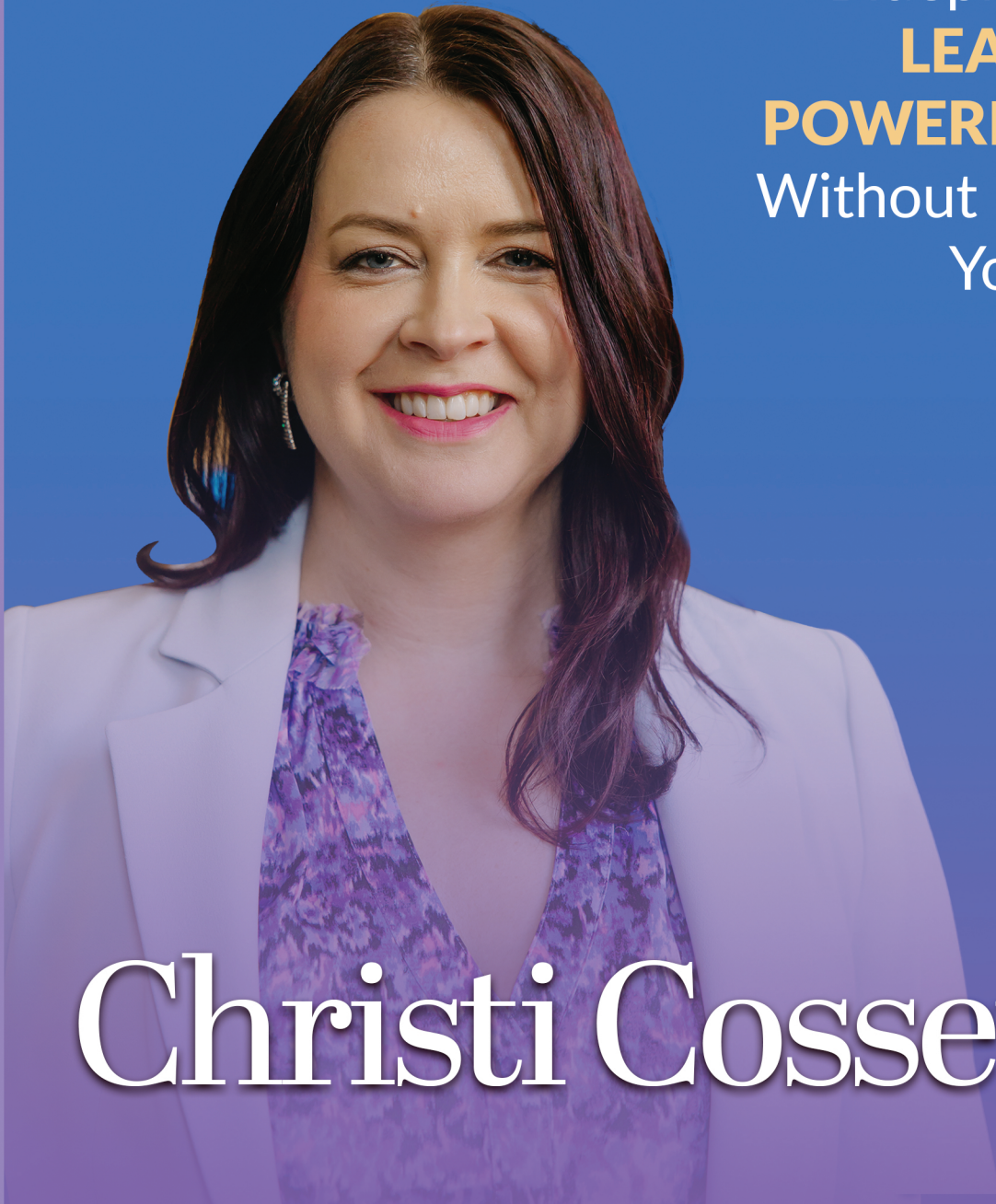


WORKBOOK

# Fulfilled Limitless

A Blueprint for  
**LEADING  
POWERFULLY**  
Without Losing  
Yourself



Christi Cossette

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## **Disclaimer and/or Legal Notices**

This book is intended for informational and inspirational purposes only. It does not constitute professional advice, diagnosis, or treatment in mental health, medical care, financial services, or legal counsel. Readers are encouraged to seek guidance from qualified professionals as needed.

Every individual's journey toward fulfillment is unique. While this book offers strategies, insights, and encouragement, outcomes may vary based on personal circumstances, individual effort, and external factors beyond the author's control.

The stories and experiences shared in this book are personal to the author and are intended to illustrate key principles. They do not intend to suggest that all readers experience the same results. Any examples, case studies, or references are provided for illustrative purposes only. They should not be interpreted as typical results or guarantees of success.

This book is written from a Christian faith perspective. Readers of all backgrounds are welcome, and references to faith are intended to encourage reflection and empowerment, regardless of personal belief systems.

**Acknowledgments**

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There comes a moment when even the most successful women pause and wonder—Is this re-ally it? You’ve built the life you were told would make you happy: career success, family, financial security. And yet, deep down, you know you were created for more. Not more to do, but more to be. More joy. More peace. More fulfillment.

I chased every version of success the world defined for me—only to feel exhausted, disconnected, and constantly questioning my path. True fulfillment didn’t come from achievements or endless striving. It came from alignment—living the life I was designed for, without sacrificing my well-being, dreams, or energy.

This workbook is for the high-achieving woman who’s done it all, yet still feels called to something deeper. You’re not here to settle. You’re here to reclaim your energy, your vision, and your voice—and build a life that feels fulfilling and limitless from the inside out.

If you’re holding this workbook, it’s because something inside you knows there’s more. More purpose. More alignment. More freedom. Fulfilled & Limitless wasn’t just written to inspire you—it was designed to equip you. And this workbook is where inspiration meets implementation.

Within these pages, you’ll find the reflection questions, exercises, visualizations, and prompts from the “Fulfilled & Limitless” book—organized for action. This is your personal space to clarify your values, identify what’s holding you back, and begin mapping a future that feels both expansive and true to who you are.

You don’t need to have all the answers before you begin. What you do need is the willingness to pause, listen inward, and take aligned action. Whether you’re working through one chapter at a time or returning to specific areas where you feel stuck, use this workbook as your accountability partner. Let it hold your dreams, your insights, and the blueprint for your next chapter.

As you move through the exercises, remember: this isn’t about perfection. This about coming home to yourself—boldly, honestly, and without apology. You were never meant to settle. You were meant to live fulfilled. You were meant to be limitless.

# Welcome to the Fulfilled & Limitless Workbook



**PART ONE**  
**THE FULFILLED**  
**LIFE FORMULA**

Fulfilled & Limitless

# Chapter 01

The Fulfilled Life Formula

*Master purpose, passion, health,  
and lasting happiness daily*

## The Fulfilled Life Formula

Fulfillment results from living in alignment with who you are, what fuels you, and why you're here. When your energy is protected, your purpose is rooted in faith, love, and service, and you stay committed to growth—you unlock a life that feels expansive and grounded.

$$\text{Fulfillment} = (\text{Identity} \times \text{Energy} \times \text{Purpose}) + \text{Growth} \\ - (\text{Fear} \times \text{Burnout} \times \text{External Validation})$$

## Core Elements of a Fulfilled Life

A fulfilled life isn't built by accident—it's created with intention. These four elements work together to form a life of wholeness, impact, and deep satisfaction. When these areas are aligned, you don't just do more—you become more of who you were created to be.

### 01 Identity

Know who you are beyond the roles you play and the expectations others place on you. True fulfillment starts with remembering the woman you were before the world told you who to be—and living in alignment with your core values.

**Ask:** *Who am I when nothing is being asked of me? What do I value most deeply?*

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### 02 Energy

Your energy is your most valuable resource. Protecting your physical, mental, emotional, and spiritual bandwidth allows you to show up fully and sustainably for what matters most—without burning out or breaking down.

**Ask:** *Where is my energy going—and is it aligned with what I value?*

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## 03 Purpose

Purpose is the integration of faith, love, and meaningful work.

It's not just what you do; it's why you're here. It's how you live out your values, serve others, and follow your unique calling with intention and impact.

**Purpose = Faith + Love + Meaningful Work**

Purpose becomes the core driver of a fulfilled life—bringing clarity to your decisions and depth to your daily life.

### Faith

Faith is your anchor and compass. It's the belief that you're not alone, that your life has meaning, and that there's a greater plan at work—even when things feel unclear. Faith empowers you to let go of control and trust the process.

### Love

You were never meant to do life alone. Fulfillment flourishes in authentic, life-giving relationships—with your partner, children, friends, community, and yourself. Love fuels your soul and reminds you of what really matters.

### Meaningful Work

Meaningful work is the expression of your purpose in action. It's the work that lights you up, aligns with your values and strengths, and allows you to make a real difference. It's not about status or striving—it's about doing what you're uniquely called to do, in a way that feels honest, energized, and deeply satisfying.

**Ask:** *Am I living with intention, rooted in faith, guided by love, and using my work to fulfill the purpose I was created for?*

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## 01 Growth

A fulfilled life is built through growth and self-discovery. Growth is your commitment to expansion—mentally, emotionally, spiritually, and professionally. It's how you stay engaged, avoid stagnation, and step into your next level with clarity and confidence.

**Ask:** *What new skills, mindsets, or habits am I building that align with my next level?*

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## Core Detractors That Undermine a Fulfilled Life

### 01 Fear

Fear often masquerades as logic or self-protection, but underneath, it's the voice that keeps you small. It whispers, "What if I fail?" or "Who do I think I am?" and convinces you to shrink, stay silent, or hold back from your next step. Fear isn't always loud—it's often quiet and persuasive. If left unchecked, it will keep you stuck in comfort instead of walking out your calling.

*"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." (Joshua 1:9, NIV)*

**Ask:** *Where am I letting fear make decisions that were meant to be led by faith?*

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### 02 Burnout

Burnout is the slow unraveling of your energy, joy, and purpose. It doesn't happen overnight—it accumulates through constant output without meaningful replenishment. You tell yourself to "just keep going," but your body, mind, and spirit are waving red flags. When burnout sets in, even the things you once loved begin to feel heavy. Rest isn't a reward—it's a requirement for sustainable impact.

*"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28, NIV)*

**Ask:** *Where am I pushing past my limits, and what would it look like to honor my need for rest?*

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## 03 External Validation

When your sense of worth depends on applause, approval, or achievement, you start performing instead of living. External validation can look like success on the outside—but it leaves you empty on the inside. You start making decisions based on what looks impressive rather than what feels aligned. True fulfillment begins when you stop proving and start choosing from a place of inner knowing.

*"The fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe." (Proverbs 29:25, NIV)*

**Ask: Am I living for approval—or living in alignment with who I truly am and what I'm called to do?**

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Fulfillment is not a destination—it's a way of living that requires clarity, energy, and alignment. When these elements work together, you feel energized, clear, and fully in control of your life. When they are out of sync, you feel stuck, drained, and unfulfilled.

Many high-achieving women focus entirely on external success—career, finances, productivity—without anchoring into who they really are, what fuels them, and what really brings them meaning. This creates a cycle of burnout, where no matter how much they accomplish, it never feels like enough.

The truth is, you will never feel fulfilled if your success comes at the expense of your identity, energy, or purpose.

This workbook is designed to take you through each part of The Fulfilled Life Formula—starting with the foundation: who you are and what truly matters.

Because fulfillment isn't accidental—it's intentional. And the more you align your time, energy, and actions with what truly fulfills you, the more unstoppable you become.

# Chapter 02

## Identity

Owning Who You Were  
Created to Be

*"I will not shrink myself to fit  
into spaces I have outgrown."*

— *Lysa TerKeurst*

## Why Are You Here?

*At different seasons of life, we all find ourselves asking:  
Am I on the right path? Is this all there is?*

This chapter invites you to pause and reflect on your inherent worth—apart from your titles, achievements, or roles. You are already valuable simply because you exist.

## Who Were You Before the World Told You Who to Be?

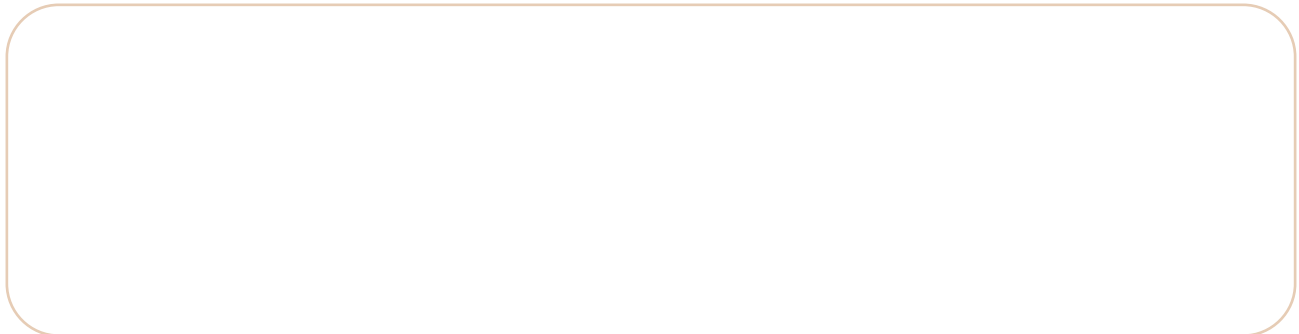
*When asked, “Who are you?”—what’s your default answer?*

Many women list their roles: mom, partner, professional... but those are just roles, not your essence.

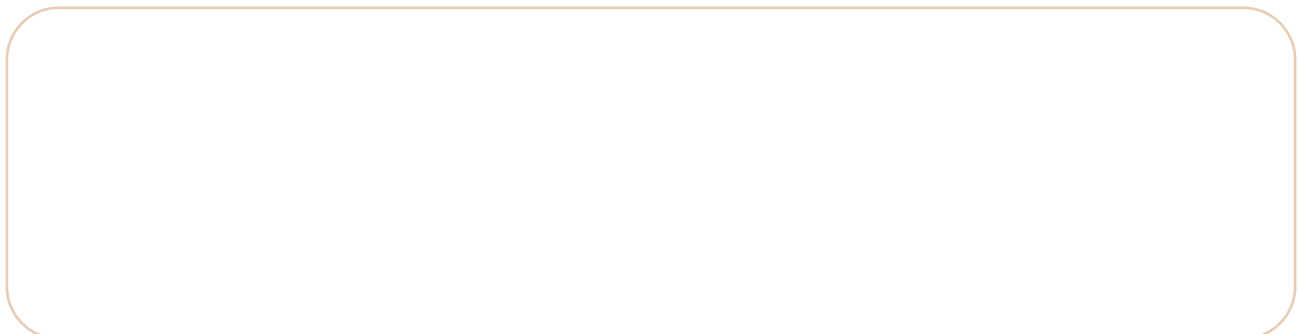
*Let’s dig deeper.*

### Take a moment to remember:

What did you want to be before responsibilities shaped your identity?



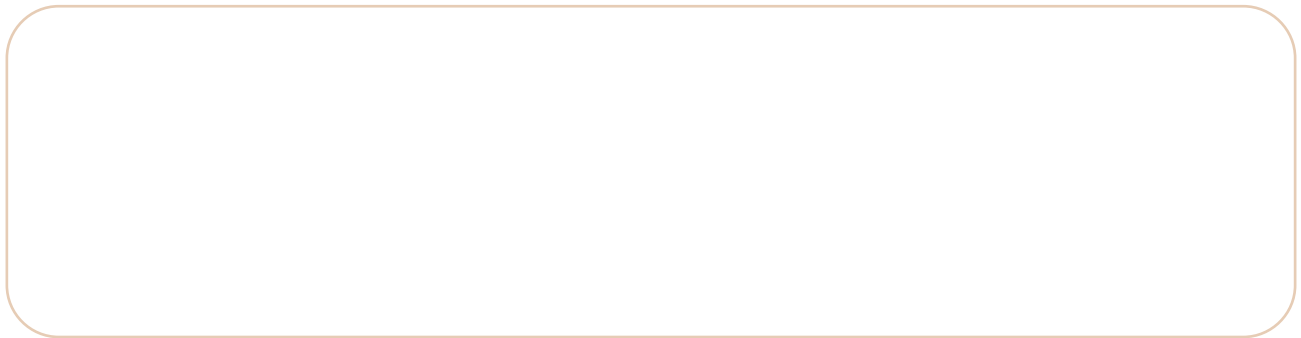
What brought you joy before you were told to be practical?



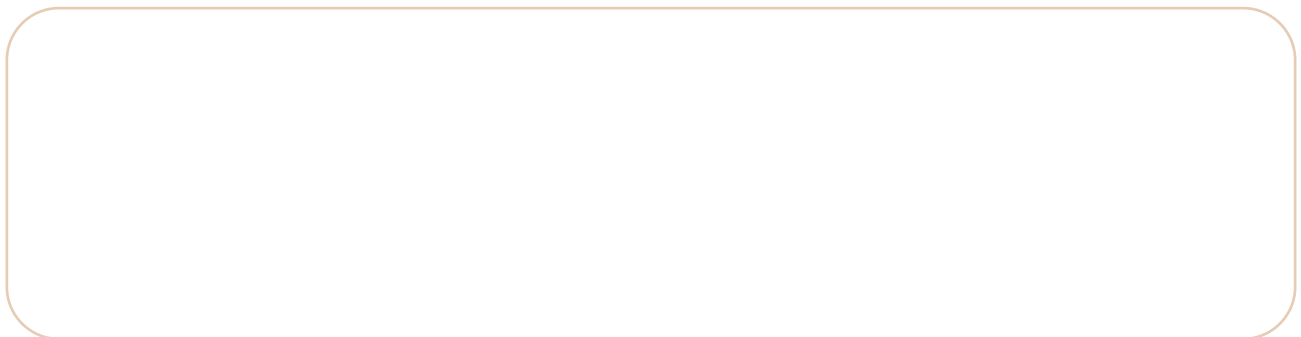
If you stripped away every title, role, or relationship—what would remain?



I used to dream of being...



I felt most alive when...



## The Lie of "Too Much" and "Not Enough"

Many high-achieving women carry both of these feelings. You're not alone. It's time to challenge the mold that doesn't fit—and reclaim the truth: you are enough, and you were made to lead with your natural strengths. You were born to shine.

Marianne Williamson said it best:

*"There is nothing enlightened about shrinking so that other people won't feel insecure around you."*

Let this be your reminder: **Hiding your light serves no one.**

But before you can fully become who you were created to be...You have to reconnect with who you already are.

### Self-Reflection Questions:

Where have I felt too much?

When have I felt not enough?

What labels have shaped how I show up?

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What parts of myself am I ready to reclaim?

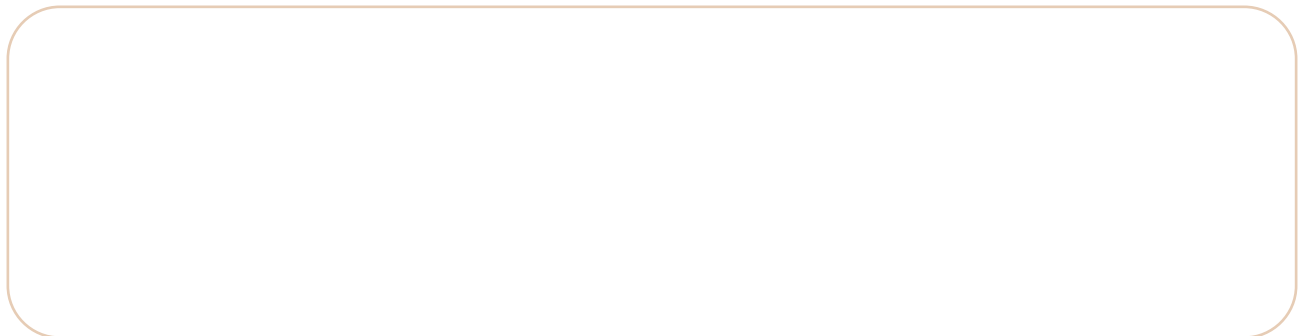
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## Your Resistance Is a Roadmap

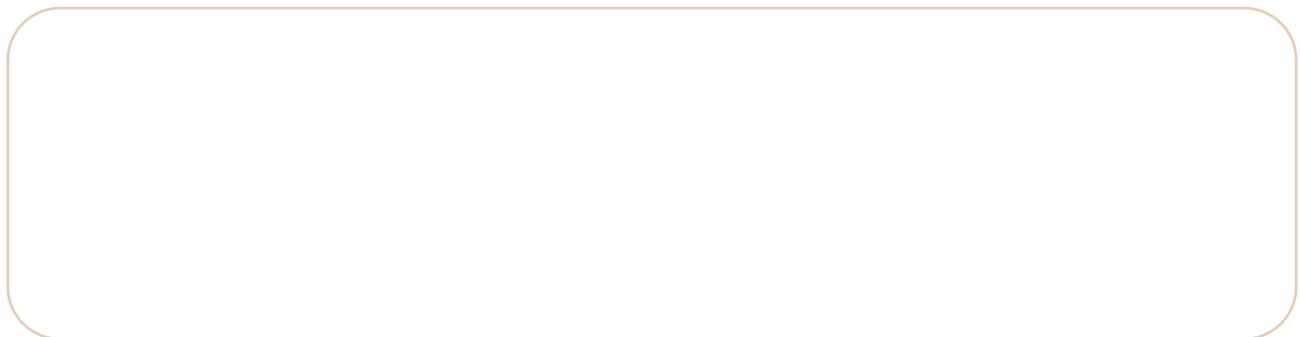
Struggling to identify your purpose? Don't start with a title. Start with your pain. Often, the areas where you've faced the most opposition point directly to your calling. What you've had to fight for may be what you're meant to lead with

### Self-Reflection Questions:

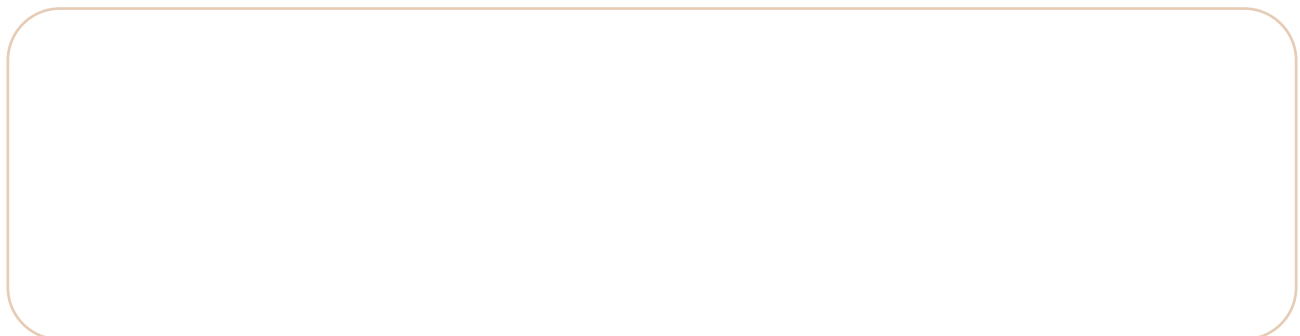
Where have I experienced the most pushback in life?



What battles have I fought again and again?



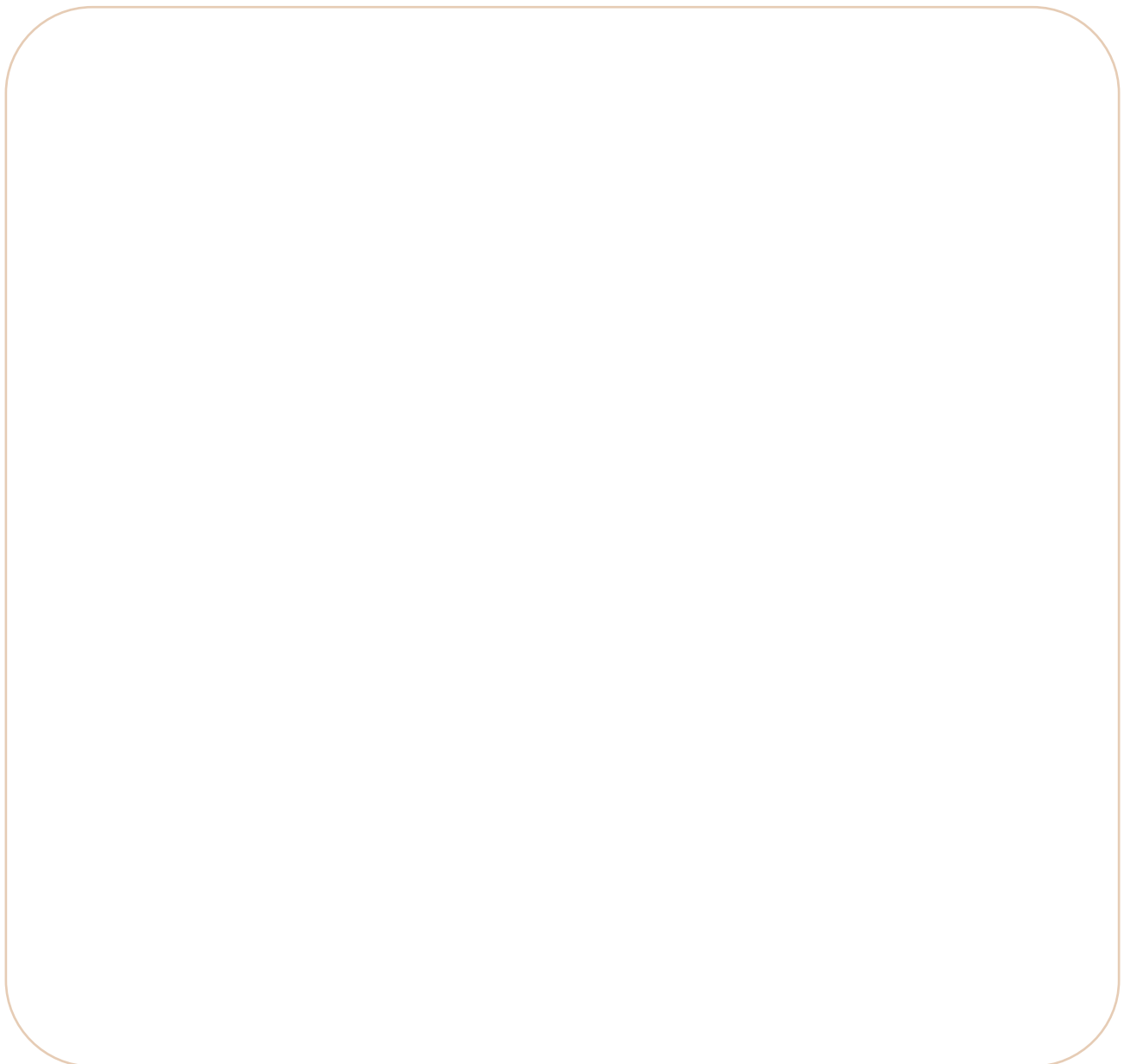
Where have I been silenced or criticized?



What traits have others tried to diminish that are actually my strengths?



Write about a few moments of resistance that stand out in your journey.



Write about a moment when you felt most aligned—even if others didn't approve.

A large, empty rounded rectangular box with a thin brown border, intended for writing a response to the prompt above.

## The Shift: From Self-Sacrifice to Self-Leadership

High-achieving women are often the ones holding everything together—at work, at home, in their communities. But survival mode isn't the same as fulfillment.

If you want to live out your true calling, you need to shift from proving... to leading.

From self-sacrifice... **to self-leadership.**

You're allowed to change. **You're allowed to need help.**

You're allowed to **design a life that serves you**—not just everyone else.

## Mindset Reset

### Growth vs. Fixed Mindset

Let's identify where you may be holding onto limiting beliefs:

- "If I ask for help, I've failed." → "Asking for help is wise."
- "This is just how I am." → "I can grow and evolve."
- "I should have this all figured out by now." → "I'm allowed to be a work in progress."
- "I'll never be good at that." → "I can build new skills with time and effort."
- "If I fail, it means I'm not capable." → "Failure is feedback that helps me grow."
- "Other people are naturally confident—I'm just not." → "Confidence is something I can cultivate."
- "I'm stuck with the circumstances I have." → "I have the power to change my circumstances."
- "Success means doing everything perfectly." → "Progress matters more than perfection."
- "I have to prove my worth through constant achievement." → "My worth is already established—I get to achieve from a place of wholeness."

## Self-Reflection Questions:

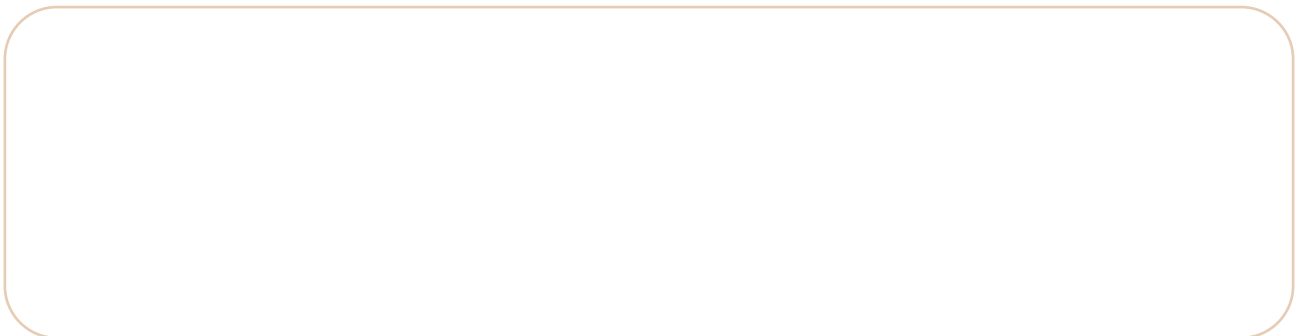
**01** List one belief you've been holding that no longer serves you:

I've been telling myself...

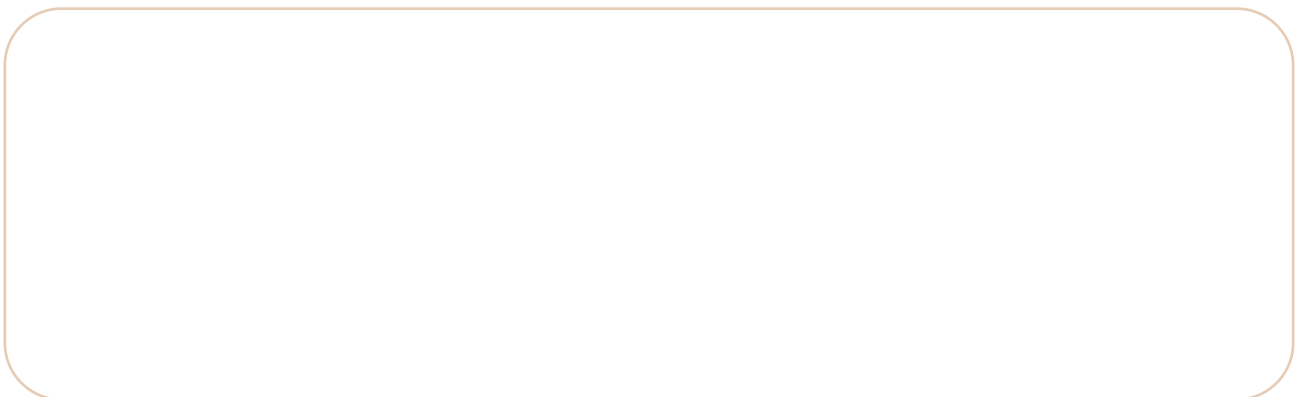


**02** Rewrite that belief through a growth mindset lens:

The truth is...



**03** What would change if I no longer had to prove my value?



## We've Been Doing This to Ourselves

Here's the truth: We've worn exhaustion like a badge of honor.  
We've convinced ourselves that asking for help = failure.  
But here's the empowering part: If we helped create this pattern,  
**we can also choose to break it.**

### Ownership Practice

What support have I been resisting that could lighten my load?

What is one thing I can stop doing this week that I've been carrying alone?

What is one task I could delegate, outsource, or simply let go of?

Who can I ask for help or support today?

## Reframe + Rewrite

### Instead of:

- “If I stop doing it, everything will fall apart.”

### Try:

- “Letting go makes space for something better.”

### Write your own permission slip:

I give myself permission to...

## Own Who You Truly Are

The final and most important step is to stop performing and start becoming.  
You are already enough. You don't need to do more to prove it.

Am I living as my most authentic self?

Where am I still wearing a mask or playing a role?

What truth have I been avoiding admitting to yourself?

What would it look like to own my desires fully—even if it makes others uncom-fortable?

What parts of me need to come back online?

You **don't** need to **prove** anything anymore.

You **don't** need to be **everything to everyone**.

You **don't** need to **wait** to be rescued or discovered.

You just **need to remember** who you are.

It's time to **stop shrinking**.

It's time to **stop performing**.

It's time to **own your power**—and live like the woman you were always meant to be.

# Exercise: Values Assessment

## Aligning Your Identity with Your Core Truths

For an online version of this exercise that can be updated as often as you'd like, visit:  
[www.limitlessbookresources.com](http://www.limitlessbookresources.com)

Many high-achieving women have done values exercises before. You might already know your top five values—at least on paper. But if you're reading this workbook, something inside you is searching for more. This isn't just about naming values; it's about uncovering what's truly driving you and whether your life reflects those truths.

Values aren't just ideals we admire—they are the foundation of our fulfillment. When we feel stuck, drained, or disconnected, it's often because we're unconsciously living out of alignment with what we say we value. This exercise is designed to help you see beyond the surface and challenge yourself to reconnect with what truly matters.

## Step 1: Reflect on What Matters Most

Before diving into the list, take a deep breath and ask: "When I imagine my most fulfilled, authentic self... what truly matters to me?" Write down any words, themes, or values that surface—without filtering or editing.

## Step 2: Identify Your Lived vs. Ideal Values Reflect on What

Many people list values they aspire to have, but the real question is: Are you actually living them? Below is a curated list of values across core areas.

- 01 Circle the values below that resonate deeply with you.
- 02 Star (\*) the values you actively live out and embody in your daily life.
- 03 Underline the values that feel important, but you struggle to prioritize.

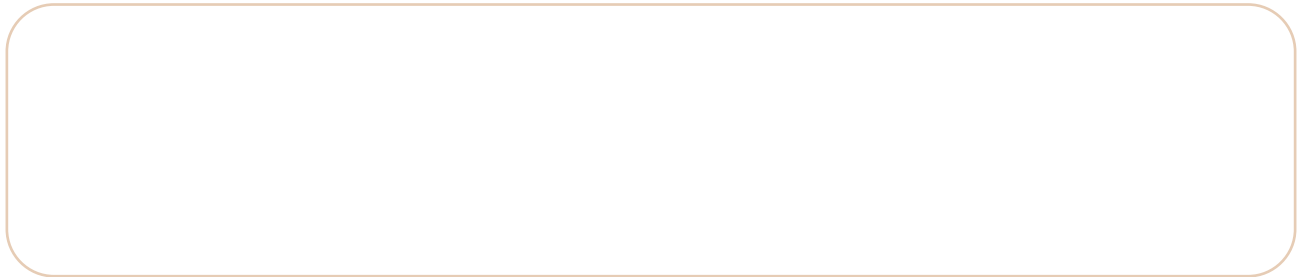
## Value Categories

<b>Achievement &amp; Growth</b>	- Success, Learning, Challenge, Excellence, Influence, Mastery
<b>Freedom &amp; Flexibility</b>	- Independence, Autonomy, Adventure, Creativity, Innovation
<b>Impact &amp; Leadership</b>	- Making a Difference, Service, Mentorship, Legacy, Contribution
<b>Connection &amp; Love</b>	- Family, Friendship, Loyalty, Belonging, Authenticity, Empathy
<b>Integrity &amp; Character</b>	- Honesty, Respect, Fairness, Responsibility, Accountability
<b>Well-Being &amp; Balance</b>	- Health, Rest, Inner Peace, Joy, Simplicity, Harmony
<b>Faith &amp; Spirituality</b>	- Purpose, Meaning, Faith, Gratitude, Transcendence, Surrender
<b>Wealth &amp; Security</b>	- Financial Freedom, Stability, Generosity, Legacy, Prosperity

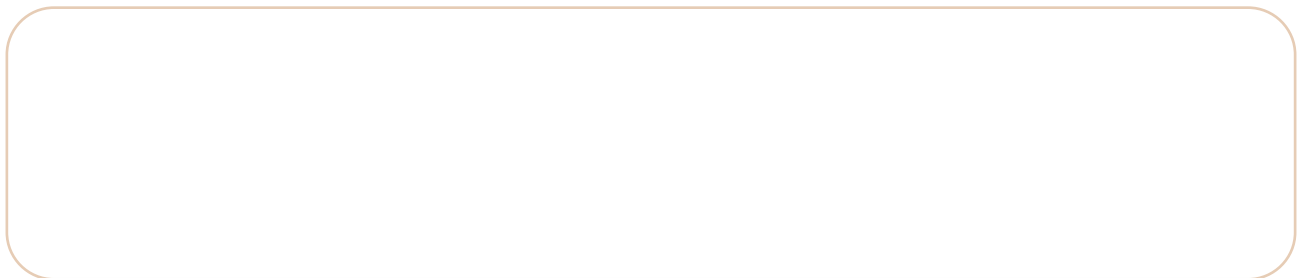
## Step 3: Identify Your Patterns

Look over what you circled, starred, and underlined. Then answer:

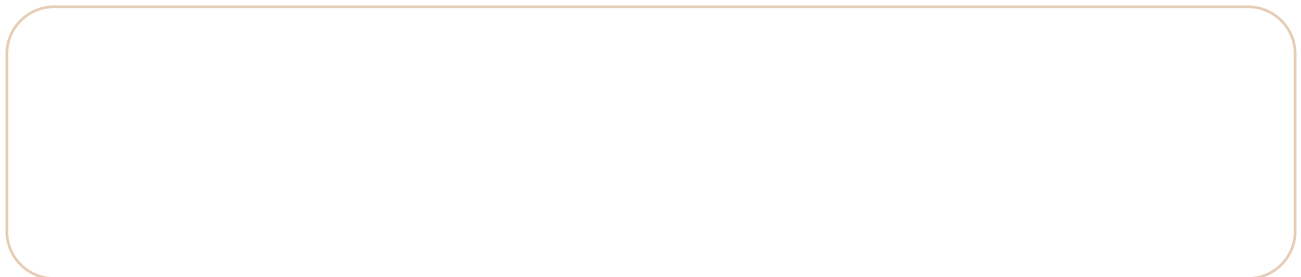
What do I notice about what I value most right now?



