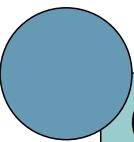


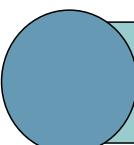
DESIGNING MY LIFE

CREATIVE GUIDED QUESTIONS



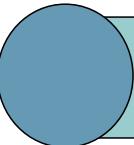
Client Name: _____

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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CATEGORY: _____

How does it feel?

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

How does it feel?



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CATEGORY: _____

What does abundance look like to you?

How does abundance feel to you?

What does being rich mean to you?



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CATEGORY: _____

How do you handle uncertainty?

How do you handle challenges that arise?

What causes you stress or tension?



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CATEGORY: _____

How do you rephrase challenges?

What would you change?

What do you want more of?



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CATEGORY: _____

What do you look forward to?

What do you feel hopeful about?

What energizes you?



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CATEGORY: _____

What brings you variety?

What brings you stability?

How are you feeling significant?



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CATEGORY: _____

What do you feel grateful for?

How are you contributing to others?

Who gives you love?



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CATEGORY: _____

What brings you joy and happiness?

What makes you feel peaceful and serene?

What makes you feel fulfilled?



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CATEGORY: _____

How do you feel after answering the questions?

What insights did you receive?

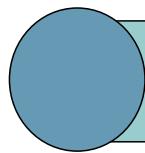
Additional Notes



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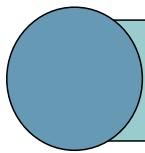
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CREATIVE GUIDED QUESTIONS

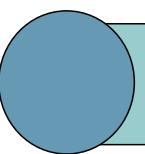


When designing your life script, certain vocabulary can add emphasis and energize your script

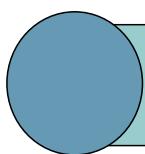
- Absolutely
- Now
- Feel
- Confidently
- Imagine
- Accept
- Easily
- Yes
- Freely
- Quickly
- Positively
- Peacefully
- Certainly
- Abundantly
- Successfully
- Rapidly
- Visualize
- Completely



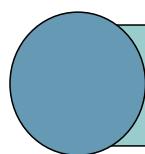
Write as if you have already achieved everything, in the present tense



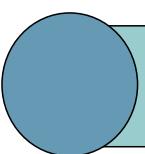
Incorporate as many feelings as you can to evoke strong sensations in you



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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