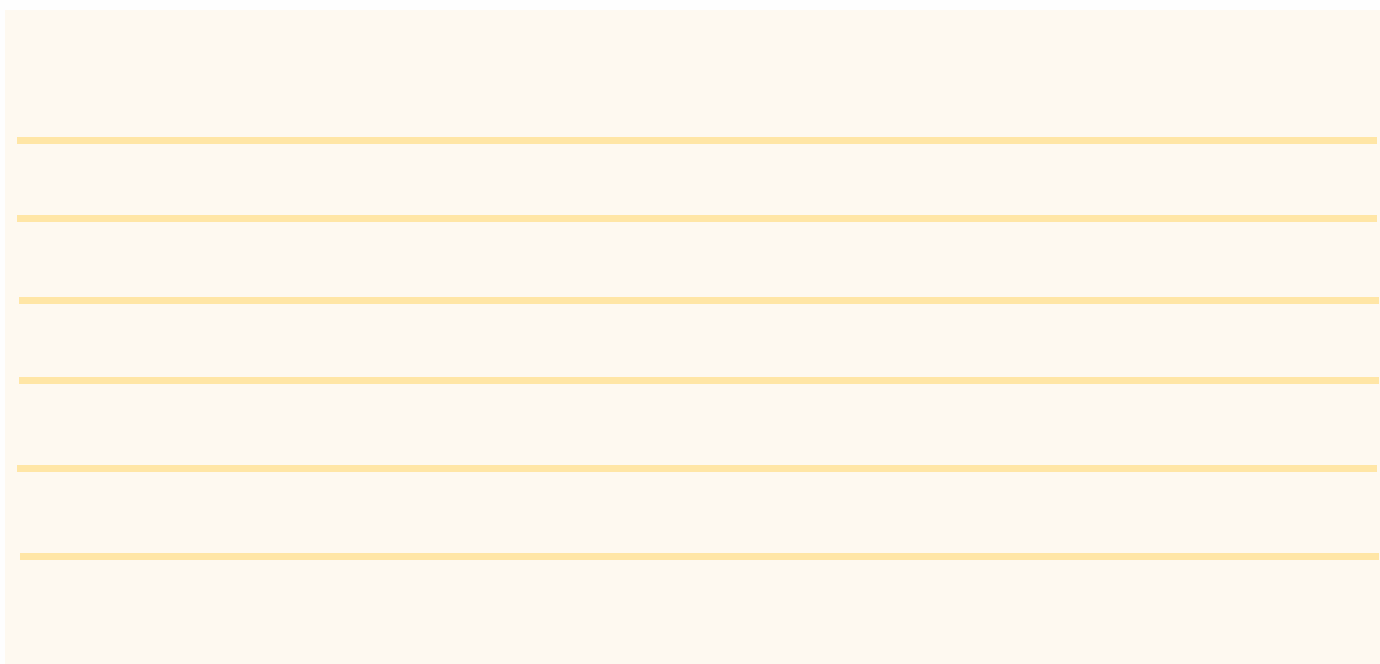
LET LOVE RADIATE FROM YOUR SOUL!

HOW GOOD DO YOU FEEL?

How can you add this feeling
to your everyday living?

Day Four of Discovery

LIST THE TOP THREE PLACES YOU
WANT TO TRAVEL AND THE REASONS ...



What's one small step you can take to get
you closer to that destination?



Day Five of Discovery

WHAT IS YOUR FAVORITE
HEALTHY DISH?

How can you add a little healthiness
to each of your days?

Day Six of Discovery

WHAT IS YOUR FAVORITE
FORM OF RELAXATION?


How often do you get a chance
to relax this way?

Day Seven of Discovery

BE GOOD TO YOU!