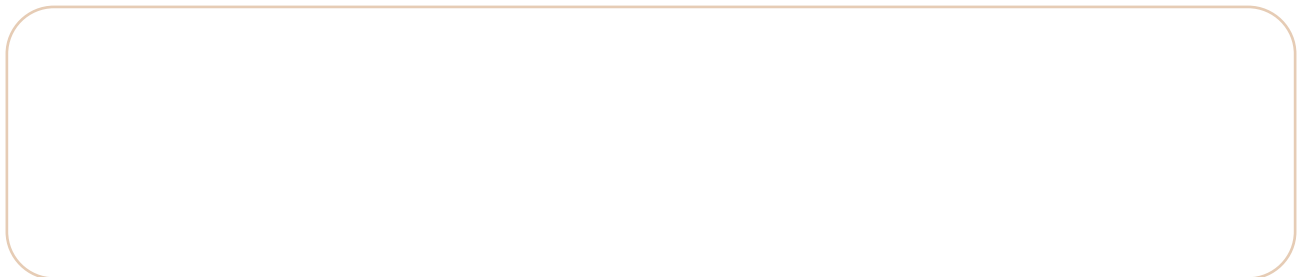
Where am I living in alignment?



Where is there a gap between what I value and how I'm living?



Are there any values I'm ready to let go of—or reclaim?



## Step 4: Choose Your Top 5 Core Values

Out of everything that stood out, pick the five values that feel non-negotiable for the life you're building.

My Top 5 Core Values Are:

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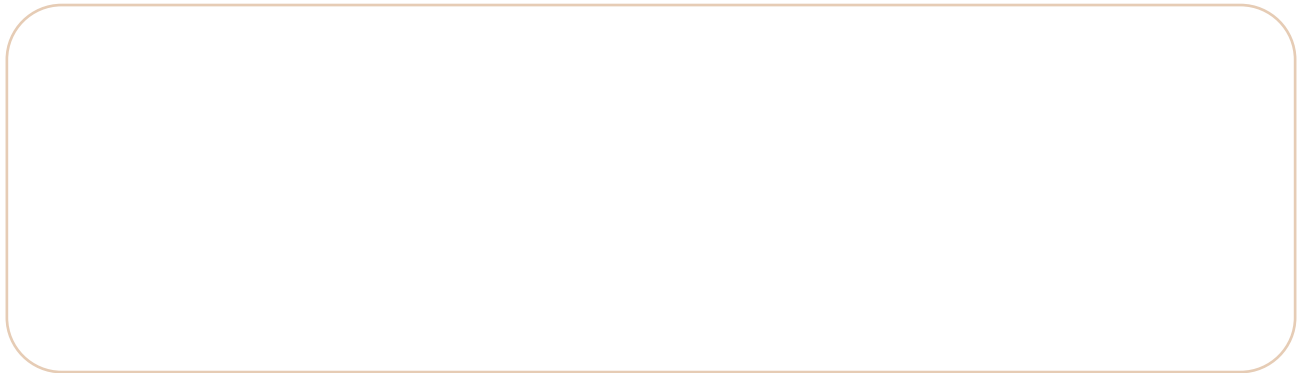
## Step 5: Reality Check—Are You Living Your Values?

For each of your top five values, rate how aligned you feel (0-10) between what you say you value and how you live it.

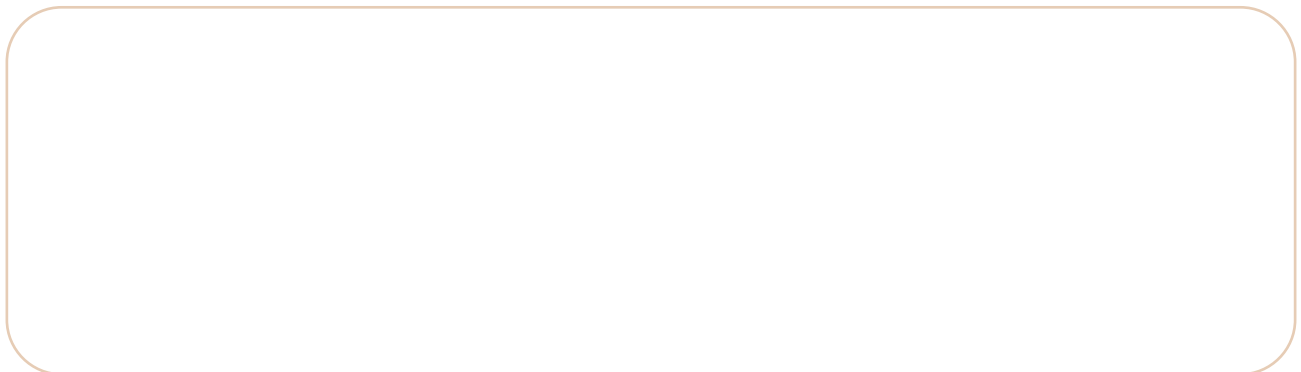
	Value How Important Is It? (0-10)	How Aligned Is Your Life with This Value? (0-10)
01	/10	/10
02	/10	/10
03	/10	/10
04	/10	/10
05	/10	/10

## Step 6: Align Your Life

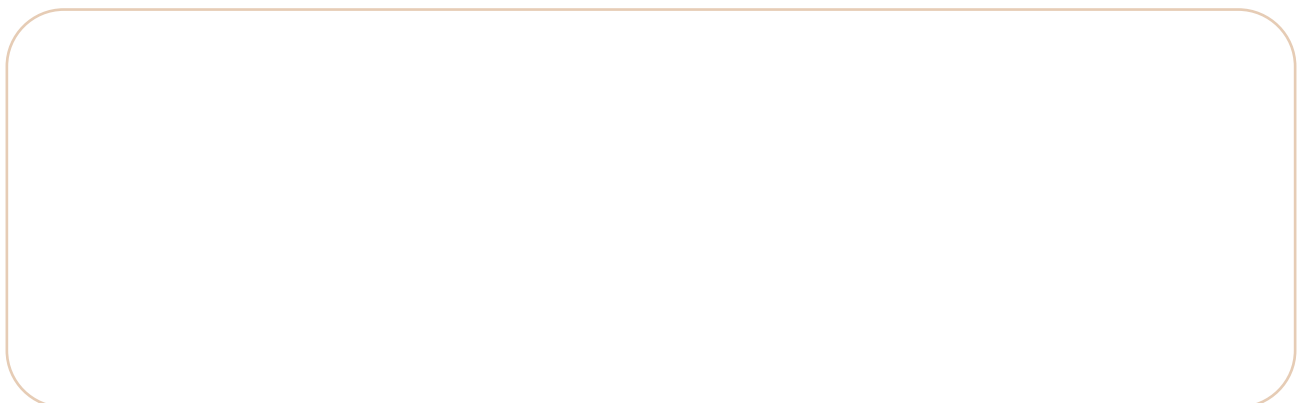
If there's a big gap between importance and alignment, what's causing that disconnect?



What excuses or external pressures are pulling you out of alignment?



Next to each value, write one way you can live more fully into it this week. Small, intentional action creates realignment and momentum.



# Step 7: The Hard Truth—What Values Are You Prioritizing?

Forget what you wish you valued for a moment. If a stranger looked at your calendar, habits, and daily decisions, what would they say your true values are?

**01** List how you spend most of your time and energy each week (both work and personal life).

**02** What values do your actions reflect? Are they the ones you claim to value?

**How You Spend Your Time & Energy**

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**What Value Does This Reflect?**

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**Does This Align with Your Core Values? (Yes/No)**

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If your daily actions don't align with your stated values, what needs to change?

## Step 8: Define Your Non-Negotiable Values

Values without boundaries are just wishes. If you say something matters to you—but regularly allow it to be pushed aside—it's time to draw a clear line in the sand.

Boundaries are the commitments you make to yourself about what you will no longer allow to get in the way—whether that's overworking, people-pleasing, or self-sabotage.

### Ask yourself:

What do I need to start saying no to in order to honor this value?

Where am I compromising this value out of guilt, fear, or habit?

Am I willing to hold this boundary even when it's inconvenient?

For each of your top five values, define one non-negotiable boundary that will protect it.

Value

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Non-Negotiable Boundary to Protect It

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Example: If you say you value health, your boundary might be:

*"I will not overbook my schedule to the point where I neglect sleep, movement, or nutrition."*

Are you genuinely willing to enforce these boundaries, even when it's inconvenient or uncomfortable? If not, is this really a core value?

# Owning Your Values

What's the most significant insight you gained from this exercise?

What are you ready to stop doing because it doesn't align with your values?

What's one immediate change you will make today?

## Your Life Is a Reflection of Your True Values

Fulfillment isn't about what you say you value—it's about what you actually live. If your life feels off track, this is the moment to redefine and realign.

Are you ready to live by your true values, not just the ones that look good on paper?

# Chapter 03

## Energy

*"Your energy is your greatest currency. Protect it like your future depends on it—because it does."*

*—Anonymous*

The ongoing narrative that women are only here to support and care for others or make others happy, just doesn't work. If we continue to put ourselves last, all we do is give our least to the ones we love. How much more effective could we be at serving others if we had the strength, courage, and energy to make a meaningful impact?

### What if?

- What if we actually had the patience and presence to enjoy time with our kids instead of feeling like we were just trying to survive the day or screaming at them in frustration because we're so tired?
- What if we stopped feeling guilty for resting and instead saw it as a necessary part of being our best selves?
- What if we had the confidence to set boundaries without feeling selfish or like we were letting people down?
- What if we weren't so depleted that we numbed out with food, alcohol, or scrolling, and instead felt fully alive and engaged in our own lives?
- What if we woke up excited for the day ahead instead of feeling like we were already behind before we even got out of bed?
- What if we genuinely wanted to have sex and then actually enjoyed having sex with our partners?
- What if we stopped beating ourselves up for all the things we didn't do and celebrated what we were able to accomplish?
- What if we actually believed we were worthy of joy, success, and fulfillment—not just for others, but for ourselves too?

## Transition from Identity to Energy

Once you begin reconnecting with who you truly are, the next step is learning how to support that version of yourself with the fuel she needs. Because even the most aligned woman can't fulfill her purpose if she's running on empty.

Energy isn't just physical stamina—it's mental clarity, emotional balance, and spiritual presence. And yet, for many of us, it's the first thing to go when life gets busy.

This chapter is your invitation to reclaim your energy—not just so you can do more, but so you can live more fully.

## The High Cost of Depletion

Most women are burning out before the day even begins. We give to everyone else first—kids, partners, teams—and what's left for us is barely enough to survive, let alone thrive.

We eat standing up.

Sleep too little.

Rush from one task to the next.

And wonder why we feel so damn tired.

### Self-Reflection Questions:

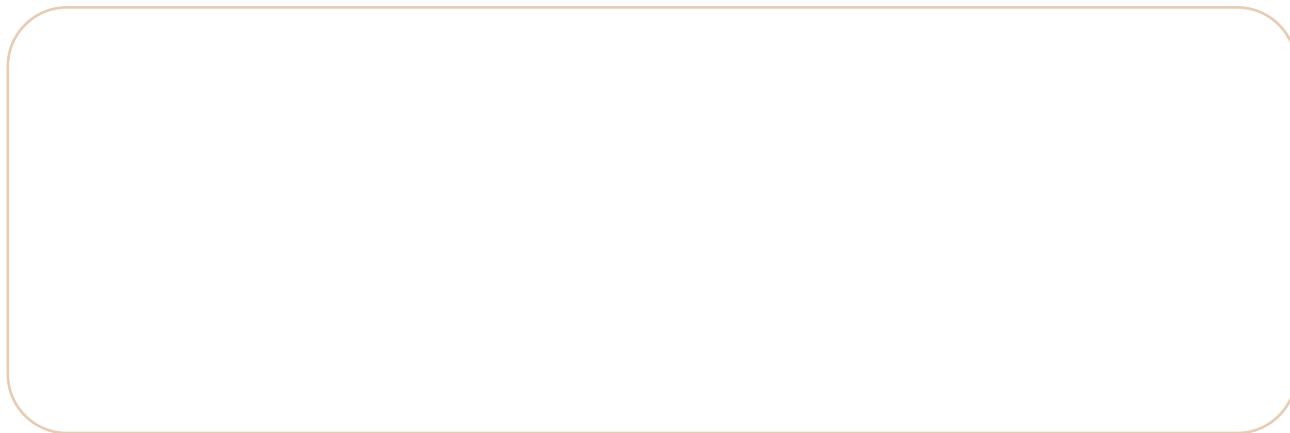
How would I describe my current energy level?

**Physically:**

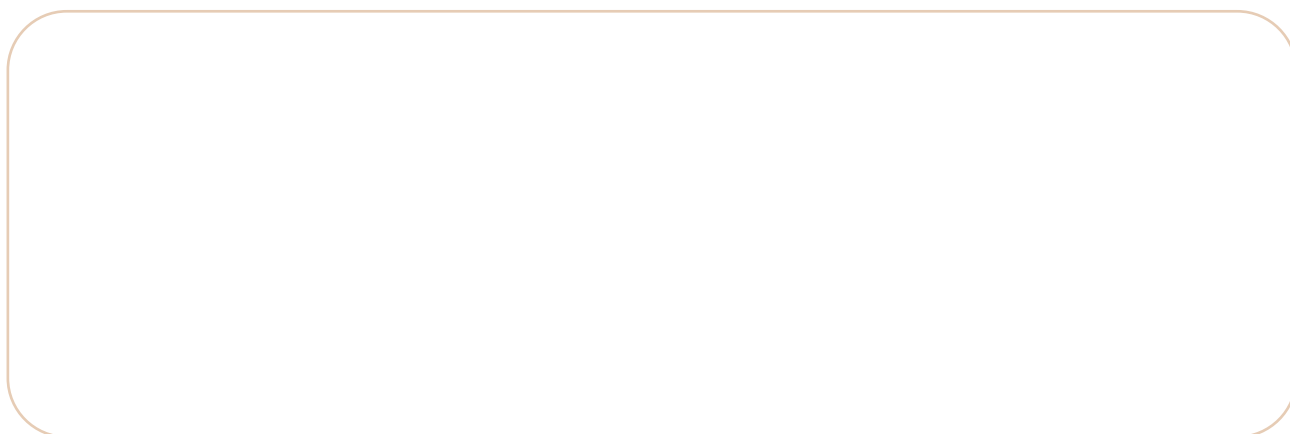
**Emotionally:**

**Mentally:**

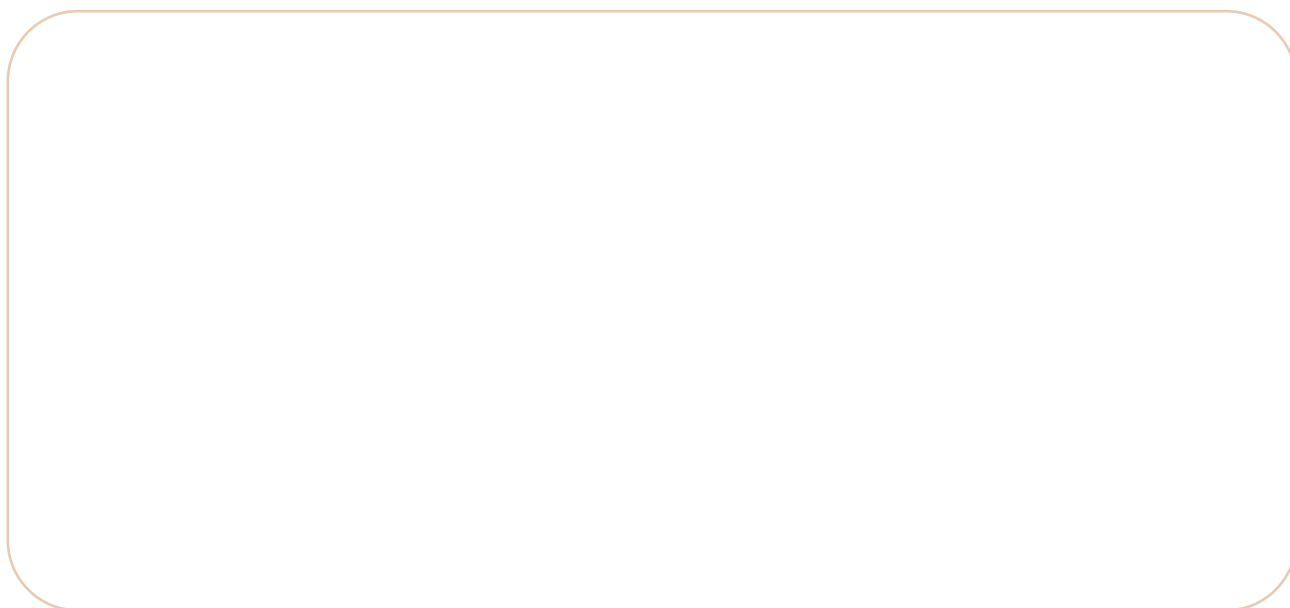
What patterns in my day are depleting me?



Do I feel like I'm running on autopilot or living intentionally?



What messages was I taught about productivity, rest, or emotions growing up?



# Exercise: Old Rules vs. New Truths

What beliefs were you taught that no longer serve you—and what empowering truths can you replace them with?

## Belief I Was Taught

Rest is lazy.

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Never cry.

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Asking for help is weak.

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I must please everyone.

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Success means sacrificing yourself.

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Vulnerability is dangerous.

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I should have it all figured out.

## New Truth That Serves Me Better

Rest is productive.

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Emotions are human.

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Asking for help is wise and courageous.

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I honor my truth, even if it disappoints others.

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True success includes well-being and joy.

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Vulnerability builds connection and trust.

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Growth is ongoing; clarity unfolds with action.

## What If?

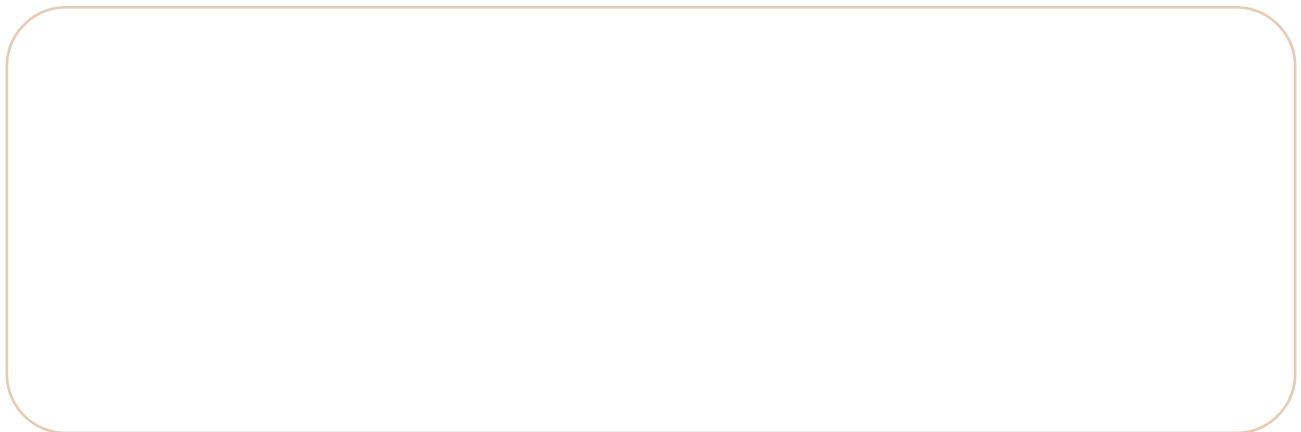
This isn't just about slowing down. It's about opening the door to a different kind of life. Reflect on the following:

What if you had the presence to enjoy your family instead of surviving them?

