

DESIGN

The lifestyle

YOU DESIRE

Be Yourself



How do you desire to feel? What do you want to do, be, have, and experience in the following areas of your life? [Examples: adventure, self-love, freedom, girl boss, romance, abundance, connection, energetic, peace, clarity, balance, creative, sexy, proud...]

SIT SOMEWHERE QUIET AND GO THROUGH THE QUESTIONS BELOW:

What excites you and makes you truly happy? [People, places, experiences, things, activities, hobbies, etc.]

What could you spend hours doing and barely feel as if any time has passed?

What makes you feel powerful, confident, and great about yourself?

What are three words a friend would use to describe you? If you don't know, ask!

What things come naturally to you? What are you inherently good at?

What have you accomplished that you are most proud of?

What do you desire to accomplish in the next year? 5 years? 10 years?

What are three things you want to improve about yourself?

What things make you sad or upset?

What drains your energy or wears you out?

Who makes your life better? Who makes your life more difficult?

“While being aligned with your desires is extremely important, it's nothing without your thoughts and your ability to create a positive mindset.”