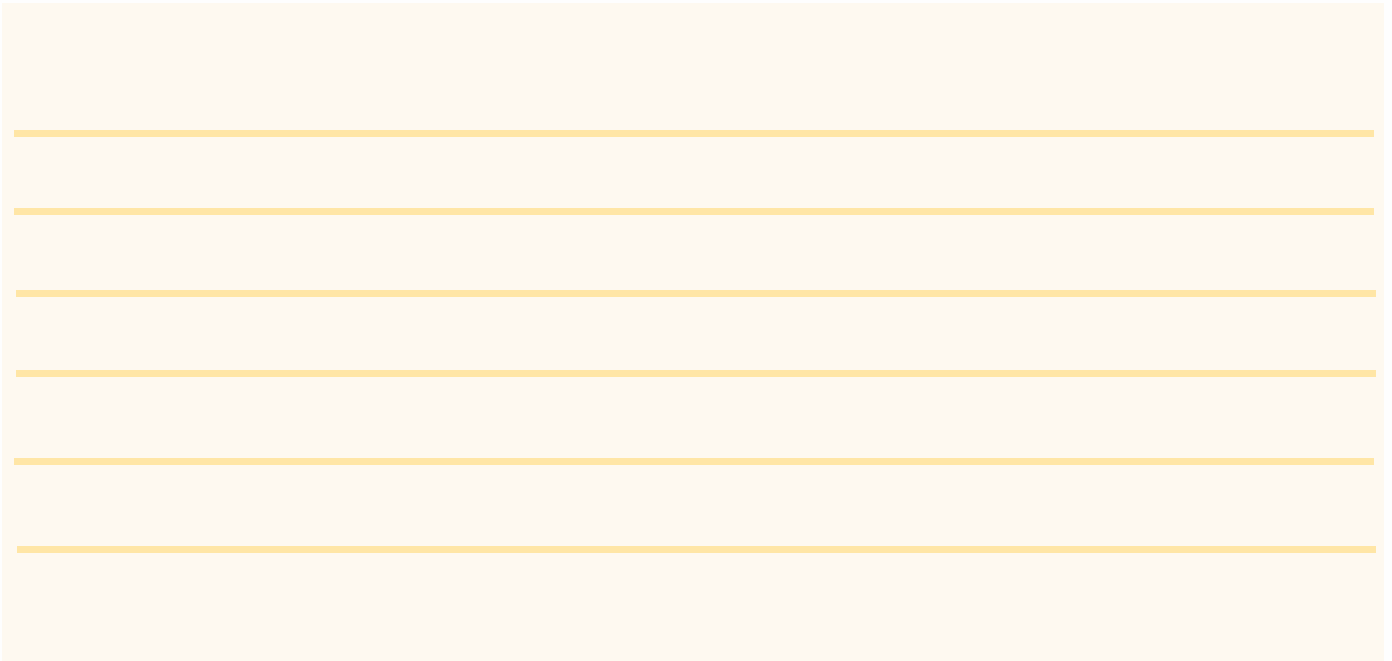
WHAT DOES THIS mean TO you?

How often do you take care of YOU?



Day Eight of Discovery

SHARE ONE OF YOUR DREAMS ...



What is one step you can take today to get you closer to that dream?



Day Nine of Discovery

WHAT IS ONE THING YOU WANT
TO DO THAT SCARES YOU?

What would make it less scary?

Day 10 of Discovery

HOW DO YOU WANT YOUR LIFE TO
BE DIFFERENT IN ONE YEAR?

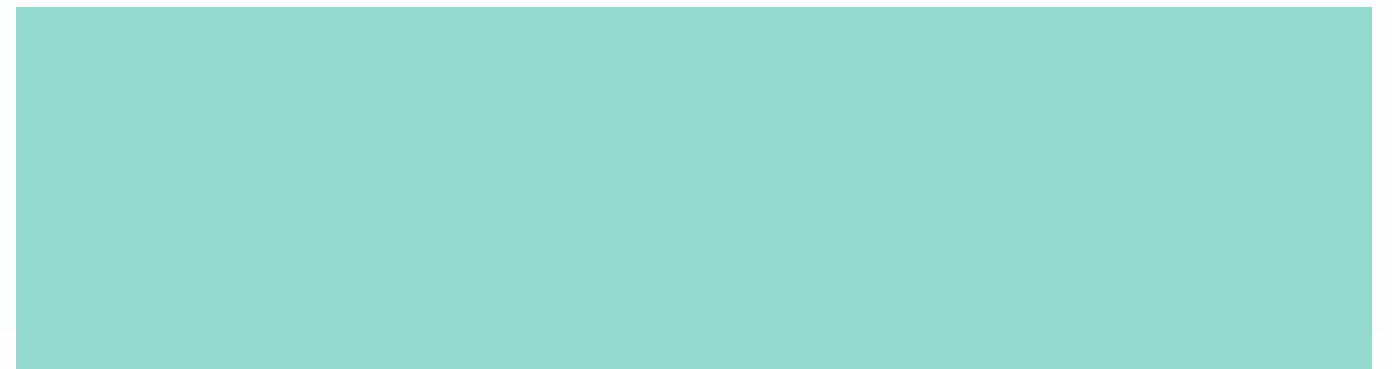
What's a small change you can make today?