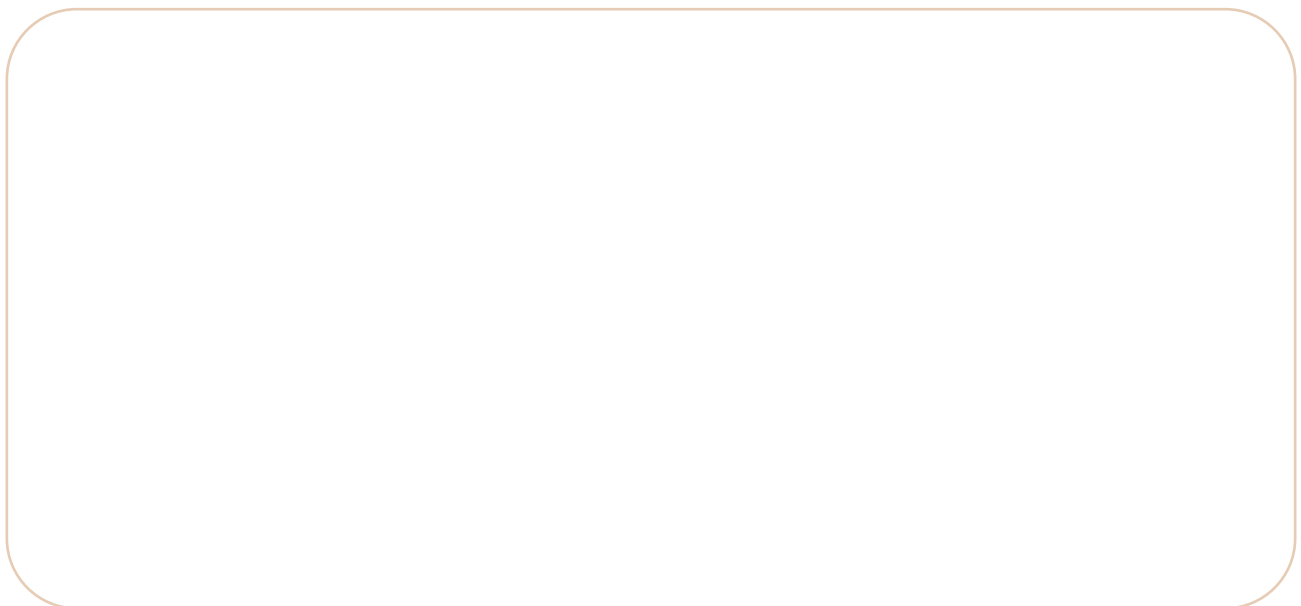
What if rest wasn't a reward, but a requirement?



What if you stopped numbing and started living?



What if you believed joy was your birthright, not just something you give to others?



Choose one "What if?" and write a short paragraph envisioning what your life would look like if that became true.

A large, empty rounded rectangular box with a thin brown border, intended for writing a paragraph.

## Small Shifts, Big Energy Returns

The goal isn't perfection—it's progress. These simple habits can help you restore energy, vitality, and momentum. Use this section to experiment with what works for your body and lifestyle.

### Strength Training

Far beyond physical fitness, lifting weights helps:

Balance hormones

Build confidence

Improve metabolism

Prevent bone loss

### Reflection:

How do you currently feel about your strength—physically and emotionally?

Have you tried strength training? If not, what's held you back?

## Try This:

Look up a local gym or online strength training program.

Schedule 2 weekly strength sessions on your calendar.

## Move Daily

Movement is medicine. It doesn't have to be intense—just consistent.

### Simple ways to move:

10-minute walk after meals

Walking pad while you work

Dancing, stretching, rebounding

Hiking or gentle yoga

What's one new way you can add movement to your day this week?

# Experiment: Build Your Daily Energy Ritual

Your energy is your most valuable resource. When you manage it intentionally, you show up stronger—in your work, your relationships, and your purpose. Use this space to map out simple rituals to boost your energy throughout the day.

## Instructions:

For each part of your day, choose at least one small ritual to help you stay grounded, energized, and aligned. These don't need to take long—sometimes two minutes can shift your entire state. Fill in what works for **YOU.**

Morning Movement	Midday Reset	Evening Wind-down
e.g., 10-min walk outside	e.g., 5-min deep breathing	e.g., Journaling reflections
e.g., Peloton or light stretching	e.g., Step away for lunch without your phone	e.g., Family walk or light reading
e.g., Quick strength set or sauna	e.g., Meditation, music, or a power nap	e.g., Hot tea, stretching, or screen-free time

## Your Turn:

Morning Movement	Midday Reset	Evening Wind-down
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Remember: This is an experiment. Try different rituals and notice what gives you more energy, focus, or peace.

## Get Your Hormones Checked

Feeling “off” is not something you have to normalize.

### Reflection:

Have you been ignoring or dismissing your symptoms (fatigue, brain fog, mood swings, etc.)?

Have you had your hormones tested? If not, what’s stopping you?

### Action Steps:

Find a local or virtual functional medicine doctor

Schedule a hormone check and ask about bioidentical options if needed.

## Hydrate to Heal

Water is the easiest, most overlooked energy hack.

### Tips:

Aim for half your body weight in ounces of water daily

Add electrolytes like LMNT or Relyte

Avoid dehydrating drinks without rebalancing minerals

What time of day do you most often forget to hydrate?

How could you build hydration reminders into your routine?

## Eat to Energize

There is no one-size-fits-all diet—but most women are under-eating protein.

### Relection:

How do you feel after your meals—energized or sluggish?

### Use this simple guide:

30–40g of protein per meal

Include a high-protein snack

Start your day with protein to avoid blood sugar crashes

Track one week of meals. Calculate your protein intake. Are you hitting the goal?

## Manage Your Stress or It Will Manage You

High-performing women often don't feel stressed—but their body does.

### Try these practices:

Daily gratitude journaling

Prayer or meditation

Breathwork

Movement

Massages or naps

Cold plunges, sauna, nature

Personal retreats or solo time

Which of these have you tried?

Which 1-2 could you commit to this week?

## Eliminating Energy Vampires: Identifying and Removing Energy Blockers

While nurturing your body through exercise, nutrition, and stress management is essential, protecting your energy from external drainers—those “energy vampires” that leave you feeling depleted despite your best efforts—is equally important. These can be people, habits, or environments that slowly sap your vitality. The following sections are designed to help you identify and address these issues through reflective questions and practical steps, so you can reclaim your energy and create space for growth and joy.

### Identifying Energy Vampires

What is draining your energy in the following categories?

#### Toxic Relationships

##### In Your Marriage or Partnership

Many women find themselves shouldering a disproportionate share of responsibilities at home, even when they are the primary earners. To assess whether your relationship is balanced and supportive, *ask yourself:*

- **Emotional and Mental Load:**

- o When managing appointments, kids’ schedules, and daily planning, do I receive support or acknowledgment from my partner?

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- o Do I often worry about the mental burden of handling everything on my own?

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• **Value and Partnership:**

- o Do I feel appreciated for the efforts I put into our relationship and family life?

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- o Is there clear evidence of my partner contributing financially, emotionally, and practically to our home?

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- o Can we openly discuss our roles, and are my concerns met with understanding and willingness to share the load?

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## Among Friends and Social Circles

Reflect on how your friendships make you feel:

- When I share my successes and struggles, do I feel genuinely supported, or am I met with indifference or criticism?

- Do interactions with friends leave me feeling energized and valued, or do they often leave me feeling drained or anxious?

- Are there specific friendships that consistently make me question my self-worth or decisions?

- Do my friends celebrate my achievements and offer a listening ear during challenges?

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## In the Workplace

Evaluate the energy dynamics in your professional life:

- Do I feel recognized and valued by my colleagues and superiors for the work I do?

- Is there a sense of camaraderie and support at work, or do interactions frequently leave me feeling stressed and unappreciated?

- Am I able to communicate my needs and boundaries openly, or does the environment discourage vulnerability?

- Do I experience genuine collaboration on my team, or is there an undercurrent of competition and negativity?

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## Negative Environments

Consider your physical and digital surroundings:

- Does my physical space—my home or workspace—promote calm, or does it feel cluttered and chaotic?

- Do I feel more drained than energized when I enter certain settings?

- How do I feel after spending time on social media or receiving constant notifications? Does it leave me refreshed or exhausted?

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## Removing or Minimizing Energy Blockers

Once you've identified the sources of energy drain, consider these practical tips and strategies to help remove or minimize their impact:

### Set Clear and Compassionate Boundaries:

- **Communicate Openly:** Initiate gentle, honest conversations with your partner, friends, or colleagues about how you're feeling. Use "I" statements to express your needs without assigning blame.
- **Learn to Say "No":** If certain interactions or commitments consistently drain you, practice declining or limiting those engagements.
- **Schedule Check-Ins:** After meetings or social events, ask yourself, "How do I feel?" and adjust your future interactions based on your energy levels.

### Curate Your Environment:

- **Organize Your Space:** Ask, "Does my physical environment nurture calm or chaos?" Declutter or rearrange your workspace or home to create a more uplifting atmosphere.
- **Create a Recharge Zone:** Establish a dedicated space where you can retreat to re-charge, whether it's a quiet corner for meditation or a small area filled with items that bring you joy.

### Implement a Digital Detox:

- **Set Specific Screen-Free Times:** Designate parts of your day—like the first hour after waking or the last hour before bed—as technology-free.
- **Replace Digital Habits:** Substitute endless scrolling with activities that recharge you, such as reading, journaling, or walking outside.

### Prioritize Self-Care:

- **Daily "Me Time":** Regularly schedule moments just for you—whether it's a quiet cup of tea, a hobby, or a short walk. Identify small things that bring you pleasure, and include those moments in your day or when you need a "pick me up."
- **Self-Care Checklist:** Create a list of daily or weekly self-care activities that help restore your energy and stick to it. You can build these in proactively or refer to the list as need-ed.

## Seek External Support:

- **Lean on Trusted Allies:** Whether it's a supportive friend, a mentor, or a therapist, some-times an external perspective can provide valuable insights and guidance.
- **Join Supportive Communities:** Surround yourself with groups—online or in person—that promote positive interactions and mutual encouragement. If you're local to the Twin Cities, consider joining The Powerhouse Women Network. Learn more on my website: [www.christicossette.com](http://www.christicossette.com)

By asking these targeted questions and taking deliberate steps to address the answers, you create an actionable plan to reclaim your energy. Remember, protecting your energy isn't selfish—it's necessary for being your best self. When you actively remove or minimize these energy vampires, you make space for more positive influences, leading to enhanced vitality, growth, and joy in every area of your life.

## Integration Prompts

- What is one small shift I will make this week to protect my energy?

- What drains my energy most consistently—and what can I do about it?

- What new habit or ritual will I experiment with this month?

- How will I remind myself that I am worth taking care of?

## Permission Slip

Write your own:

I give myself permission to...

I believe I am worthy of...

I am choosing to prioritize...

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# Exercise: Energy Audit

Take a moment to reflect on your daily and weekly tasks. Write down everything you regularly do in your work. Then, categorize them based on how they make you feel—energized or drained. If you notice that most of your work is depleting rather than fueling you, it may be time to reassess your role or career path.

## List Your Regular Tasks:

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
- 05 \_\_\_\_\_
- 06 \_\_\_\_\_
- 07 \_\_\_\_\_
- 08 \_\_\_\_\_
- 09 \_\_\_\_\_
- 10 \_\_\_\_\_

## Tasks That Energize You:

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
- 05 \_\_\_\_\_

## Tasks That Drain You:

- 01 \_\_\_\_\_
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
- 05 \_\_\_\_\_

### Reflection:

- What patterns do you notice?

- Are you spending more time on tasks that energize or drain you?

- What small changes could you make to shift your work toward what fuels you?

If most of your tasks fall under the “draining” category, it may be time to rethink your role, delegate certain responsibilities, or explore a career shift that aligns more with your strengths and energy.

# Chapter 04

## Owning Your Purpose

*"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."*

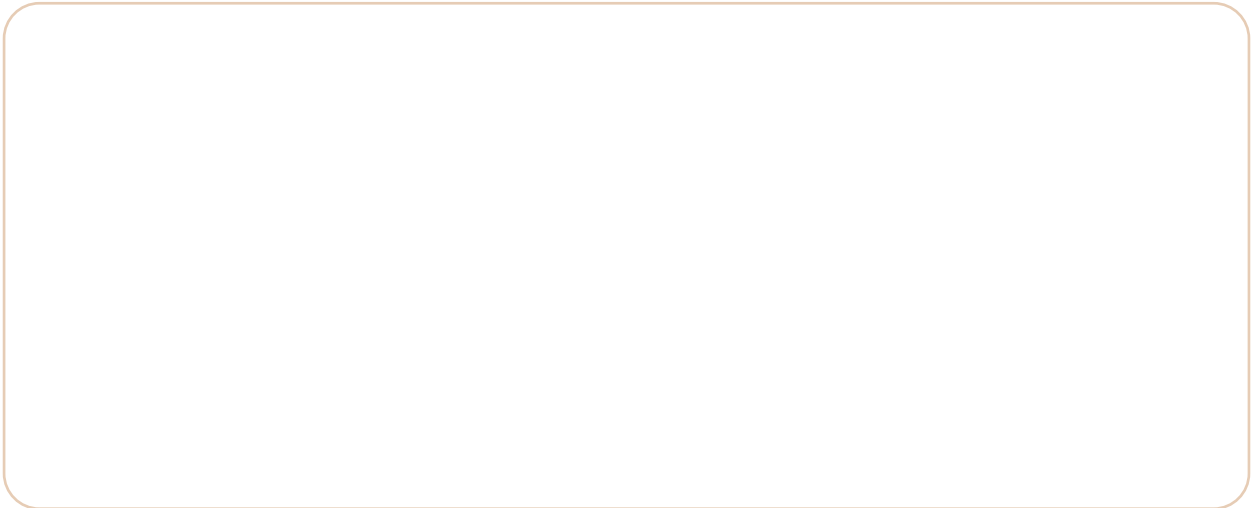
— Steve Maraboli

**Why Purpose Matters:** Purpose is more than a title or achievement—it's a way of living. When your actions align with your deepest truth, you experience joy, clarity, and fulfillment. The Purpose Formula is simple yet profound:

Purpose = Faith + Love + Meaningful Work

## Reflection:

- Are your actions aligned with your deepest truth?



- Where are you settling for what looks good instead of what feels aligned?



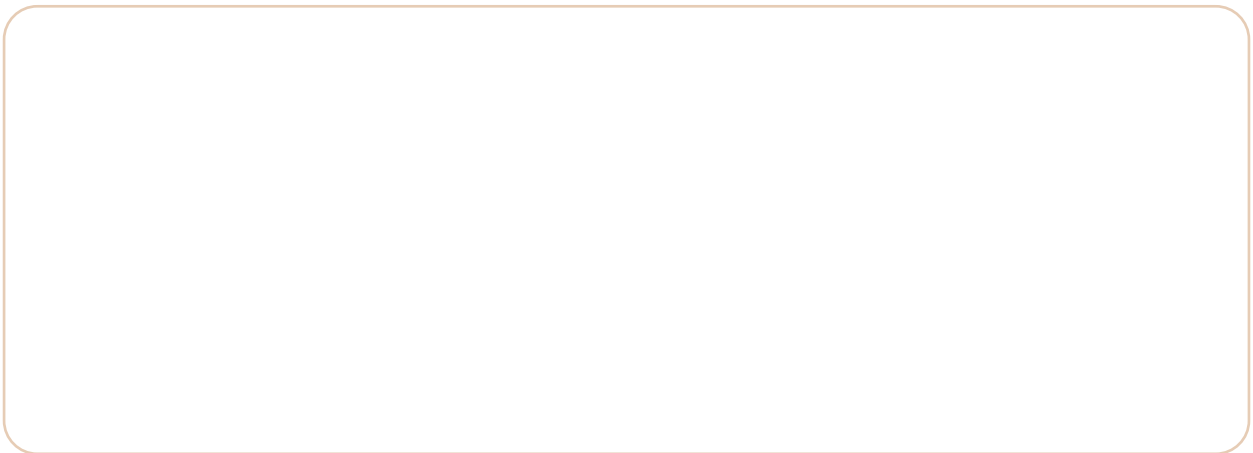
# Purpose Element 1: Faith

"When you have faith, there is no  
need to have all the answers.  
Just trust the One who does."

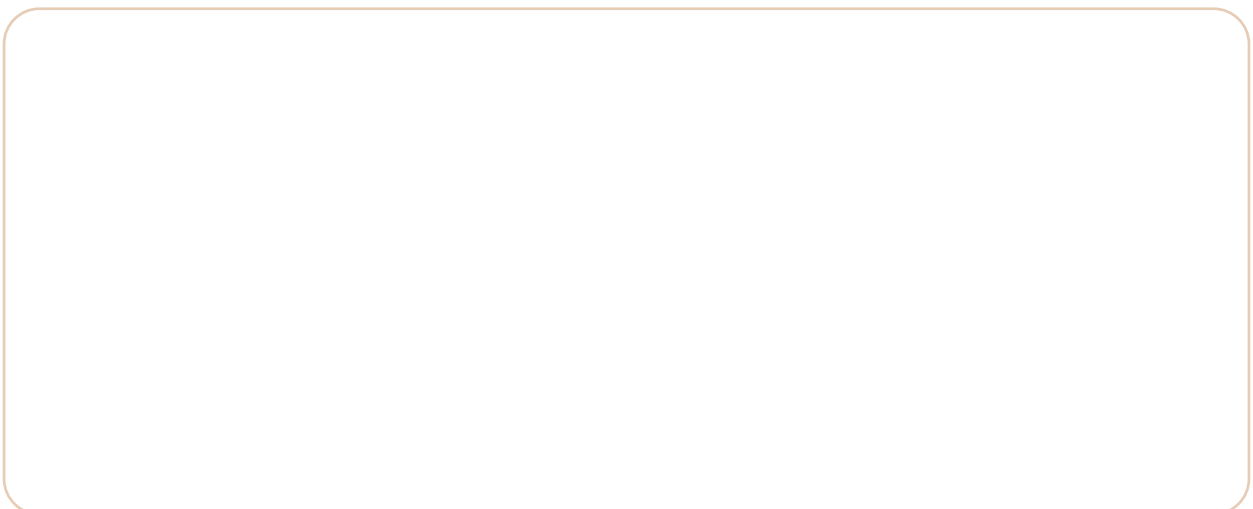
— *Anonymous*

## Reflection Prompts:

- Where have you placed your faith?



- Has that foundation felt steady or shaky?



# Exercise: Strengthening Your Faith

Faith isn't something that just happens—it's something we cultivate. If you're ready to build a life rooted in something deeper, here's how to start:

## 1. Define Your Belief System.

What do you believe in and why?

