

HOW TO LIVE A MEANINGFUL LIFE

BE PRESENT + CHALLENGE YOURSELF



What are some “crazy” things (or not so crazy) that you could do to challenge yourself outside your comfort zone?

Which of those things can you do in the next 1 - 3 months?

Which of those things will you COMMIT to doing in the next 1 - 3 months?

CHOOSE YOUR CHEERLEADER

Who will support you on your fabulous journey to live more meaningfully and make the life changes you need? Write your short-list of cheerleaders below!



NAME:

RELATIONSHIP:

WHY YOU CHOSE THEM:

SUPPORT YOU WANT:



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