Day 11 of Discovery

TAKE THAT EXTRA STEP!

WHAT IS IT?

How does that make you feel?



Day 12 of Discovery

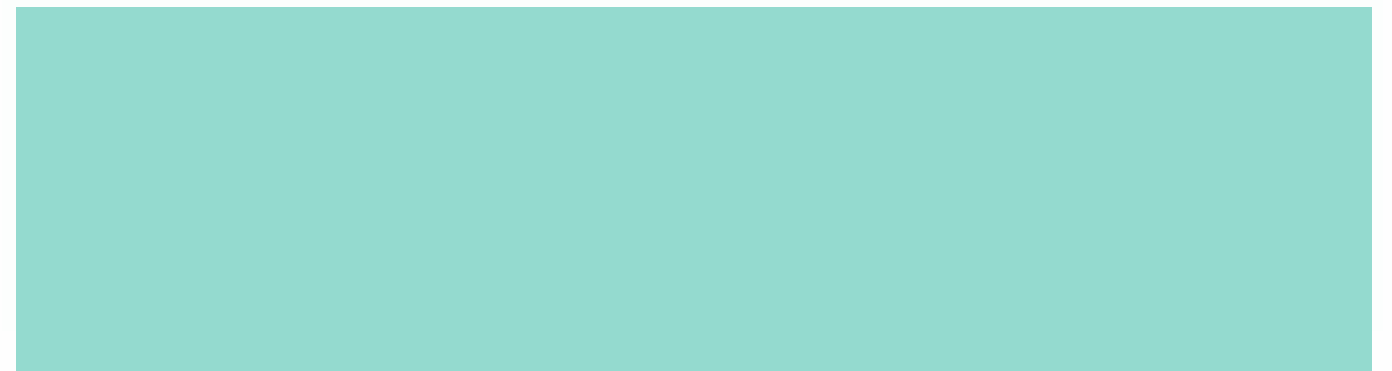
WHAT CAUSE/ORGANIZATION WOULD
YOU VOLUNTEER YOUR TIME?

What value of yours does this represent?

Day 13 of Discovery

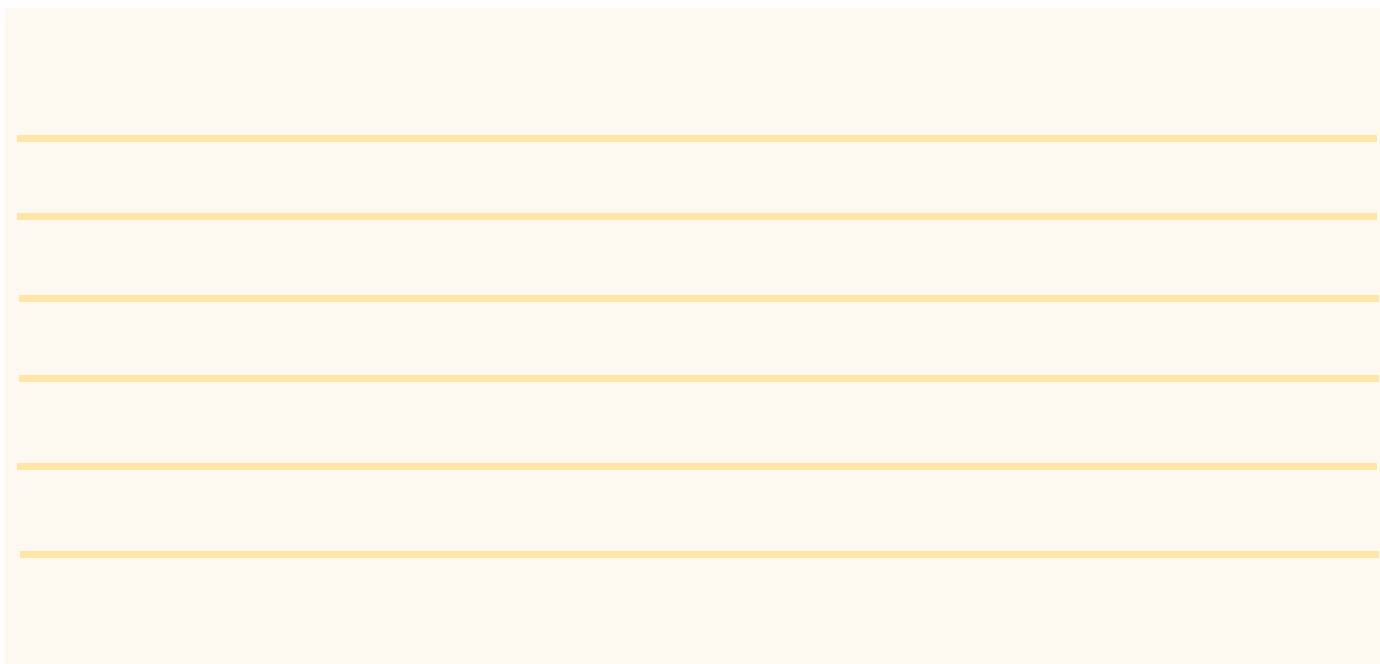
WHAT DO YOU WANT
YOUR LEGACY TO BE?

