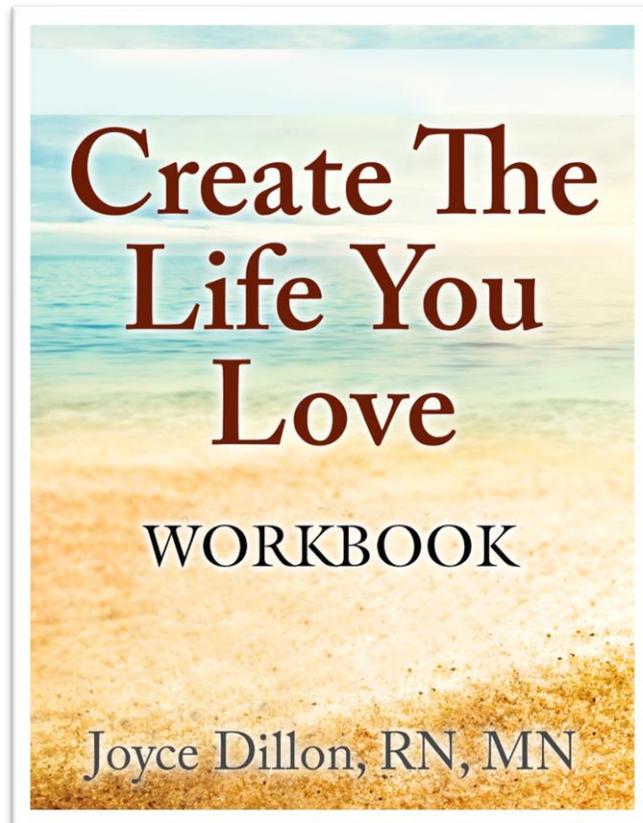


Create the Life You Love Workbook



“I believe that one of life’s greatest risks is never daring to fully live.”

Joyce Dillon, RN, MN

Step One: Create a Vision

Creating a vision doesn't mean that you know exactly how your life will play out. This isn't determined by your career or your hobbies. Rather, your career and your hobbies may shift as you see more clearly who you are, why you're here, and what drives you in a meaningful way.

These exercises will help you start the process of discovery:

1. Brainstorm a list of anything and everything you can think of that inspires you, motivates you, and brings a smile to your face. Feel free to use extra space to cut out magazine pictures, old photographs and mementos that further represent your greatest joy.

2. Get to a quiet place. Take three deep breaths. Place your hand on your abdomen and feel it expand as you inhale and contract as you exhale. Quiet your mind. Focus on your breathing. Allow your mind to wander. Take notes below on what you see in your mind's eye as you relax more and more.

3. Write down all that you can remember doing that was exceptionally meaningful to you. These include activities that others have recognized or complimented you for. Try to go back as early as your memory will take you into your childhood. Start there and allow your list to grow from recollections throughout your life up to present day.

Step Two: Conquer Fear and Doubt

Fear and doubt are two insidious and powerful emotions that can be destructive forces in our lives. They can tear down our confidence, destroy our spirit, and create voices in our heads that criticize us. There is nothing empowering about fear or doubt.

Here are a few ways you can conquer fear and doubt successfully:

1. List the main negative thoughts in your head. You can even come back to this page as new negative thoughts arise at a later time.

2. Every time you hear yourself say, "I'm afraid that..." Or "I doubt that...", write that sentence here.

3. After a few days, go back to the two lists and categorize them into beliefs. For example, "I believe that nothing is working for me." One of the most effective ways of conquering fear and doubt is to clearly understand the source, which is your belief about certain situations and people. Once you identify these, it is up to you to consciously create new statements.

4. Get to a quiet place. Turn on soft music with no lyrics. Light a candle. Breathe deeply. Relax. Focusing on your breathing. Listen to what comes up in your inner voice now that you've moved fear and doubt out of the way.

Step Three: Break Down to Break Through

If your fear and doubt hadn't already broken you, it's time to allow yourself to relinquish control. Stop trying to make anything happen and go within. Go back and do the previous exercises again if necessary. It's time to break through.

1. Look back at all of your notes in this workbook so far and write down what it all means to you now.

2. What are some of your conclusions? What are some of your new beliefs? How have you started to change the way you think? What are some new decisions that you've made? What are new actions that you've taken as a result?

Write all of these thoughts freely:

Step Four: Build a Community Support System

Nurturing yourself is a critical step in the process. Immerse yourself in a newly created environment that supports you.

Here are a few ways to create your own community:

1. Take an inventory of your friends and family as well as your music and television choices. Mark out the ones who judge and criticize you. Put stars next to the ones who are supportive in their words and actions toward you. Pay attention to how much time you spend with each of these people.

2. Make a wish list of all the things you've wanted to do recently and haven't. Write down the reasons why you haven't done these things. Then list all the reasons why you should.

3. List three (3) actions you will take in the coming week to nurture yourself: