



MODULE 1: *Playsheet*

MY SELF-COMMITMENT TREASURE MAP

We've looked a lot at big dreams this module. We've looked at where we are & really looked into where we want to be. We are creating a treasure map to our deepest desires. However the key to getting there quicker is to feel good NOW. To be grateful NOW. Remember, you will always grow what you bless and honour.

So, first and foremost: I am truly, deeply grateful for:

Looking at your vision boards/journaling, your drafted 5 year goals for the various facets of life integral to you, the values your future self would hold true, your 60 second message to the world AND your drafted mission statement, let's refine further to at least 1 main goal in each area {as before, rename them if it works best for you and keep this as simple as needed so you can continue to progress - you can always evolve, we're going to evolve anyway, baby!}

- Spiritual connection

- Physical health
- Emotional wellbeing
- Mental health
- Relationships
- Business/career
- Finances

Looking at these goals you've just explored, rewrite them in PRESENT tense, as though you already have them. {Such as "I am a New York Times best selling author".}

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Looking at these re-written, present-tense goals, explore the following for each goal:

1. who you need to be TODAY for this to be 100% true?
2. what small action can you take TODAY for this to be 100% reality?

Looking at these present-tense goals, who you need to be and your actions for each, fill out the following:

I am a person devoted to being this way and taking these actions because they mean I am

Oh yes you are baby. You are that NOW. And even one day of living this way can have you feeling deep-seated fulfilment when you lay your head down at night because you have clarity, you know where you want to go, you know who you need to be and you know the right action to take. You're LIVING your most radiant, inspiring, badass reality ALREADY. Because we only have each day to get there, we only have each moment, each decision, each action - one at a time. There's no time to wait for. There's nothing to procrastinate - it's just about showing up & being who you need to be, consistently.

The magic of exploring what matters to you over these three playsheets & in this way, means you have a clear WHY for the actions you take each day. It means that if you need to course-correct in the future, you can come back to clearly seeing the facets of life that matter to you. You can clearly see the 'treasure' you are hunting for each area. You can clearly see the person you are deep inside, already - the reason WHY you need to BE a certain type of person and why the actions you specified are ones you need to take, day after day. Because you have a treasure map that's unique to you. Unique to what matters to you, unique to what fuels you & unique to what YOU truly need, to be your most lit up self DAILY.

You are amazing. You can re-do these playsheets as often as you feel they need refreshing, but give yourself a time limit & then get back into BEING & taking aligned, inspired action. Because you know, at heart, whether you are 'researching' for fear or 'realigning' for greater success & fulfilment. Trust yourself - you know.