What importance does it hold for you?



Day 14 of Discovery

AS AN OUTSIDER LOOKING IN, WHAT
ADVICE WOULD YOU GIVE TO YOURSELF?

A large yellow rectangular area with horizontal lines, intended for writing advice.

Journal any special notes to yourself.

A large yellow rectangular area, intended for journaling special notes.

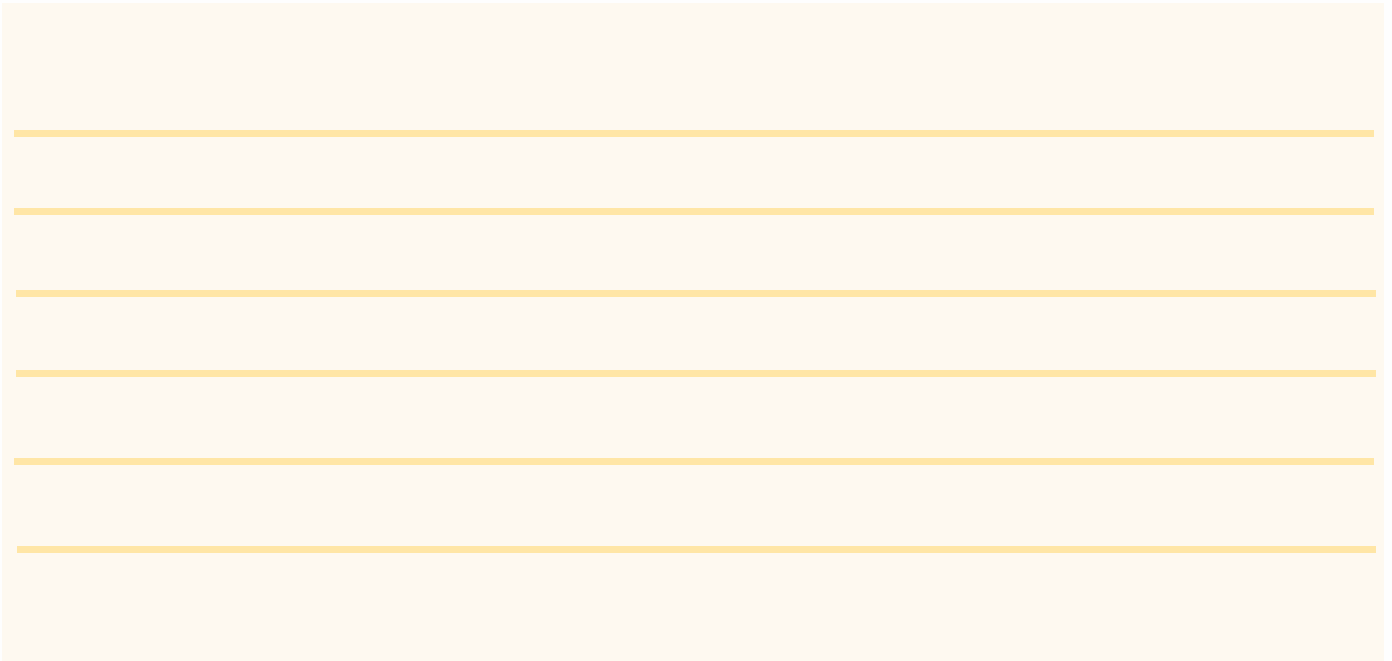
Day 15 of Discovery

IF MONEY DIDN'T EXIST, HOW WOULD
YOUR LIFE BE DIFFERENT?

