



Reclaim Your Life: Step 1 Cultivate Your Vision

Now's time to remember who you truly are, what you deeply want, and create steps for how you will get there. For the next 30 days, allow yourself to explore and expand mentally, emotionally, and spiritually.

In this process, focus on what's desirable, what you long for, and what you care about. When the shadows, gremlins, self-doubt, pain, regret, and sabotage show up—acknowledge the noise. It's all rooted in the past. Leave it in the past and dismiss it as you prioritize what's possible for your future. Pay that brain-static no mind. Seven Deep Breaths and refocus on the prompts below.

Brainstorm: What's missing? What's calling you? What's possible?

Your Ideal Day

What does your ideal day look like?

What's unfolding in the morning, afternoon, evening?

What schedule would best honor your body's natural cycle and rhythm?

How do you want to feel each morning when you awaken?

As you conclude your day... after doing your best you... how do you feel? And what else?



Your Daily Energy Levels

When do you feel most alert?

When do you need to rest?

How does your lifestyle (diet, mindfulness, career, exercise level) support or deplete you?

How can you adjust this?

Relationships

Are they balanced and fulfilling?

How can you bring yourself more fully into your home and love life?

How can you co-create the peace, comfort, and support your soul needs?

Are there conversations that need to happen or adjustments that need to be made?



Finances

Is your compensation what you desire and deserve, or are you struggling to get by?

Does the energy you export match the energy you bring in?

Are you living with a mindset of scarcity or abundance?

Compare/Contrast Your Life

How does your new awareness compare and contrast to the life you're living now?

What's working?

What are you complete with and ready to release?

Feel free to cycle through this list, tweaking, editing, creating, and recreating over and over. Maintain a judgment free zone, cultivating your awareness. This is all fodder for your future, so pay close attention. It matters—because you matter.