What anchors you when life feels uncertain?

## 2. Create Time for Spiritual Growth.

Whether it's prayer, reading scripture, journaling, or reflection—make space for faith in your daily life.

How can you create intentional time for faith in your daily routine?

### 3. Surround Yourself with People Who Strengthen Your Faith.

Just as we curate our professional circles, we must be intentional about our spiritual community. I love being in small groups and doing Bible studies with my church.

Seek out a supportive spiritual community.

### 4. Surrender Control

The hardest but most powerful step is recognizing that we are not in charge. Control is an illusion.

Where are you gripping too tightly?

What would change if you trusted a higher plan?

## 5. Live with Purpose.

Faith is not just about belief—it's about action. What steps can you take today to align your life with what truly matters?

What legacy are you building?

If today was your last day, would you be proud of the life you've lived?

# Purpose Element 2: Love

Love fuels fulfillment. It makes you a better leader, a better decision-maker, and gives meaning to your life.

## Partnership: Choosing a Partner Who Fully Sees You

Who you choose to partner with is one of the most important decisions of your life.

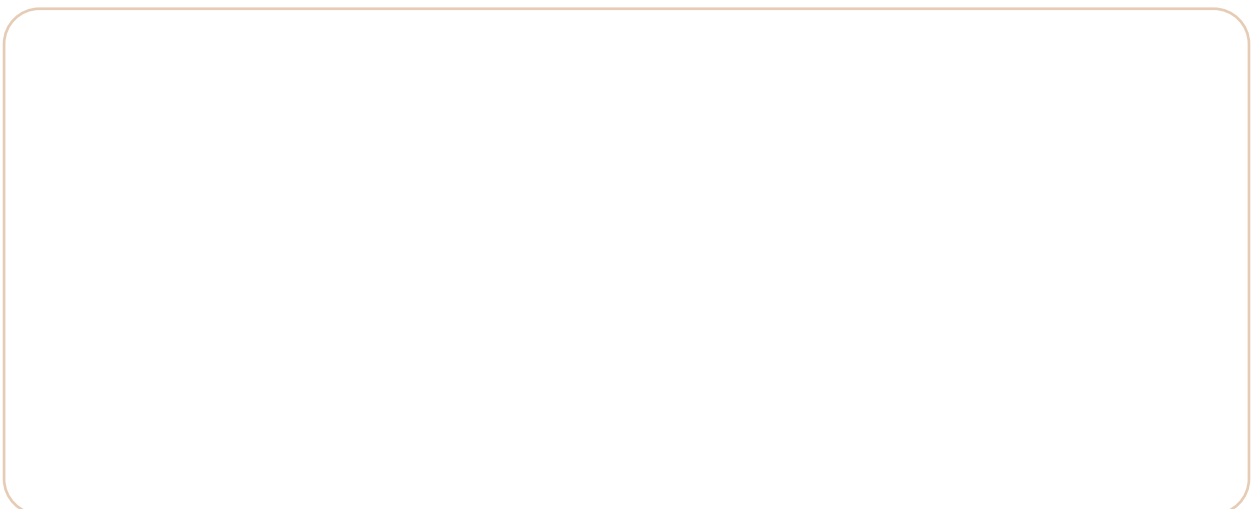
Your relationships directly impact your mental clarity, energy, and ability to lead. If you are in a relationship where you feel unseen, unsupported, or emotionally drained, it affects everything—including your career and the legacy you are building.

*A powerful woman needs a partner, not a project.*

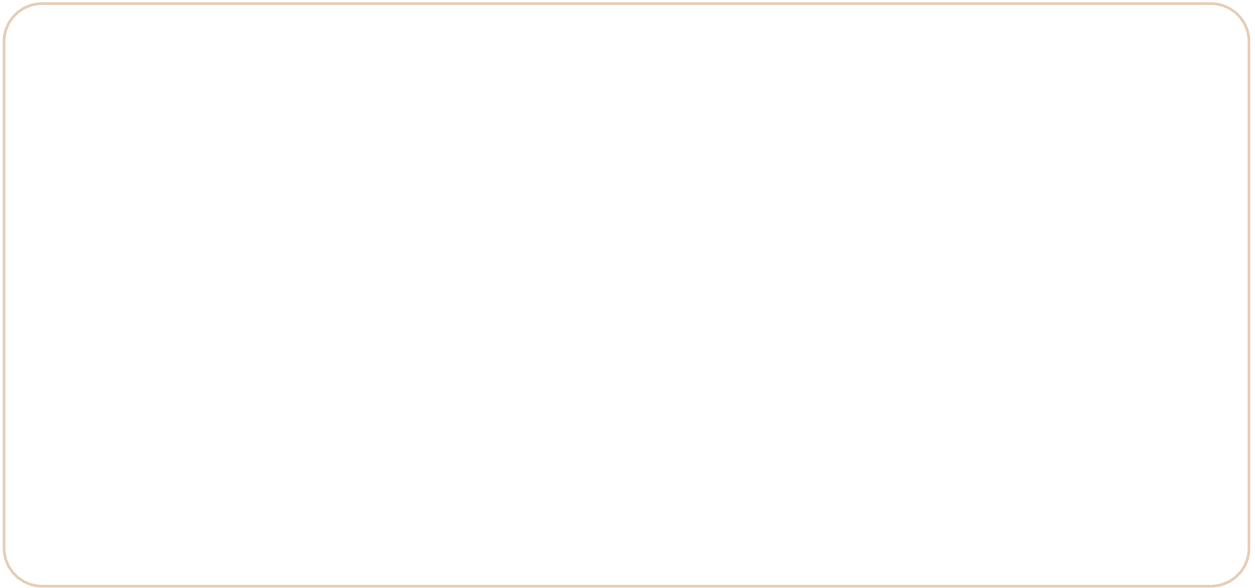
If your relationship requires you to constantly explain, justify, or defend your ambition, you are in the wrong relationship.

A true partner doesn't just support your dreams—they build alongside you.

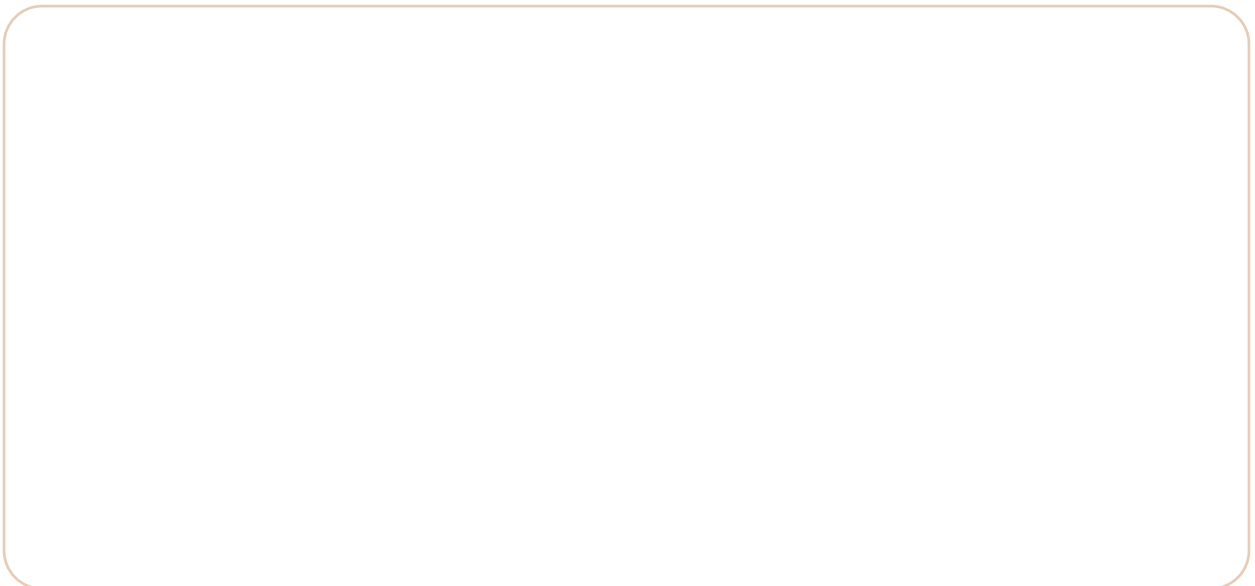
- Are you in a relationship where you feel fully seen, supported, and celebrated?



- Does your partner elevate you—or do they make you feel like you have to dim your light?



- Are you tolerating a relationship that drains you rather than expands you?



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# Motherhood

“Making the decision to have a child—it is momentous.  
It is to decide forever to have your heart go walking around  
outside your body.”

— *Elizabeth Stone*

## The Tension Between Ambition and Motherhood

For ambitious women, motherhood brings a kind of paradox—one that’s rarely talked about with honesty. On one hand, we know that our children are the most important thing we’ll ever do. Their needs, their hearts, their safety, and joy—none of it is negotiable. And yet, deep inside, there’s also a pull to create, to build, to lead, to leave a mark beyond the walls of our home. The tension between showing up for your family and showing up for your calling can feel impossible to resolve.

But here's what I've learned: it doesn't have to be either/or. You don't have to silence your dreams to be a good mom. In fact, when you show up for the work that lights your soul on fire, your children benefit. They get to watch a woman living in alignment. They learn by your example that it's okay to pursue purpose, to take up space, to make a difference, and make dinner.

That doesn't mean it's easy. The guilt is real. The calendar gets crowded. There are seasons when you feel like you're running on empty. But instead of beating yourself up, what if you allowed space for the inevitable ebbs and flows of life and gave yourself permission to pursue rhythm? Rhythm allows for flow. It makes room for seasons—some that demand more of you at work and others that require your full attention at home.

Here are a few practical shifts that have helped me—and many other high-achieving women—walk this line with more peace and presence:

## 01 Define What “Enough” Looks Like in Each Role

*Ask yourself: What does “being a good mom” look like to me in this season?*

## 02 Time Block for Presence, Not Just Productivity

Put your family time on the calendar like you would a client call. Protect it. Honor it.

## 03 Let Your Kids See You Work

Normalize ambition. You’re showing them what it means to use your gifts. You’re teaching them how to dream, to build, and to serve others.

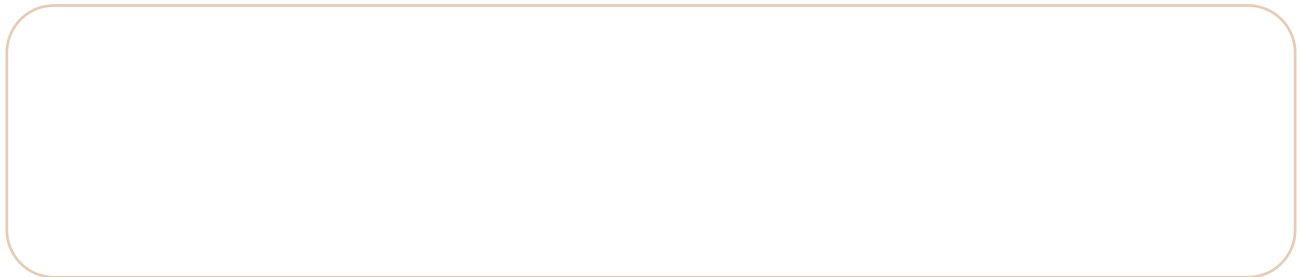


## Self-Reflection Questions:

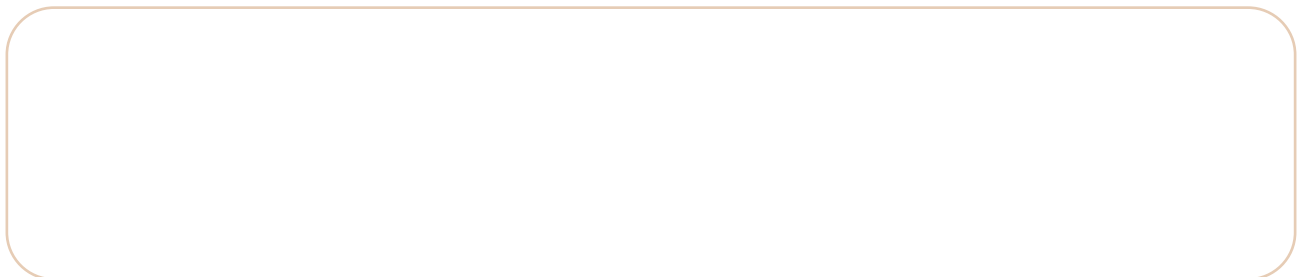
**How do I define success in this season of life—both as a mother and a woman with goals and dreams?**



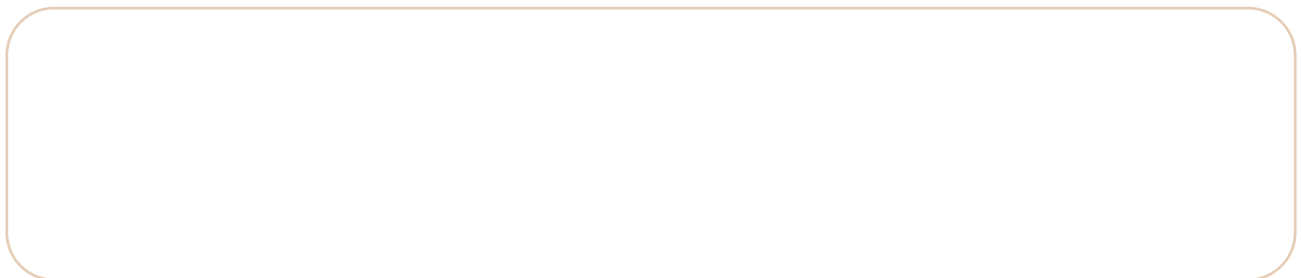
Does my current schedule reflect that definition?



**Where do I feel the most guilt when it comes to motherhood or work?**

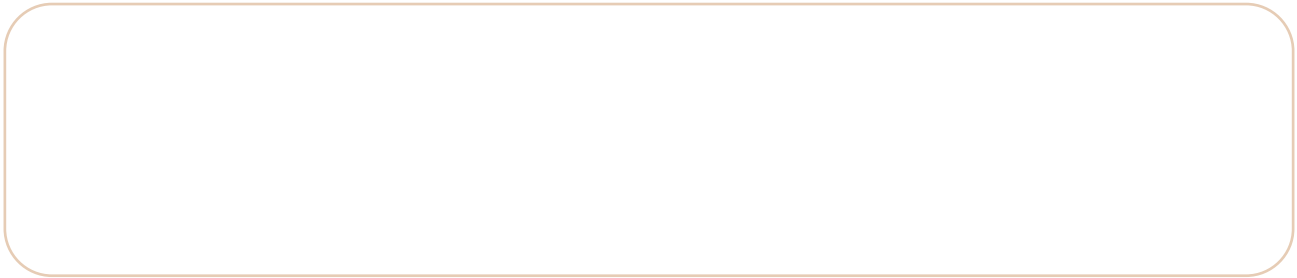


Is that guilt rooted in truth or unrealistic expectations?

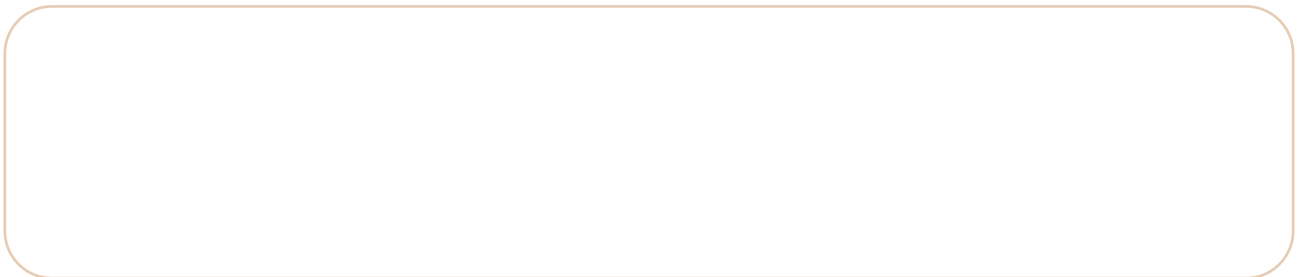


## Self-Reflection Questions:

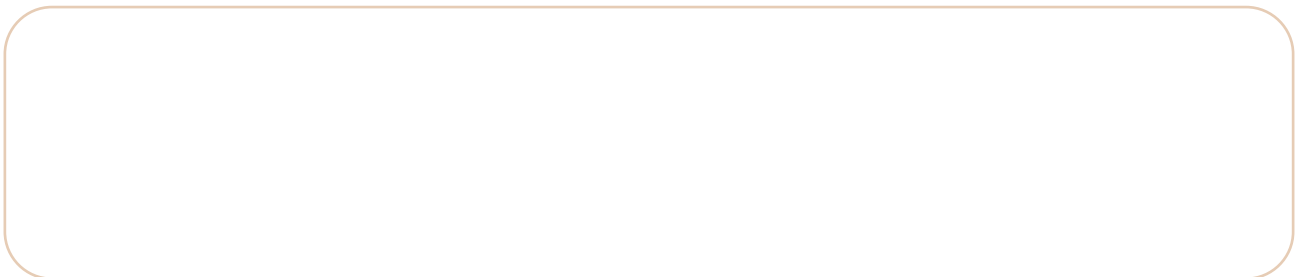
**In what areas of my life am I trying to do everything alone?**



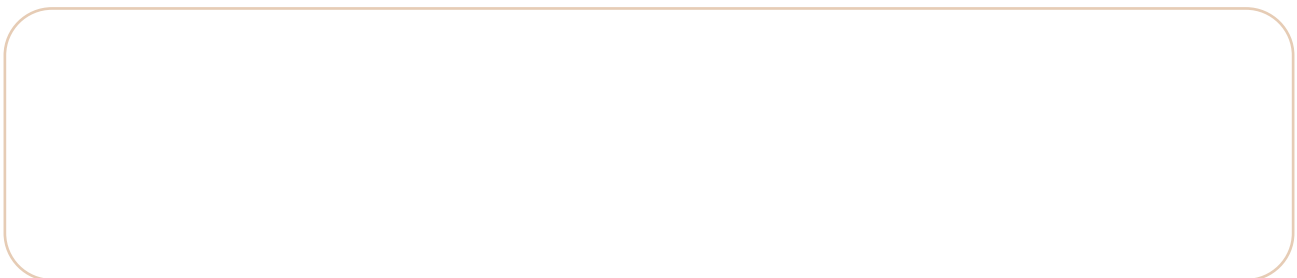
Where could I ask for help or release control without sacrificing what matters?



**What does being present look like for me with my children?**



Am I offering them quantity of time, quality of time, or both?



**What's one practical boundary I could set this week to better honor both my family and my calling?**

# Friendship

## Finding Your Tribe & Building Expansion Partners

“I would rather walk with a friend in the dark, than alone in the light”

— *Helen Keller*

### How to Build Your Tribe

If you don't have the kind of friendships that expand and inspire you, it's time to be intentional about finding them.

#### 1. Seek Out Women Who Challenge You

You need women in your life who:

- Inspire you to think bigger.
- Call you out when you're playing small.
- Hold you accountable to your potential.

These are the women who won't let you settle.

The ones who will tell you, “You're playing it too safe. Go bigger.”

The ones who will remind you of who you are when you start to doubt yourself.