What is one thing you can do today to
make your life as you described above?

Day 16 of Discovery

HOW WOULD YOUR LIFE BE DIFFERENT
IF YOUR EGO WASN'T HANGING AROUND?



What do you think the difference is between
your ego and your soul?



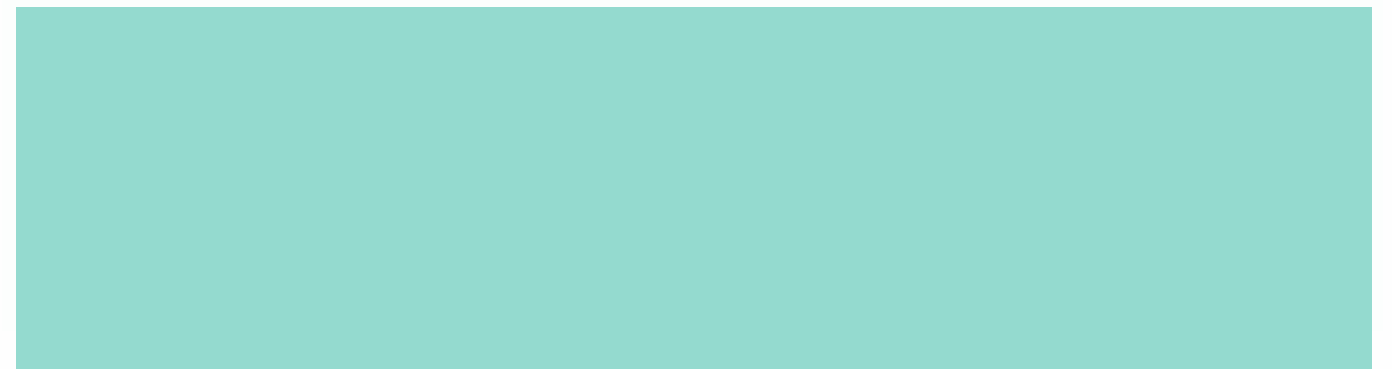
Day 17 of Discovery

LOOK AT EVERYONE AS A TEACHER!

WHAT DID YOU LEARN TODAY?



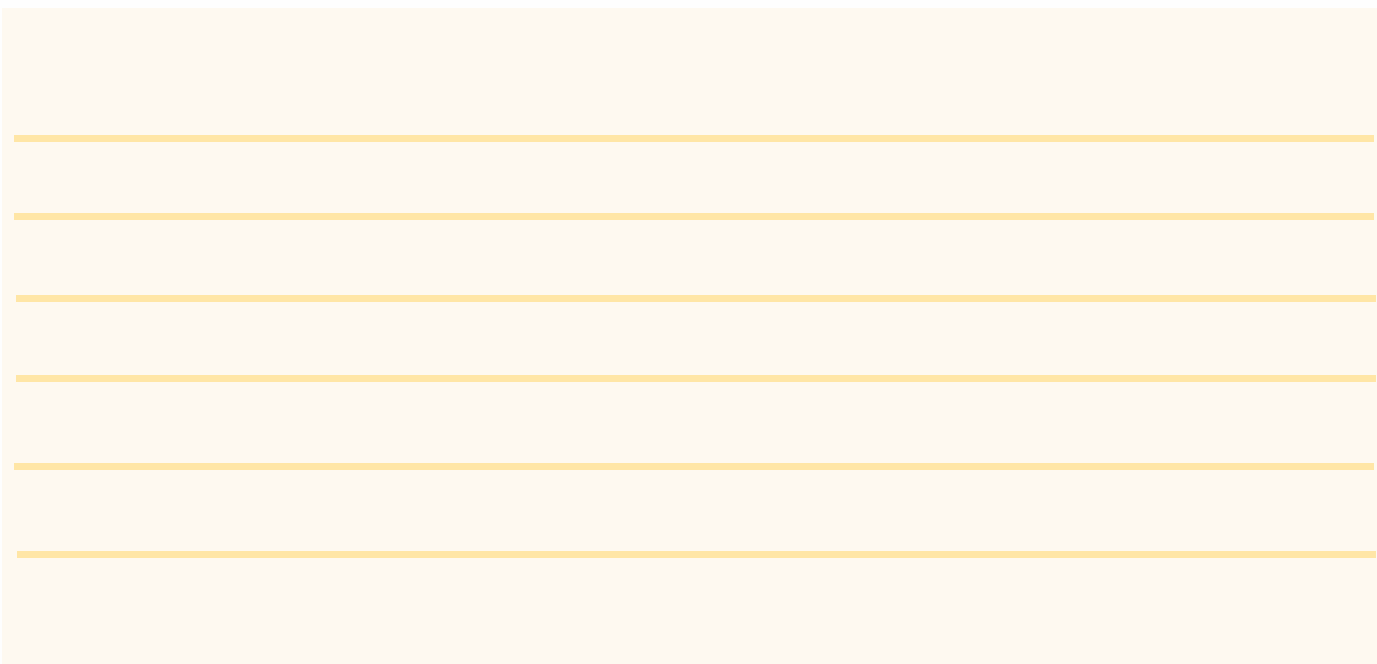
What did you teach someone today?



