WEEK I

Spend some time listing all the things you've created in your life thus far. What was it that stimulated the desire to create it? Who or what inspired you? How did you create it?

WEEK 2

Write down all the things you want for your life.

It would be nice if...

I want to accomplish...

If I wasn't afraid I would create...

The problems in my life I want to solve are...

(After you've written this out, circle 5 things you're most passionate about.

WEEK 3

Let's get started!!!

Pick one thing from your list of 5 things you want most.

Journal why you want this.

Brainstorm actions you can take RIGHT NOW. What are all the little steps? Don't be discouraged if you're unsure of the how, this will be in large part guessing, but as you begin to take action, the HOW will reveal itself to you.

WEEK 4

Now plan into your calendar the steps you will take (be specific).

What is the desire I want make REAL?

What are the obstacles I may face?

What are some solutions to each obstacle?

What are some actions I can take that will help me figure out the how?