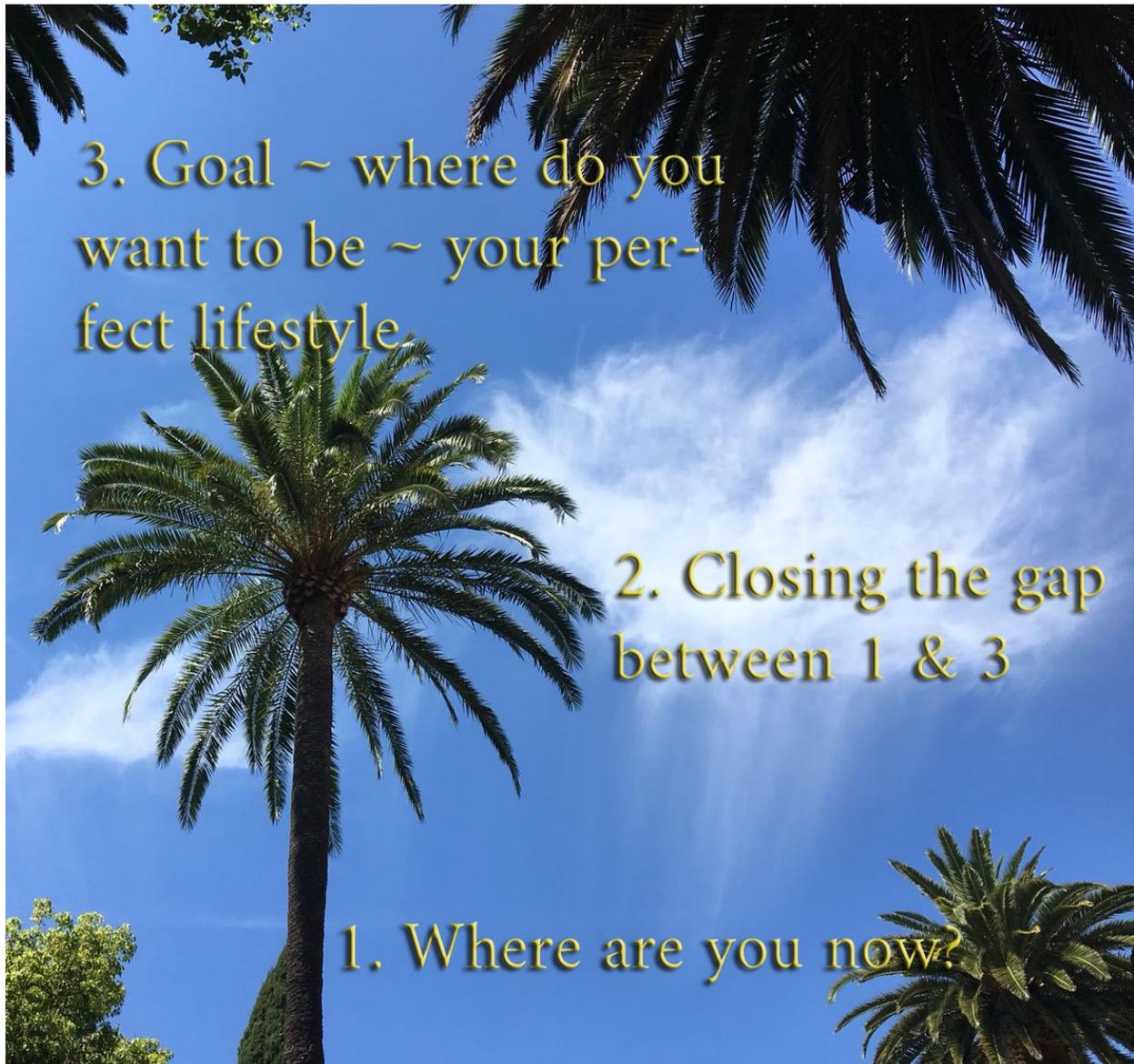


Write your own script, be a writer and producer of your own life

Self awareness questions



1. Where are you now in your life? Who is influencing you? What are your values? What do you believe in?

2. What has to happen in order for you to achieve your goal. What are the obstacles & challenges on the way? Who can deal with them? Who can support you?