The ones who don't see your success as a threat but as motivation to level up alongside you.

If your current circle doesn't include women like this, find them.

#### Where?

- High-level mastermind groups.
- Networking events where serious women gather.
- Exclusive communities for ambitious entrepreneurs and executives.

Put yourself in rooms where women are already operating at the level you aspire to.

## 2. Be Willing to Initiate

Powerful friendships don't just happen—you have to cultivate them.

If you see a woman you admire, don't wait—start the conversation.

- Send her a message on LinkedIn.
- Introduce yourself at an event.
- Invite her to grab coffee or join a mastermind call.

If you want deep, meaningful connections, you have to be proactive about building them.

## 3. Let Go of Relationships That No Longer Serve You

Not every friendship is meant to last a lifetime. One of the biggest mistakes high-achieving women make is holding on to friendships out of guilt or nostalgia rather than alignment.

If a friendship feels like:

- A constant energy drain.
- A one-sided effort.
- A place where you feel unseen or misunderstood.

Then, it's okay to step back.

You don't have to make it dramatic.

You don't have to have a painful conversation.

You simply create space.

Because the right friendships—the ones that truly support your growth—will never require you to sacrifice yourself to maintain them.

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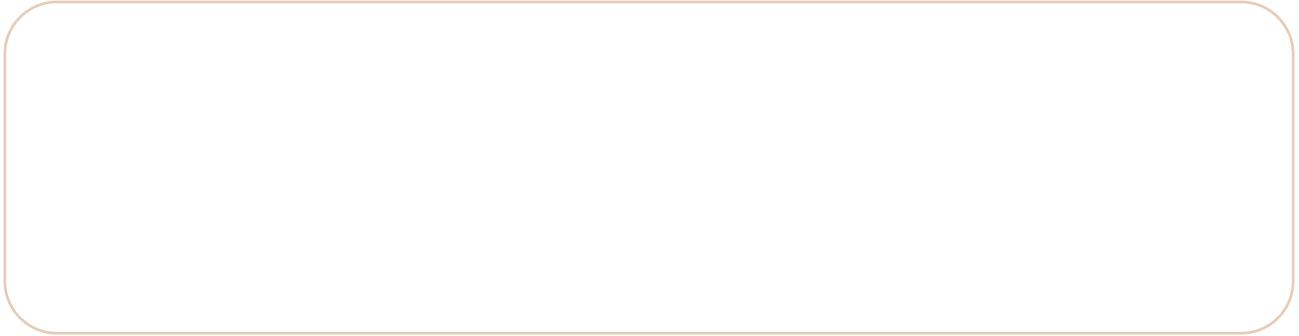
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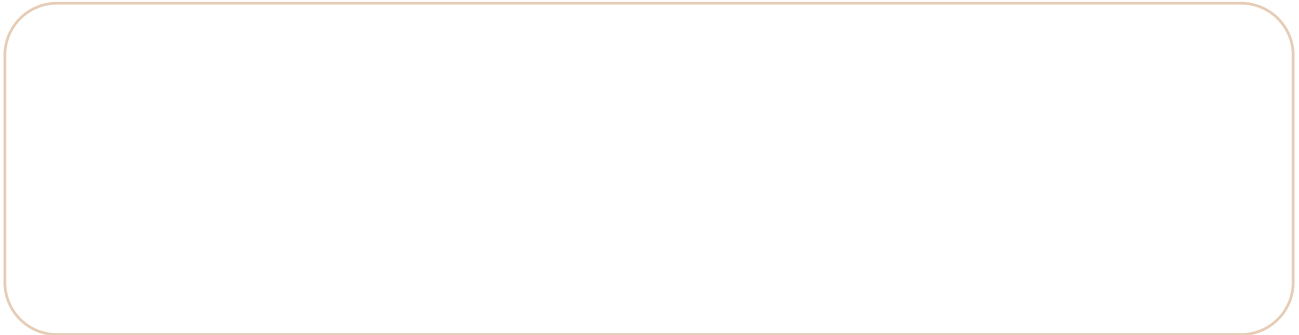
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## Self-Reflection Questions:

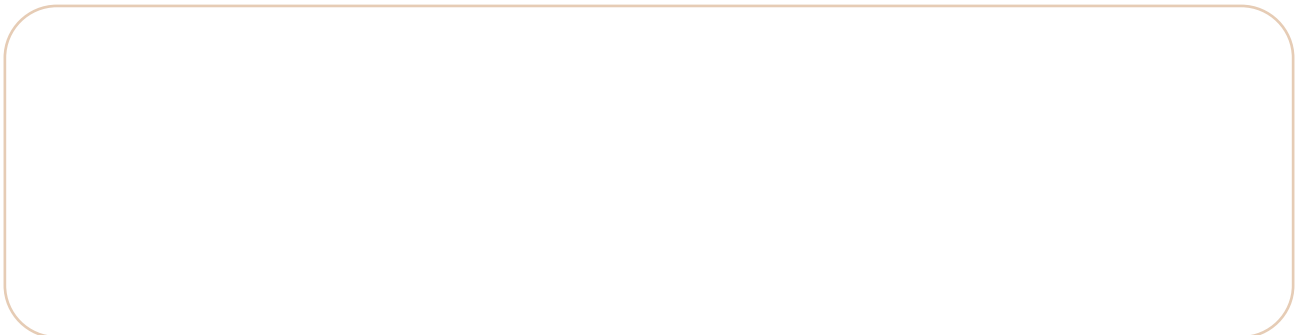
Are my current friendships fueling my growth or holding me back?



Who challenges and inspires me to be better?



Where am I holding onto relationships out of guilt or nostalgia?



# Expansion Partners:

## Leveling Up Through Strategic Connections

A tribe is important, but expansion partners are next level. These are not just friends or supporters. They are collaborators, thought partners, and accountability powerhouses who actively help you grow.

The concept of expansion partners goes beyond casual friendship—it's about intentionally aligning yourself with women who challenge you to elevate your game.

## How to Identify & Cultivate Expansion Partners

### **Expansion partners are women who:**

- Operate at a high level in their own right. They aren't just successful—they are actively pushing boundaries and setting new standards in their industries.
- Are deeply committed to personal and professional growth. They are not content with staying the same—they are constantly evolving.
- Believe in collaboration over competition. They don't see your success as a threat—they see it as a shared win.

### **These are the women who will:**

- Introduce you to game-changing opportunities.
- Offer honest, unfiltered advice that pushes you out of your comfort zone.
- Strategize with you on how to scale your business, leadership, and impact.

Unlike traditional friendships, expansion partnerships require intention and strategy. Here's how you build them:

## 1. Be Generous First

Expansion partnerships are built on reciprocity.

Instead of approaching a connection with "What can I get from this person?" ask:

### “How can I add value?”

- Can you introduce them to someone in your network?
- Can you offer insight on a challenge they’re facing?
- Can you collaborate on something that benefits both of you?

When you lead with generosity, you attract high-caliber relationships.

## 2. Make Room for High-Level Conversations

Expansion partnerships require depth.

This is not about small talk—it’s about game-changing conversations.

Instead of talking about surface-level updates, have discussions like:

- “What’s the biggest challenge you’re facing in your business/career right now?”
- “What’s one thing you’re working on that excites you?”
- “Where do you feel stuck, and how can I help?”

High-level women don’t have time for meaningless connections—they value real, results-driven relationships.

## 3. Meet Regularly & Set Intentional Goals

The best expansion partnerships have structure.

Instead of waiting for a random coffee date, schedule regular check-ins.

- A monthly mastermind call to share wins, challenges, and goals.
- A quarterly strategy session to review progress and set new milestones.
- A co-mentorship approach, where you hold each other accountable for execution.

The key? **Consistency**.

Powerful relationships require ongoing investment—but when done right, they will pay dividends in every area of your life.

## Build Your Inner Circle with Intention

You are the average of the five people you spend the most time with. So choose wisely.

Surround yourself with women who inspire, challenge, and elevate you.

Let go of relationships that keep you small, exhausted, or unseen.

Most importantly, become the kind of friend, leader, and expansion partner you want to attract. Because when powerhouse women come together with intention, they don't just change their own lives—they change the world.

### Self-Reflection Questions:

Who are my expansion partners?

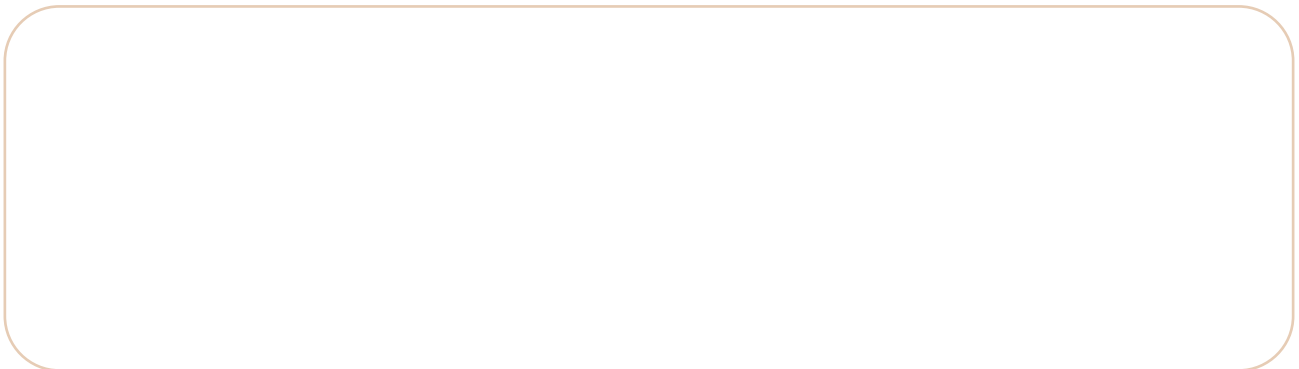
Do they challenge me to elevate my game?

Are they evolving personally and professionally?

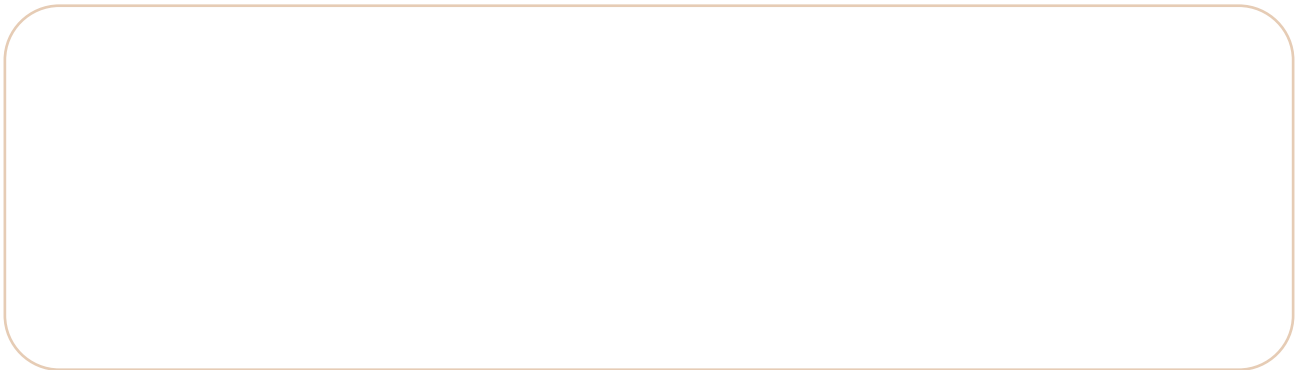
Do they celebrate my success as a shared win?



Who can I reach out to for a deeper connection?



How can I lead with generosity?



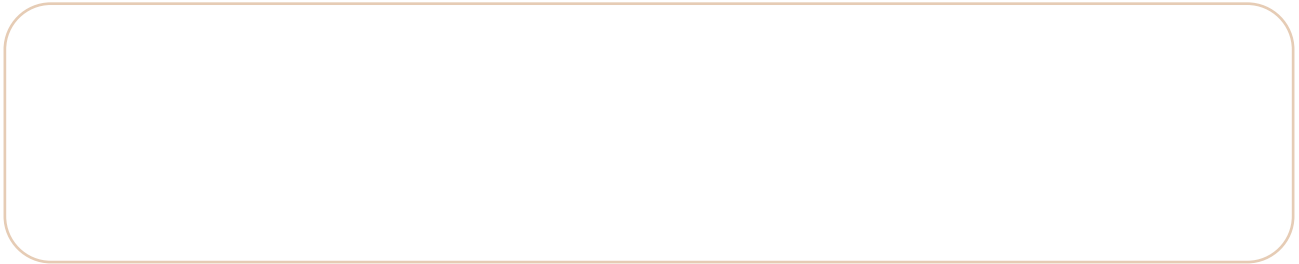


## Self-Reflection Questions:

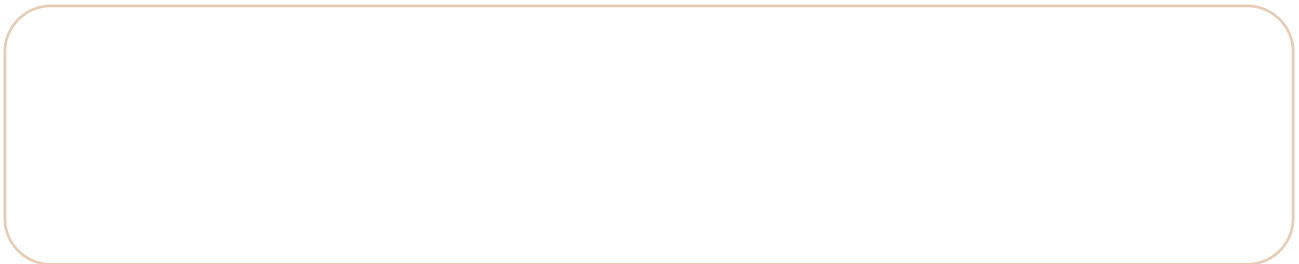
Where in my life am I tolerating less than I deserve?



Who in my life drains me instead of energizing me?



What boundaries do I need to set to protect my energy and joy?



# Exercise:

## Redefining Love on Your Terms

If you want to cultivate powerful, fulfilling relationships, you need a strategy.

### Step 1: Audit Your Relationships

Make a list of the five closest people in your life.

Do they elevate you or diminish you?

Do they challenge you to be better?

Where are you tolerating less than you deserve?

What boundaries do you need to set?

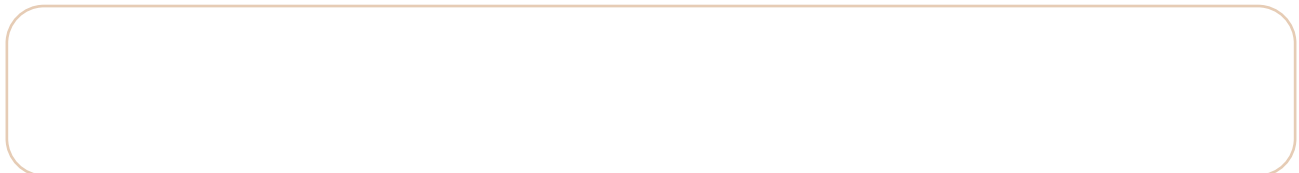
## Step 2: Have the Hard Conversations

If something isn't working, address it.

- That means talking to your partner about what you need.
- That means setting clear expectations in friendships.
- That means saying no to relationships that drain you.

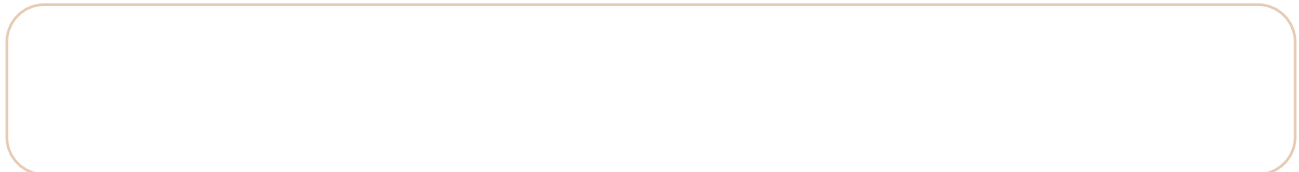
## Step 3: Set Boundaries & Enforce Them

Decide what you will and won't tolerate. And stick to it.



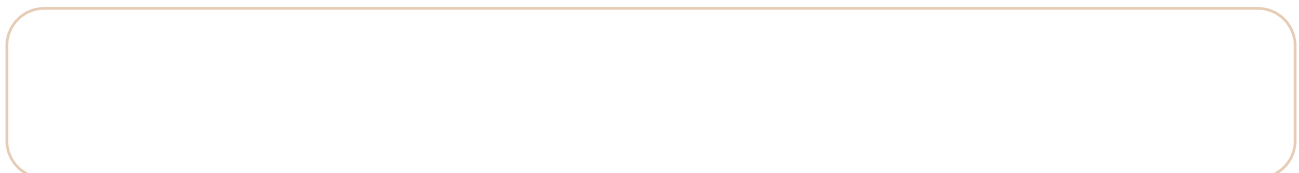
## Step 4: Surround Yourself with Expansion Partners

Actively seek out relationships that challenge and inspire you.



## Step 5: Prioritize Self-Love

You can't pour into others if you are running on empty.  
Self-care is not selfish—it's a necessity.



# Purpose Element 3: Meaningful Work

Meaningful work fuels you, aligns with your values, and contributes to something bigger than yourself.

## What Makes Work Meaningful for Powerhouse Women

### 1. Aligned with Purpose, Not Just Performance

You've proven you can hit the numbers and drive results. But at this stage, it's about more than outcomes—it's about impact. Meaningful work aligns with your purpose: it lets you use your voice, influence, and experience to drive change that matters to you.

Fulfillment isn't found in checking boxes—it's found in knowing your work changes lives.

### 2. In Service of a Bigger Vision

Powerhouse women want to build something that outlasts them. Whether it's a legacy, a movement, or a mission-driven company, meaningful work contributes to a vision larger than status or salary.

You're not here to play small—you're here to leave your mark.

### 3. Freedom to Lead Authentically

After years of adapting to expectations, meaningful work feels like freedom. It's the ability to lead, create, and show up as your whole self—without apology. No more shrinking, code-switching, or self-silencing.

When you're leading from your truth, you're unstoppable.

## 4. Room to Grow While Honoring Your Life

Meaningful work fuels your growth and respects your humanity. It challenges you intellectually while allowing space for your family, health, and dreams outside the boardroom.

You don't have to choose between ambition and well-being. You get to have both.

## 5. Genuine Connection and Respect

At this level, you're no longer interested in tolerating toxic cultures or performing to be accepted. You crave work that includes collaboration without competition, support without strings, and rooms where you're not the only woman—but one of many rising together.

Being in the right room changes everything.

## 6. Ownership, Not Just Responsibility

You've carried the weight for everyone else—now you want to build your own table. Meaningful work gives you ownership: creative freedom, decision-making power, and the chance to shape what's next.

Responsibility without authority burns you out. Ownership energizes you.

## 7. Recognition That Reflects Your True Value

You're done settling for being underpaid, overlooked, or under-acknowledged. Meaningful work comes with compensation, respect, and visibility that reflect your true worth—not just what the market says, but what you know you're capable of.

You're not asking for too much—you're finally asking for what's aligned. When you find purpose in your work, you don't just do your job—you change lives.

