



MODULE 1: *Playsheet*

ENVISIONING MY MOST FULFILLING LIFE

Now is the time to explore what success and a truly fulfilling & LIVED life means to YOU.

You might like to journal, draw or create vision boards to hone your ideas further. {Vision boards could be in real life or on [Pinterest](#). Journalling can be in a notebook or on a document on your computer or even an app on your phone. Don't let things that don't truly matter stop your progress. Pick an option that works for you and rock on with your good self!}

If you find yourself stuck in your exploration of writing/list-making/imagery-gathering, here are some ideas to consider:

- What invigorates you?

- What makes you come alive?

- What lights you up?
- What would you like to be known for?
- What would you like to have MOST achieved if you were to be able to look back on your life in 'show reel' format from your death bed?
- What would you dream about doing for 'work' even if you weren't getting paid?
- If you had no limitations, how would you truly like to BE?

- If you won the lottery that you could potentially live off for the rest of your life, what would you still choose to do in your days?

- If you could have one sentence said about you upon your passing - what would it say?

This is meant to be an exploration right off 'the cuff'. Don't treat this like a polished essay or final piece of art. Consider this a rough draft. Consider this getting ideas out of your head & onto paper. We will explore this further throughout our adventure. You can refine things later - add ideas or remove things. Just keep moving forward. That's our motto, baby. Progress not perfection. ANYTHING over procrastination. LIVING over research and careful consideration.