

DESIGNING THE LIFE OF YOUR DREAMS



You are not what you have done,
you are what you have overcome.

1.

How do you choose to feel every single day of your life, regardless of circumstances? This is your frequency. Everything else builds from here.



2.

Who must you become, energetically and emotionally, to live that life consistently? Your identity becomes your outcome. This is about being before doing.



3.

What are you known for when you are your true, authentic self and fully expressed ... not holding back, not limiting yourself? This is about you stepping into your truth.



4.

If there were no limits, what does your ideal day look and feel like from start to finish ... and what work, contribution, or creation are you engaged in that makes you feel most alive, most aligned and most you? When your day and your work are in alignment ... you don't chase energy, you generate it. Because alignment is the ultimate productivity tool.



5.

What level of abundance do you allow yourself to receive ... financially, emotionally, mentally, physically and experientially? This is about your permission to receive the best for you.



6.

Who do you choose to surround yourself with, and what energy do those relationships bring to you to uplift you? Because your environment is not physical ... it is felt and experienced from the frequency of others.



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The magic you are seeking is in the work you are avoiding.

7.

What kind of impact do you create simply by walking into a room? Not what you say. Not what you do. It is what people 'feel' because you are there.



8.

What type of people are naturally drawn to you, your work, and your message? Your ideal clients, colleagues, friends, and partners are a reflection of your frequency, not your marketing, brand, profile, positioning or persona.



9.

What are you no longer available for in your life, your business, your work, your relationships and your thinking? Every expansion requires a release.



10.

What legacy are you leaving through the way you show up, not just through what you achieve? This reframe is about lived energy, not past memories.



11.

If you trusted completely, acted boldly, became braver and moved with certainty ... what would you start today? All it takes is a vision, a decision and taking the first action step.



12.

Where in your life are you currently out of alignment with what you say you want ... and what truth are you avoiding acting on? Clarity isn't the problem. Courage is. The magic you are seeking is in the work you are avoiding!