## Self-Reflection Questions:

How can I shift my perspective to uncover deeper meaning in the work I already do?

Does my current work reflect my calling and values?

Am I using my gifts to their fullest potential?

## Meaningful Work Checklist:

- Aligned with purpose, not just performance
- In service of a bigger vision
- Freedom to lead authentically
- Room to grow while honoring your life
- Genuine connection and respect
- Ownership and creative freedom
- Recognition that reflects your true value

## If You Can't Find It—Create It:

What have you been looking for but can't seem to find? Is it time to create it?

What steps can you take to create what's missing?

## Taking the Next Step

If you've realized your work is no longer fulfilling, **it's time to pivot.**

Identify what's no longer working.

Define what you want instead.

Take small steps toward a life and work that align with who you are.

Your gifts, talents, and passions are not random. They are clues to your purpose.



# Chapter 05

## Growth

*"You are one decision away from a completely different life."*

— *Mel Robbins*

## Becoming Who You Were Created to Be:

### Growth is a Process, Not a Sprint.

Fulfillment isn't built overnight—it's built in small, consistent steps. Growth happens in the space between where you are and where you want to be. It's about evolving intentionally, trusting the process, and allowing yourself to change.

Are you rushing the process or allowing space for aligned growth?

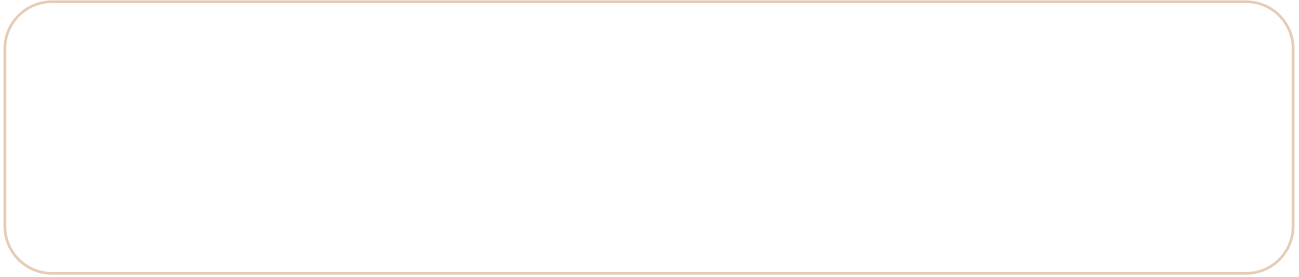
Where are you making progress—even if it feels small?

### Where You are Today is OK.

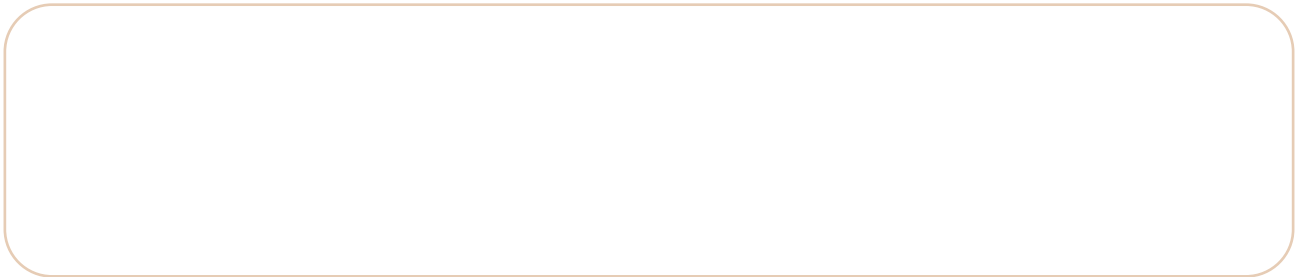
**Before diving deeper, take a breath and remind yourself:**

- You are not behind.
- You are not stuck.
- You are exactly where you need to be.

Where have you been judging your progress?



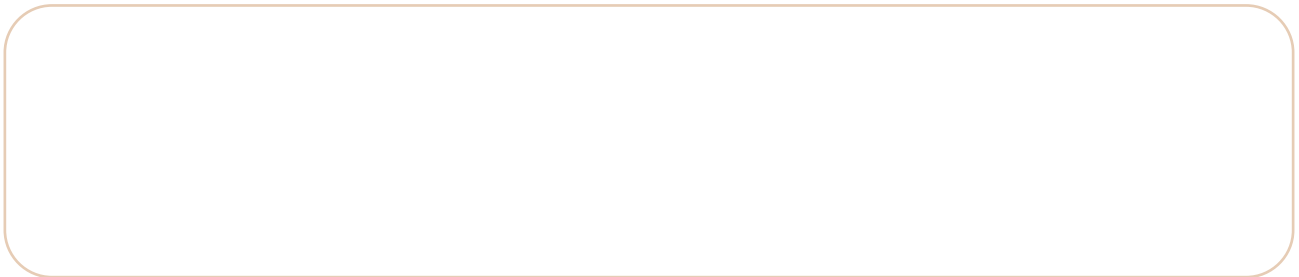
What would change if you gave yourself permission to evolve at your own pace?



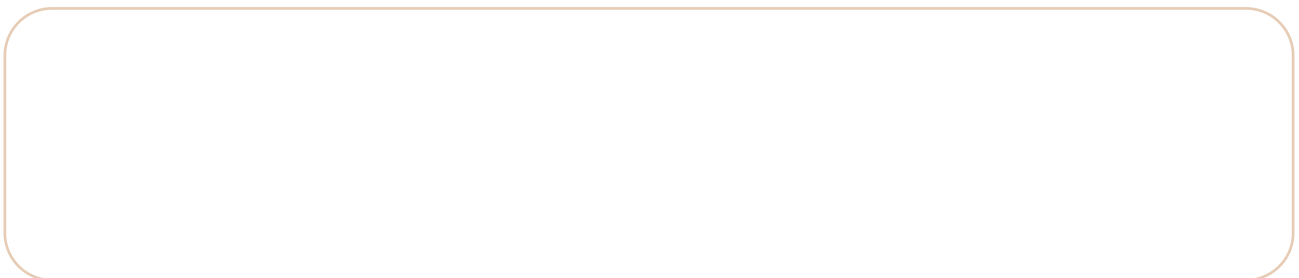
## It's OK to Change Your Mind

Fulfillment evolves. You're allowed to pivot, shift, and choose differently.

Where are you clinging to an outdated goal or identity?



What no longer feels aligned—and what new path is calling you?



## Personal Growth: Investing in Yourself

Growth happens with intention—through consistent learning, exploration, and expansion.

### Ways to Grow:

- Read books that challenge your mindset
- Listen to inspiring podcasts
- Take a course or join a mastermind
- Start a side project or creative pursuit
- Explore hobbies that bring you joy
- Travel or immerse yourself in new cultures
- Engage in therapy or somatic healing
- Strength train and prioritize movement
- Deepen relationships through vulnerability

How are you actively investing in your growth—personally, professionally, spiritually?

What's one area you're ready to expand?

## Taking Ownership. Leading Yourself First

True empowerment means taking radical ownership—in your career, relationships, and life.

### Victim Patterns to Release:

- Blaming others or circumstances
- Avoiding tough conversations
- People-pleasing at your own expense
- Failing to set boundaries

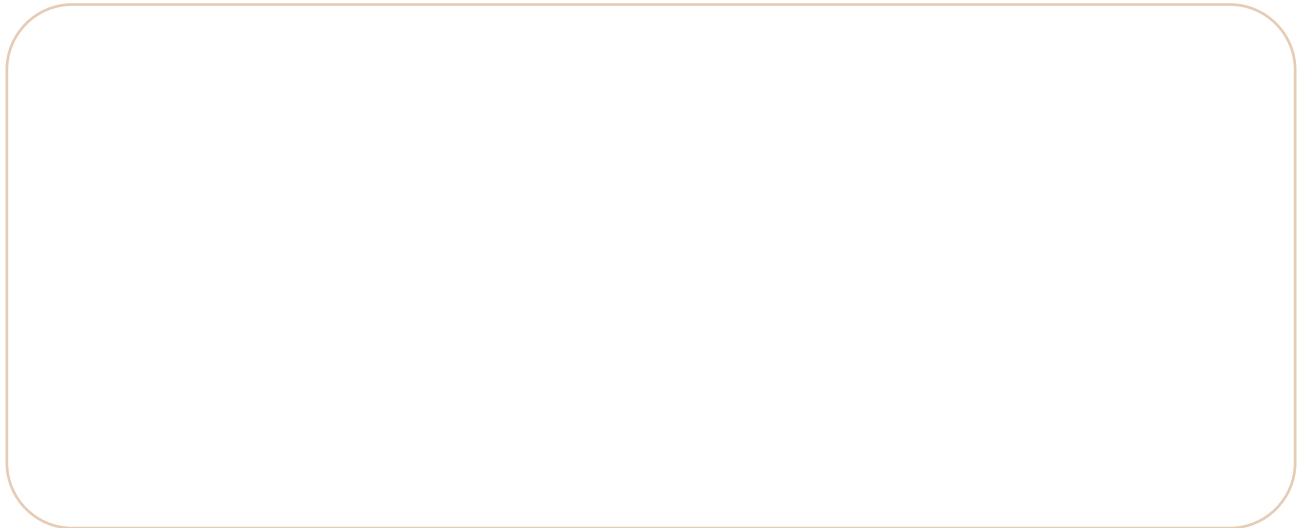
Where are you defaulting to victim mode?

How have your actions (or inaction) contributed to your current reality?

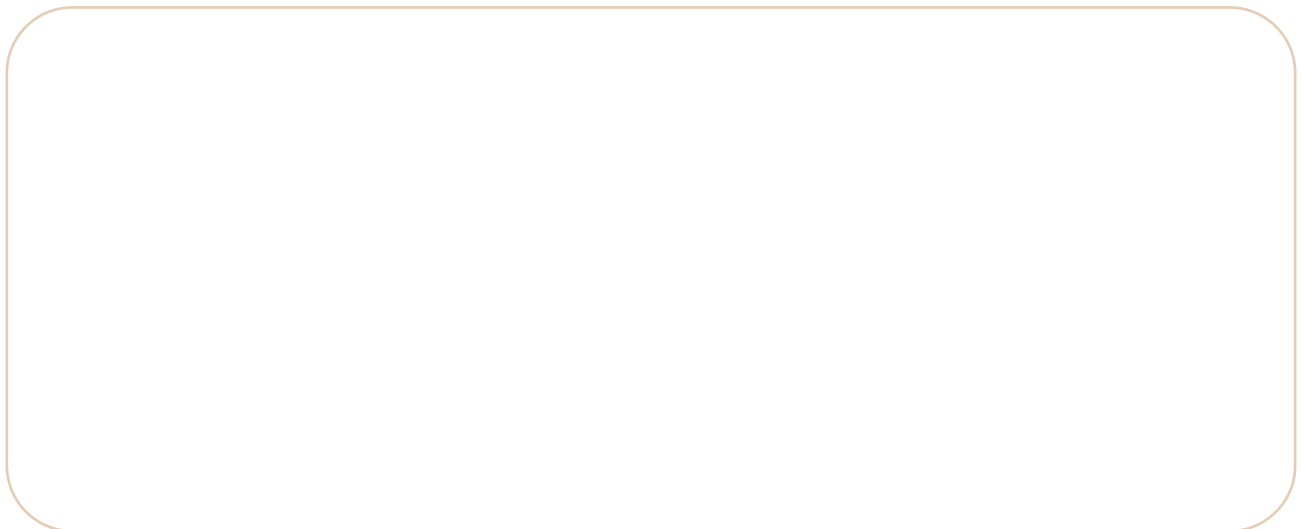
What's one area you can own more fully starting today?

## Becoming Who You Were Created to Be:

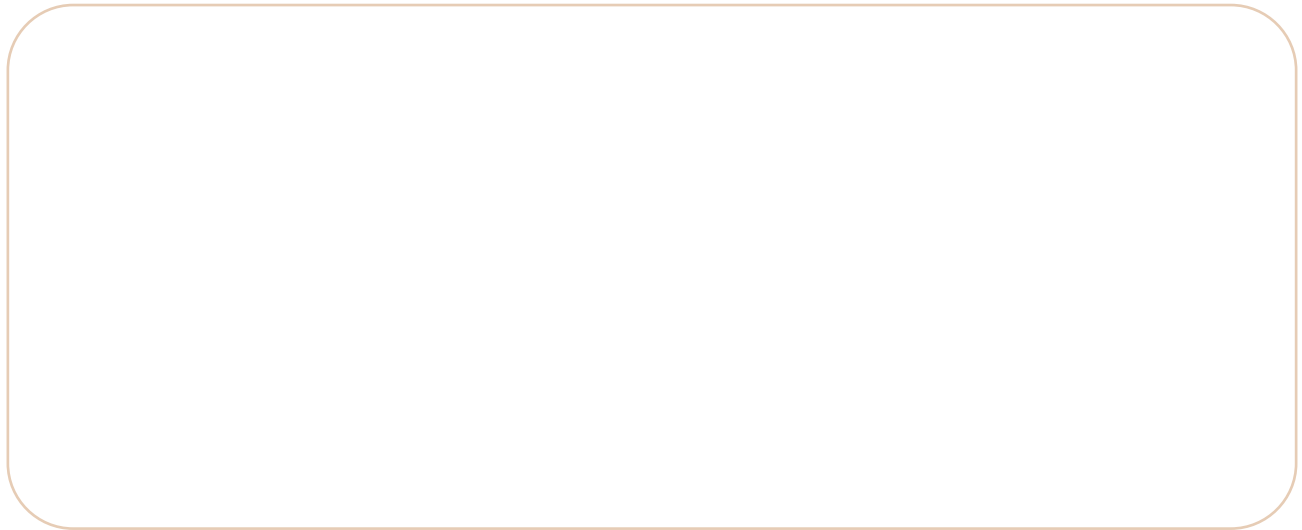
1. Identify where you're stuck or frustrated  
how can you take ownership?



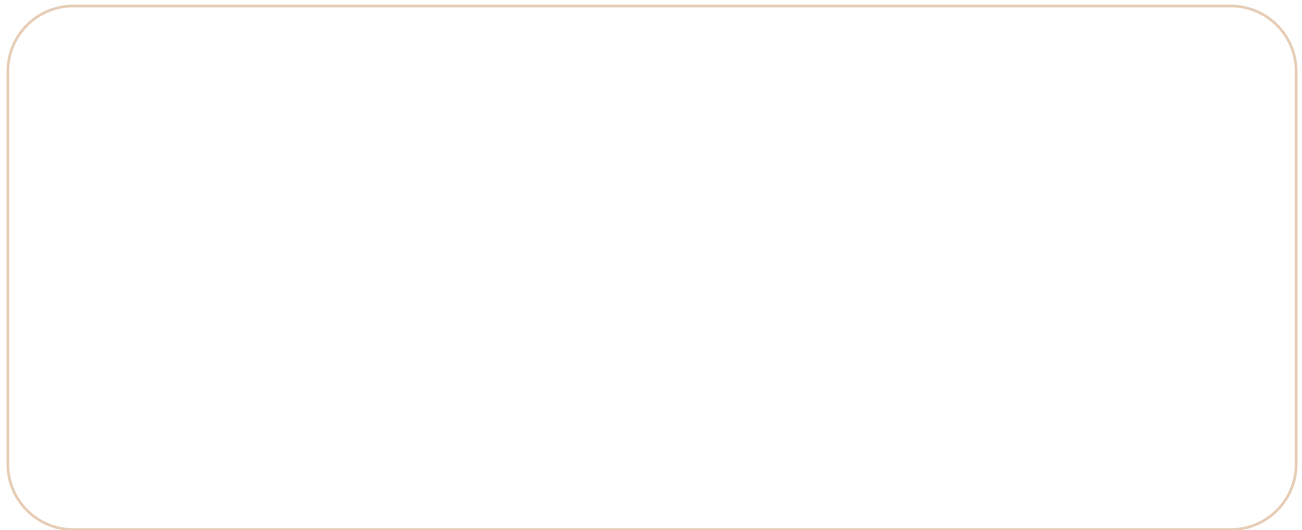
2. Set clear boundaries—define what's  
no longer acceptable.



3. Have the tough conversations—address misalignment with courage.



4. Make aligned decisions—are you choosing based on your truth?



5. Stay open to feedback—growth requires humility.

## Having the Tough Conversations: Aligning with Your Partner

Are your closest relationships aligned with your dreams?

Where are fears, doubts, or miscommunication creating resistance?

### If alignment is missing:

- Clarify your needs and why they matter
- Listen deeply to your partner's fears
- Seek middle ground where possible
- Decide what you're willing to accept
- Own your dreams, regardless of outside support

**Remember:** Tough conversations create clarity—and alignment is a choice.

## Facing and Releasing Trauma

Your body carries your story—unprocessed trauma can hold you back from fulfillment.

### Signs of Stored Trauma:

- Chronic stress or tension
- Emotional triggers or dysregulation
- Physical symptoms that linger despite healthy habits

### Steps to Release Trauma:

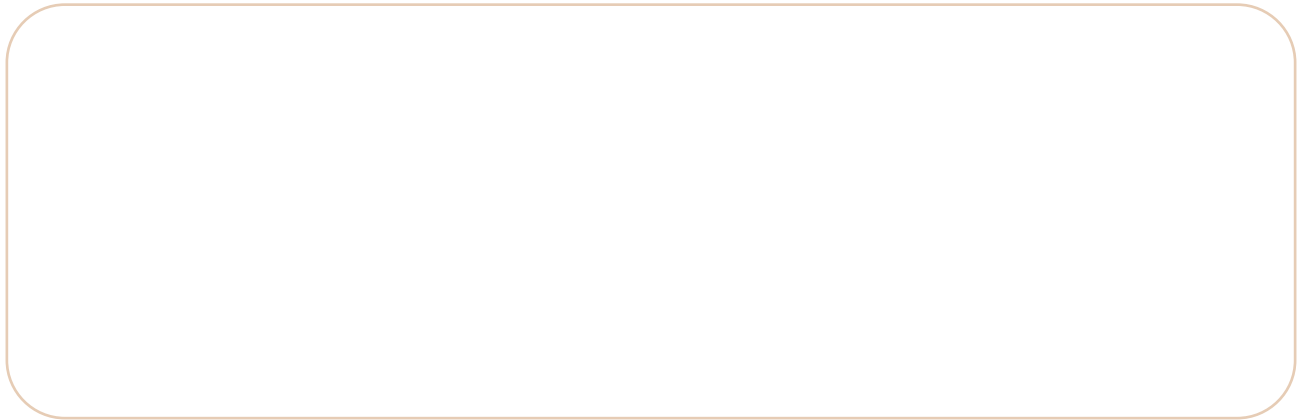
- |           |  |           |   |
|-----------|--|-----------|---|
| <b>01</b> | Seek trauma-informed therapy (EMDR, somatic work, etc.)      | <b>05</b> | Speak forgiveness out loud—even when it's hard            |
| <b>02</b> | Explore spiritual healing (e.g., Sozo sessions)              | <b>06</b> | Journal or pray for emotional release                     |
| <b>03</b> | Practice body awareness—listen to what your body needs       | <b>07</b> | Write an unsent letter to express what's been held inside |
| <b>04</b> | Move your body to release stuck energy (yoga, walking, etc.) | <b>08</b> | Hand justice over to God—free yourself from bitterness    |

What pain are you still holding onto?

