

HOW TO LIVE A MEANINGFUL LIFE

BUILDING AWARENESS



What things do you do now where your emotions or thoughts pull you in another direction - e.g. you show up, but you would rather be someplace else. Or, you do something and it feels bad in your gut or your heart when you do it:

What ailments or physical difficulties do you have? Can you connect them to emotions you haven't dealt with?

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If you were living a more meaningful life, what would be different than it is now?

If you were 90 looking back at your life, would you be happy with how you lived it up to now? If not, what would you change?



REASONS I CAN'T CHANGE MY LIFE TO BE MORE MEANINGFUL:

[illegible]

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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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DREAMS INTO ACTION



Write each of your excuses below, but as a question. i.e. "I can't leave my job because I don't know how I'd get healthcare" becomes "How will I get healthcare coverage without a job?"

Excuses into questions

1:

2:

3:

4:

5:

6:

7:

8:

9:

10:

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DREAMS INTO ACTION



Use the space below to write down your existing balances. Consult a financial planner for a true understanding of all your money buckets.

Checking:

Savings:

Retirement Fund:

Stock:

Other investments:(Describe)

Other assets: (Describe)

Other (describe):

Other (describe):

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DREAMS INTO ACTION



Think about your major needs --> home, food, etc. and what you truly want. Write how much money you feel you need, each month, to feel happy and satisfied.

Look at your savings, from the previous page - how long can that carry you, if you gave yourself, each month, the figure you wrote above? How much money would you need to earn, each month, if you tapped into your savings?

What are some ways you can think of to earn money outside your current (or former) job?



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