



Design your beautiful life workshop:

This is a CHECKLIST to review before you do get messy and look for images.

Before you get your hands on creating your vision board, check-in with yourself and write down your future goals, dreams and the image of yourself inside that would make you feel wonderful.

- Use the 12 areas on the next sheet, to look at what you want to move and change in your life that you feel will bring you more joy in your life. This will help you create a vision that has more of a sense of clarity and purpose.
- Do you have a quote or motto that you use that inspires you? If not - take time to find one. It can be a whole paragraph, a whole book or one line. Find something that moves you.
- Mindmap - use a blank piece of paper to just do an #IdeaJam and get all your big ideas and dreams down on one piece of paper, it can be as details or just be words that are the feeling of what you want to create. Use colors or pencil or pen... Whatever feels good.
- Learning to receive
- Are you receiving in balance to what you give?
- When you think about what you want to design into your life, what is the first word that come to mind
- “Justifying, rationalizing, apologizing, these are signs that show where our level of receiving is. This is all about needing to be in control. Control blocks receiving.” - The Art of Receiving
- What do you feel you need to control the most that might be blocking receiving?
- Go back to your Designing a beautiful life list of 12 things and what you say you totally love and makes you feel great when you focus on it. What would you love to have shift into a state of abundance? Can you believe you are worthy of abundance in all 12 areas of the list? Can you LOVE them!!>>>>
- Start with the one that makes you feel over the top amazing fabulous!!

Now take time to find images that excite you. If it doesn't move you to feel great, leave it. This can be digital or from a magazine. Collect at least 12 images, words that get you THRILLED, and you LOVE!!! Get you excited. Now we can design them into your life, on a board, in social media, around the house... let's start to design you a beautiful life you love.

These topics cover a very wide range, don't get stuck on one, just move on to the next if you don't want to focus on it right now. If it is a subject that makes you uncomfortable or you just don't know where to start, consider taking time to really be curious about the feelings it brought up, or even a sheer lack of interest is also an emotional response.



Once you have gone through them, go back to page one and start thinking what it will look and feel like to achieve your goals, or even release other goals or emotions.

- 1) Intellectual: What do you want to learn and why, how will it benefit you. What habits do you want to unlearn, what do you want to research or teach!
- 2) Emotional: Specifically consider Joy & Grief as you do not have one without the other.
- 3) Character: Consider traits about yourself you really appreciate and ones you might want to redesign or let go of.
- 4) Spiritual: How are you caring for your soul and spiritual life.
- 5) Love & Family relationships: What rituals and schedules do you have around family, who will you have in your life, what works for you and what or who do you need to minimize while you are working on the relationships that strengthen you.
- 6) Social circles and expansions or deletions / Are you making sure your social events are filling you up, not depleting you. These change sometimes, it is valuable to just be aware of how you spend your time and who you are investing in.
- 7) Career: what are your goals
- 8) Financial :Break into personals and business sections
- 9) Quality of life: Excercise/Food / Rest & Relaxation
- 10) Life Vision and Legacy
- 11) Life Vision: pull it all together here... you don't have to have all the answers, and it won't all happen " Just write about what you would like it to feel like. Right Now" moving ahead in small increments, be moving and steering yourself in the direction you have decided on.
" You can't steer a parked car"
- 12) What else? Is there some other big picture item you haven't covered yet, a goal so big it breaks your mind? You have no idea how to achieve it? Put it here!

Just write anything that comes to mind! Take a page and it will be your Idea Jam Page - go wild!