Day 18 of Discovery

STRETCH YOUR BODY! STRETCH YOUR MIND!

HOW GOOD DO YOU FEEL?



How often do you take the time to
rejuvenate your body and mind?



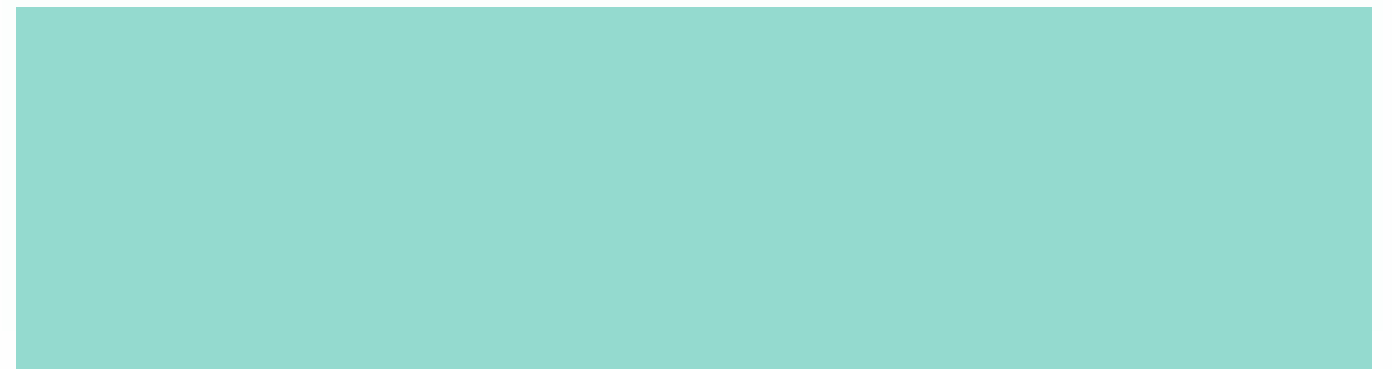
Day 19 of Discovery

TRY A GUIDED MEDITATION!

DESCRIBE HOW YOU FEEL ...

Observation, not judging,
helps our awareness.

How often do you observe versus judge?



Day 20 of Discovery

DESCRIBE WAYS YOU ARE
LIVING IN THE PRESENT ...

What's one little worry or regret
that you can let go of today?

Day 21 of Discovery

JUST BE!

WHAT DOES THAT mean TO YOU?

What ways can you stop
over-thinking and just BE?

Day 22 of Discovery

"WHO" ARE YOU HIDING BEHIND?

What does the real "YOU" look like?

Day 23 of Discovery

WHAT DOES YOUR INNER
CRITIC SAY TO YOU?

What do you think your inner critic
is protecting you from?

Day 24 of Discovery

WHAT DO YOU WANT TO SAY BACK
TO YOUR INNER CRITIC?

How can you turn your inner critic into your ally?

Day 25 of Discovery

WHEN WAS A "FAILURE"
REALLY A SUCCESS?

What would be different if you looked at "failures"
as stepping stones to future successes?



Day 26 of Discovery

WHAT IS YOUR FIGHT SONG?

What does your fight song say about you?

Day 27 of Discovery

WHAT IS YOUR MANTRA?

SAY IT OUT LOUD!



What does your mantra say about you?



Day 28 of Discovery

WHAT DID YOU LEARN ABOUT YOURSELF
IN THESE LAST FOUR WEEKS?

Where do you go from here?

[Hint] Reach out to me to get you from here to there!