

# DESIGNING MY LIFE

## CREATIVE GUIDED QUESTIONS



Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

For each of the questions, consider your answers in each of the following areas

- Health
- Relationships/Family
- Faith/Spirituality
- Work/Career
- Service/Contribution
- Finances/Savings/Investments
- Hobbies/Leisure Time

How are you spending your time, “Day in the Life of” Style, currently?

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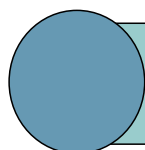
Andrea Eygenraam 519-820-0333

andrea@myinspiredcommunications.com

# DESIGNING MY LIFE

## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



How does it feel?

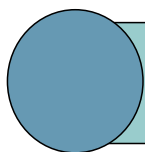
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How are you spending your time,  
“Day in the Life of” Style, ideally?

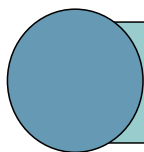
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How does it feel?

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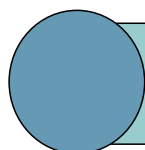
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



What does abundance look like to you?

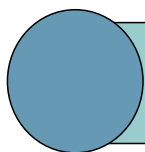
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How does abundance feel to you?

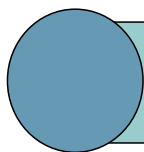
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What does being rich mean to you?

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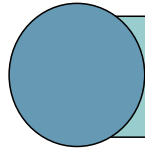
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



How do you handle uncertainty?

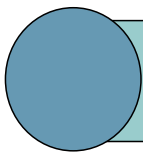
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How do you handle challenges that arise?

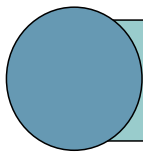
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What causes you stress or tension?

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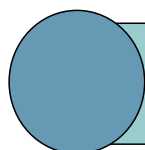
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



How do you rephrase challenges?

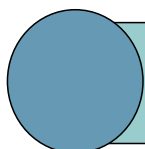
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What would you change?

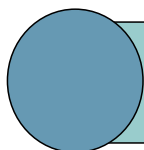
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What do you want more of?

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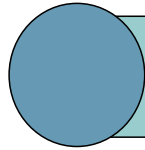
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



What do you look forward to?

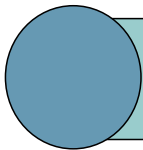
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What do you feel hopeful about?

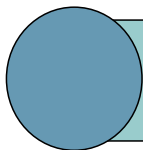
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What energizes you?

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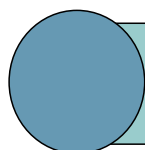
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



What brings you variety?

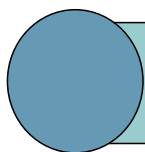
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What brings you stability?

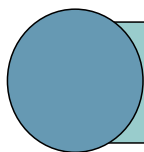
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How are you feeling significant?

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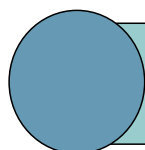
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



What do you feel grateful for?

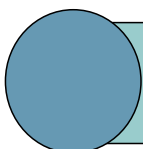
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How are you contributing to others?

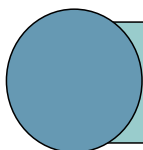
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Who gives you love?

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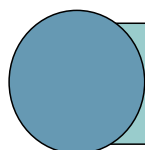
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# DESIGNING MY LIFE

## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



What brings you joy and happiness?

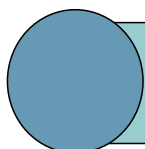
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What makes you feel peaceful and serene?

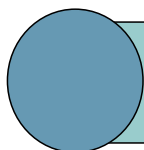
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What makes you feel fulfilled?

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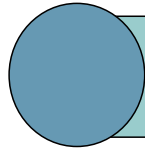
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## CREATIVE GUIDED QUESTIONS

CATEGORY: \_\_\_\_\_



How do you feel after answering the questions?

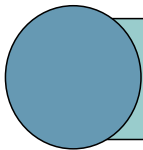
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What insights did you receive?

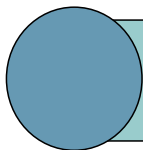
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Additional Notes

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## CREATIVE GUIDED QUESTIONS

When designing your life script, certain vocabulary can add emphasis and energize your script

- Absolutely
- Confidently
- Easily
- Quickly
- Certainly
- Rapidly
- Now
- Imagine
- Yes
- Positively
- Abundantly
- Visualize
- Feel
- Accept
- Freely
- Peacefully
- Successfully
- Completely

Write as if you have already achieved everything, in the present tense

Incorporate as many feelings as you can to evoke strong sensations in you

For extra emphasis, start phrases with I am so happy and grateful now that.....

Feel comfortable with everything you write, enjoy the process and get excited about what you are designing

Record and listen to your script when you wake up, and before you fall asleep



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