

Session One Worksheet Page

REFLECTION NOTES

What is most alive in my body is:

How I'm doing on locating and honoring myself is:

Session One Exploration Notes

Health | Physical, Mental, Emotional

In six months, my vision for my Health is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is:

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

Creativity

In six months, my vision for my Creativity is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

Relationships | Intimate, Kids, Family, Friends, Business

In six months, my vision for my Relationships is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

Career | Mission | Purpose | Work in the World

In six months, my vision for my Career | Mission | Purpose | Work in the World is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

Money

In six months, my vision for my money is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

Adventure | Pleasure | Experience | Fun

In six months, my vision for Adventure | Pleasure | Experience | Fun is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

*Optional | Additional Area of Life

In six months, my Vision for this _____ area of my life is:

In order for my vision to be fulfilled, something I can choose to eliminate from my life is

In order for my vision to be fulfilled, something I can choose to integrate to my life is:

Session One Exploration Notes

SELF-LOCATING | SELF-HONORING | NON-NEGOTIABLES

My morning routine is:

My evening routine is:

One behavior I will no longer tolerate in myself no matter what is:

One behavior that I must have in myself no matter what is:

Session One Exploration Notes

POSSIBILITIES

What's possible and available for me in my life when I live in alignment with my vision is:

THIS WEEK

I'm reinventing my life by:
