

A Life of Yes: Live *Your* Dream, Not *The* Dream

Step 1: _____

If you Why Not'ed, what could or would you do?

Step 2. _____

Is there something/someone that if you let go, you'd have more space for goodness in your life?

Step 3. _____

What would you include in your "Life is exactly how I want it" recipe?

Step 4. _____

What's something that comes easily to you that you could offer others?

Step 5. _____

What is something that perhaps you're not great at but that you could embrace and turn into good?

Step 6. _____

What have you been putting off? What do you keep making excuses for? What can you just DO?

Step 7. _____

*Where could you insert yourself, somewhere that on paper you have no business being, that might lead to goodness?
What's different about you or how can you make yourself stick out in a way that you can use to your advantage?*

Step 8. _____

What's something that you can do solo?

Step 9. _____

How can you be selfish?

What's something you can say no to that might allow more yes in your life?

Step 10. _____

What ask could you make? Who could you make an ask to?

Step 11. _____

What's a tool you have in your toolbelt that will help you deal with bumps?

What can give you confidence to do something scary?

Step 12. _____

What's a way you can make either your life easier or someone else's life easier?

Step 13. _____

What's something you can give yourself permission to do, something that perhaps doesn't feel good but you know it'd be ok to do it?

Step 14. _____

Who could you say thank you to and why?

Step 15. _____

Where specifically could you find your tribe?

You can't start the next chapter of your life if you keep re-reading the last one.

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