3. Final destination ~ describe your perfect lifestyle, your future story.

# Finding out your purpose & following it

Make sure to incorporate as many senses as possible into your visualization.

\* What inspires you, energizes you? What feeds your “soul”? What you do, see, where you are in while you are imagining this?

WHEN you are inspired? What do you do then naturally? What is it almost every day that you cannot go on without it?

\* How you could do more of that? What tools do you need?

\* What are your best qualities, strengths and skills? What is your essence? What can you do well?

\* What do you want to represent?

\* What would you like to share with the world? What message you want to bring to people?

What do you like to offer to others? How? How your work is serving others?

\* What grabs your attention every day? What kind of thoughts you have in your mind every day?

\* What qualities are you sharing by your work? (inspiration, feeling of expansion, beauty, joy, pleasure, well-being, etc.)

\* Having unlimited TIME and MONEY, you would...

\* What interests you mostly right now?

\* Who positively influenced your life? What qualities you admire in them and what qualities you gained from them?

\* How do you want to be remembered?

\* Your mission statement is ... “I inspire people to ...”

## Envision your ideal life

### PERSONAL & PROFESSIONAL LIFE

1. In my family life I am committed to: (spending time with, enjoying, teaching, working with, taking care of my spouse, partner, friends, family, and/or children, etc.)

2. For recreation and fun, I enjoy ...

3. My home environment will be: (nurturing, comfortable, a place for entertainment, on the water, spacious home, have a home office, in the city in the country, etc.)

4. My retirement home will be: (a cabin in the mountains, a seaside condo, a small restored Victorian home, a large, spacious home to accommodate visiting grandchildren and guests, a large motor home, a houseboat, etc.)
5. My hobbies, passions, interest are: (travel, politics, reading, gardening, martial arts, etc.)
6. I will maintain (or regain) my health by: (exercising, eating healthy foods, meditating, etc.)
7. I will concentrate my practice in the areas of ...
8. My working/office environment will be: (spacious, comfortable, a home office, efficient, well-organized, etc.)
9. My financial plans are to ...
10. My business philosophy is one of (integrity, leadership, etc.)

## Identifying energy drainers

We put up with, accept, take on, and are dragged down by people and situations that we may have come to ignore in our lives rather than fix them. Identify those things that drain your energy. As you think of more items, add them to your list.

You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start eliminating, fixing, or resolving them.

ENERGY DRAINERS AT WORK - ...

ENERGY DRAINERS AT HOME - ...

## Questions for working with a coach

Suggested time: 1 hr once a week

- \* What I have accomplished since our last session, what worked?
- \* What I didn't get done, what didn't work?
- \* Challenges I am facing right now ...
- \* What I am appreciative of or grateful/thankful for?
- \* What I want to work on today to make out the best of the session?

\* What I commit to doing before the next session:

\* What I am hoping for to accomplish from sessions? short term (week, month), long term (year)

## More for your thoughts?

\* What is your connotation with the word: success? What do you see, feel, hear when you envision yourself successful?

After imagining that, take a moment to breath that qualities in and notice any differences in your body posture, attitude, feeling, etc.

The effect you have on others is the most valuable currency it is.

**If you are a freelancer, have a small business and would like to inspire more people.**

\* Track how many people you help/inspire/influence in a day/week/month, etc.

\* See making money as a tool to make more of what you want.

\* track your progress & build routines that ensure your progress

## The disciplined pursuit of less.

Not just haphazardly saying no, but purposefully, deliberately, and strategically eliminating the non-essentials. Not just once a year, but constantly reducing, focusing and simplifying.

## Value

Instead of asking, "How much do I value this item?" ask "If I did not own this item, how much would I pay to obtain it?" Instead asking, "How much do I value this opportunity?" ask: "If I did not have this opportunity, how much would I be willing to sacrifice in order to obtain it?"

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If you don't know who you are, you don't know who you are marrying.

No thought contains the absolute truth.

Insecurity occurs if you try to do something without feeling inspired.