



## Moving Forward

Now that we have discussed:

- Luxury vs necessity
- Urgent vs important
- Your top 10 values
- How to put those values and priorities into clear action steps
- Your 3 values (contract)
- Your purpose and mission statements

Go back to your goals: Go through each area where you have actions needed to improve those areas (I am sure none of the areas are at 100% and you have no further goals for that area.)

- Physical Environment
- Intimate relationship
- Friends and family
- Health
- Career
- Money
- Personal growth
- Fun and recreation
- Community
- Giving Back (charity, volunteer work.)

Then go through each area, one at a time, and make a list of the things you have tried before, to improve that area. Note which things didn't work and why, and which things worked well in the past.

Next, make a list of action steps for the next right things to walk you towards those goals. Focus on the feelings you are hoping to experience rather than the specific things you want. Then as you tap into those feelings, from a place of what it would be like to already have that experience, the solutions will show up.

This will also help bring clarity on creating effective systems and practices in your life moving forward. When something works well, take the time to note what you did, so you can repeat the process and it can become a tool. That's how this system was created. I took all the things I gathered over the last 30 years, tested them in the manner that worked for me and turned them into tools. These tools worked not only worked in my personal life, I was eventually able to turn it into a system. This became my mission; to share my life's passion while teaching others to find theirs.

Remember, each one of us has unique gifts and talents that comes so easy to us we may discount it's worth and not even realize how special it is, yet others are amazed. Think about the things you are most drawn to, are passionate about and find ways to include them in all that you do. Even if you don't have your own business and work for someone, when we express all parts of ourselves and do not hide we become purposeful and our job becomes the thing we love to do the most.

I want to truly CELEBRATE YOU!!! You invested in YOU!!

You have been amazing.... I believe in YOU....

Make the choice to live the EXTRAORDINARY life you were destined for.

Much love and Gratitude