



MODULE 1: *Playsheet*

THE INTEGRAL FACETS OF MY FULFILLMENT

What facets of life are INTEGRAL to you feeling your best & in leading your best life?

Where you are RIGHT now in each facet? {Rename them if it works best for you!} Be HONEST - where are you right now?

- Spiritual connection

- Physical health

- Emotional wellbeing

- Mental health

- Relationships

- Business/career

- Finances

In looking at your life now: how would you describe your current 'normal'? What is your current 'reality'? {Remember, you can always create a new 'normal' but the only way you're going to get there swiftly with ease & grace is in cultivating self-awareness.}

For each facet integral to your best life, where do you want to be in 5 years time? {Rename them if it works best for you & remember - this is straight off the cuff - you can always refine - just get the thoughts out of your mind, as they are now!}

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

In looking at your ideal life in 5 years, what would your DREAM 'normal' look like? {Seriously: wax lyrical! Don't filter, don't procrastinate, just get into THAT zone and jot down what comes to mind!}

Looking at this DREAM 'normal', what do you believe THAT version of you would value, above all else? {Human attributes, actions, personality etc.}

In knowing where you are now & in where you want to go, imagine you had the world's attention for 60 seconds, right now, what would you tell them they absolutely NEED to know? {Go with whatever comes up - imagine there is a microphone directly in front of you, with a 60 second count-down on it - GO!}

Right now, wherever you are is perfect. You can refine, review, reevaluate in the future - and that is perfect. For right now, fill out a draft mission statement {inserting your name after 'I' and filling out the next fields in terms of the person you want to BE and the message/legacy/gift you want to GIVE your loved ones/community/world.

I,

see, hear, feel & know that the purpose of my life is to be

who gives