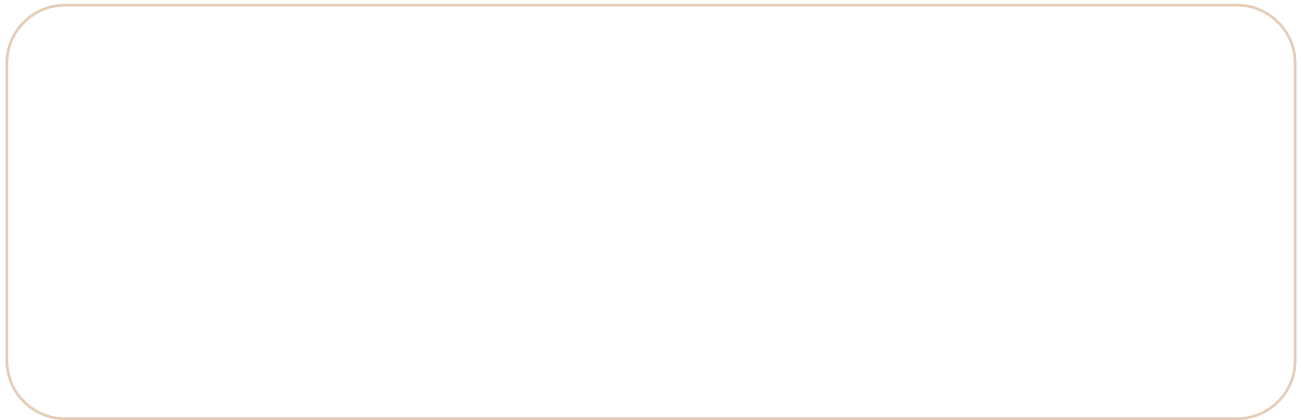
Where is trauma still influencing your beliefs, reactions, or body?



Who do you need to forgive –even if they don't deserve it?



What step can you take today to begin releasing it?



## Growth isn't a race—it's a daily choice to evolve.

### You're allowed to:

- Change your mind
- Pivot your path
- Own your power
- Heal what's been holding you back

**Every step—no matter how small—builds the life you desire.**

## Other options to actively pursue growth:

Circle or highlight any you'd like to try.

### Growth in Knowledge & Creativity:

- Reading books that challenge your mindset.
- Listening to podcasts that inspire you.
- Taking online courses to expand your skill set.
- Starting a side project, blog, or personal brand to build new capabilities.
- Finally take up that hobby you've been daydreaming about, like painting, gardening, dancing, photography, etc.

### Growth in Business

- Hiring a coach or joining a mastermind.
- Attending conferences or networking with like-minded people.
- Shadowing someone you admire or asking for informational interviews.
- Learning a new technical skill (data analysis, design, a software platform, etc.).
- Traveling to new places and immersing yourself in different cultures.
- Taking an improv class to build confidence and spontaneity.
- Practicing vulnerable conversations to deepen relationships.
- Mentoring someone else—it often teaches you just as much.

## Growth in Health & Wellness

- Engaging in therapy or somatic healing work to process past wounds.
- Hiring a personal trainer to start strength training
- Incorporating daily movement into your schedule
- Hiring a health coach to find a nutrition program that works for you.

## Growth in Relationships

- Asking for feedback from your partner, trusted peers, or leaders to identify blind spots.
- Practicing active listening without interrupting or jumping in with solutions.
- Learning your partner's or child's love languages—and consistently speaking them.
- Creating phone-free, distraction-free blocks of time with your family.
- Planning regular one-on-one time with each child or intentional date nights with your spouse or partner.
- Seeking marriage counseling or parenting coaching proactively—not just in crisis.
- Praying together with your family or incorporating shared spiritual practices.
- Having deep conversations with people who challenge your assumptions.

Fulfilled & Limitless

# Chapter 06

Living for Something Bigger

Service, Impact, and Fulfillment

*"If not me, who? If not now, when?"*

— *Emma Watson*

## Success vs Significance

At some point, success alone stops feeling fulfilling. True joy comes when your life becomes a force for good—when you use your success to serve others and create lasting impact.

Are you measuring success only by personal wins—or by the lives you touch?

How would your fulfillment grow if you focused on significance, not just success?

## The Shift from “Me” to “We”

Fulfillment expands when you shift your focus from self to service—from personal gain to collective impact.

### When you lead with service:

- Your vision expands
- Your work carries deeper purpose
- You build a legacy that outlives you

Who are you lifting as you rise?

What impact are you building that will outlast your career?

## Integrating Service Without Burnout

### 1. Start with Your Strengths

Instead of forcing yourself into service that doesn't align with you, ask:

What am I naturally good at that could help others?

What knowledge or skills do I have that could create impact?

What cause deeply resonates with me?

If you're an incredible connector, mentor younger women.

If you're a strategic thinker, help a nonprofit streamline its operations.

If you're financially blessed, fund scholarships or women-owned businesses.

Service should feel energizing, not exhausting.

## 2. Think Bigger Than Charity—Think Legacy

Giving money is great, but true impact is about creating something that lasts.

Instead of just donating, think:

How can I build something that continues to serve after I'm gone?

How can I create opportunities that empower others to build their own success?

Legacy isn't just about what you give—it's about what you create that keeps giving.

### 3. Make Service a Non-Negotiable Part of Success

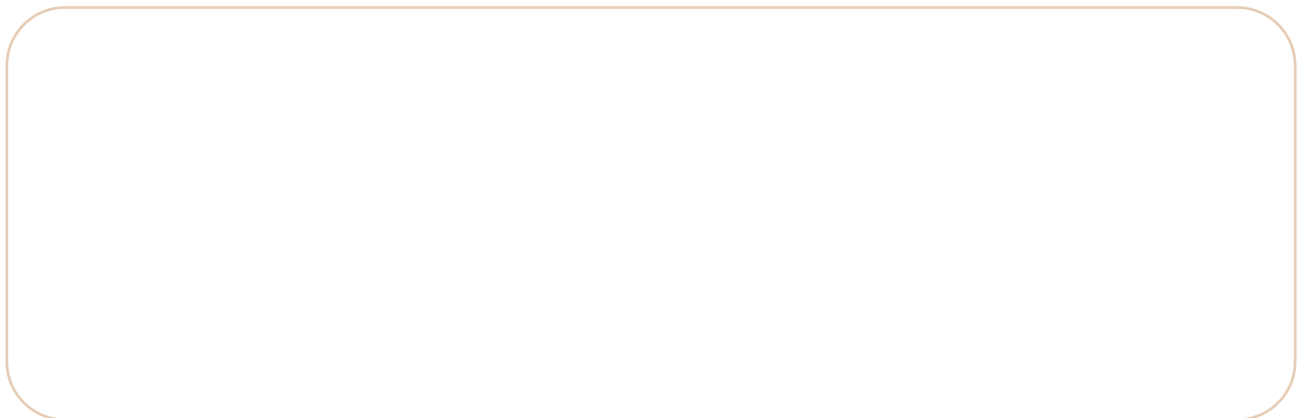
The most successful women don't wait until they "have more time" to give back. They build it into their routine.

#### Consider:

- Joining a board of a cause you care about.
- Mentoring one woman a year.
- Hosting an annual event that supports your community.
- Launching a foundation or fund that aligns with your values.

Service isn't an afterthought—it's a pillar of a fulfilled life. When you use your voice, gifts, wisdom, and presence to bless others, you don't just make a difference—you experience a deeper kind of joy. Service connects your life to something greater.

How can you integrate service into your life without sacrificing your well-being?

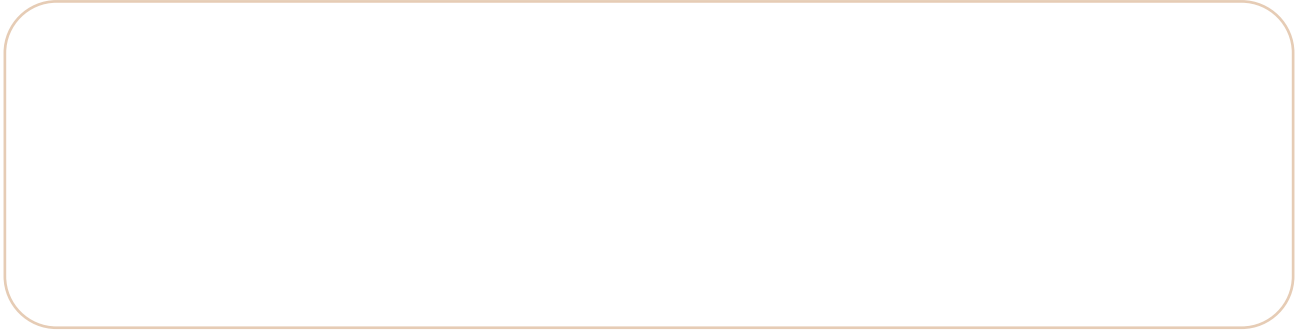


What legacy-focused action feels aligned and energizing?



## What Will Your Legacy Be?

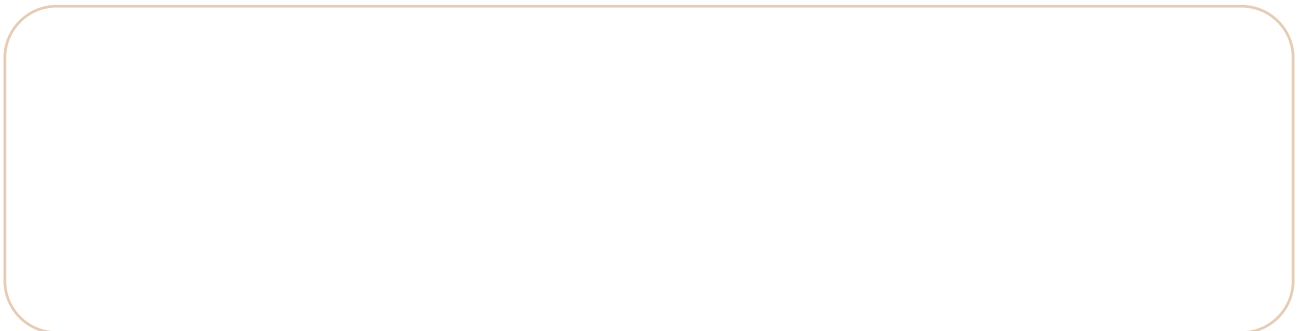
Will it be the titles you earned? The money you made? The deals you closed?



Will it be the titles you earned? The money you made? The deals you closed?



Or will it be the lives you touched, the impact you created, and the doors you opened for others?



**Success is about you. Significance is about others.**

If you want true fulfillment, don't just chase personal wins. Use your success as a tool to serve **something bigger than yourself.**

That's where real legacy is built.

## Your Action Plan:

### Creating Impact Now

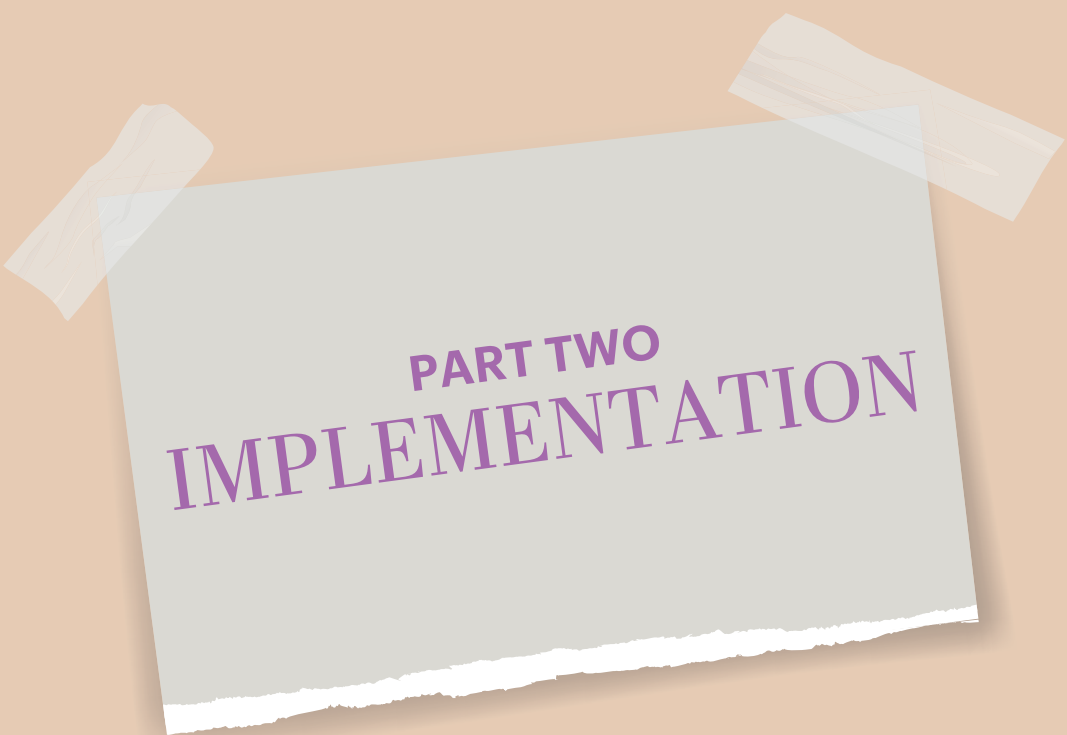
**01 Define Your Cause**—What issue, group, or initiative are you passionate about?

**02 Identify Your Strengths**—How can you serve in a way that aligns with your skills?

**03 Start Small, Scale Big**—Don't wait until "one day." Start now and build over time.

**04 Commit to Consistency**—Make service a part of your life, not just a one-time effort.

**Because your success matters—but what you do with it matters even more.**



**PART TWO**  
**IMPLEMENTATION**

Fulfilled & Limitless

# Chapter 07

Building the Life of Your Dreams

## Creating Your Roadmap

*"Create the highest, grandest vision possible for your life, because you become what you believe."*

– Oprah Winfrey

Throughout my life, I've regularly heard personal development experts and "gurus" talk about setting five- or ten-year goals. While long-term visioning is helpful, it can sometimes feel too abstract—like a "someday" plan rather than a roadmap for action. Instead, I've found that focusing on a three-year vision with a detailed one-year roadmap makes goal setting more tangible and actionable. In fact, most high-achieving women I know who set three-to-five year targets often find themselves hitting those "long-term" goals in six to twelve months. Life is simply too fast-paced to really imagine what's truly possible in 10 years. The realistic 10-year goals likely feel like a pipedream right now, while three years is concrete and tangible.

With that in mind, this chapter will walk you step by step through the process of mapping your path forward, breaking big goals into achievable milestones, and designing daily and weekly habits that support long-term success. By the end of this chapter, you'll have a concrete action plan that aligns with your goals, priorities, and the life you want to create.

## Step 1: Life Alignment Check-In

On a scale of 1 to 10, rate your current level of satisfaction in each of the following areas of your life:

### 1-2 = Deeply Dissatisfied / In Crisis

This area feels neglected or painful. It's causing stress or harm and needs urgent attention or change.

### 3-4 = Disconnected / Struggling

There's some awareness of what's not working, but you're not sure how to fix it. This area feels frustrating or heavy.

### 5 = Neutral / Tolerating

This area is "fine" on the surface but lacks joy, energy, or intentionality. You're going through the motions or settling for less than you desire—but it's not actively painful. You know there's room for improvement, but it hasn't been a top priority.

### 6-7 = Somewhat Aligned / Improving

This area is working in some ways, but not consistently. You've made progress, but there's still work to do to get where you want to be. It feels hopeful but incomplete.

### 8-9 = Aligned & Energizing

You feel proud of this area and how you show up in it. It feels mostly aligned with your values, and it brings you energy, peace, or satisfaction.

### 10 = Fully Aligned / Thriving

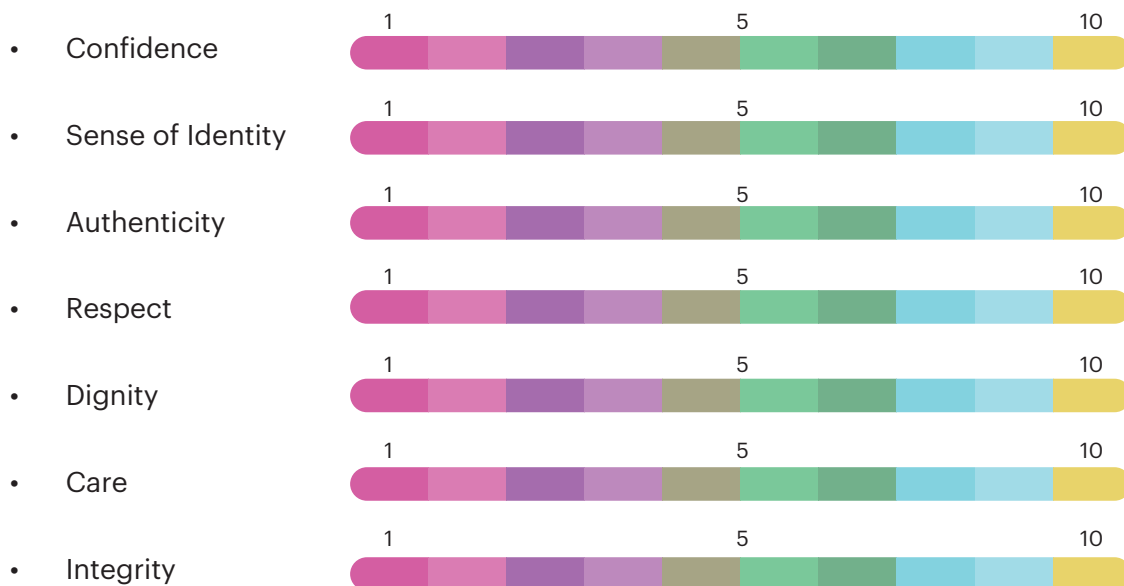
This area feels deeply fulfilling, joyful, and fully aligned with who you are. It exemplifies what's possible when you live with intention and integrity.

# Health & Fitness

(Vitality, Strength, Resilience, Energy)



# Self-Love

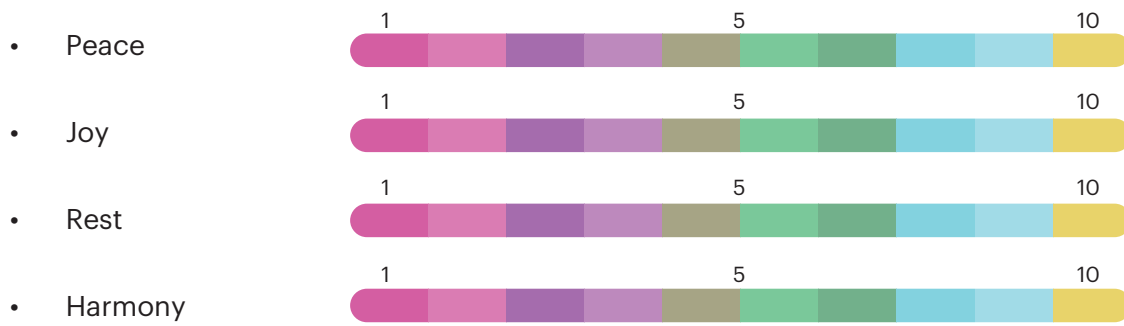


# Relationships

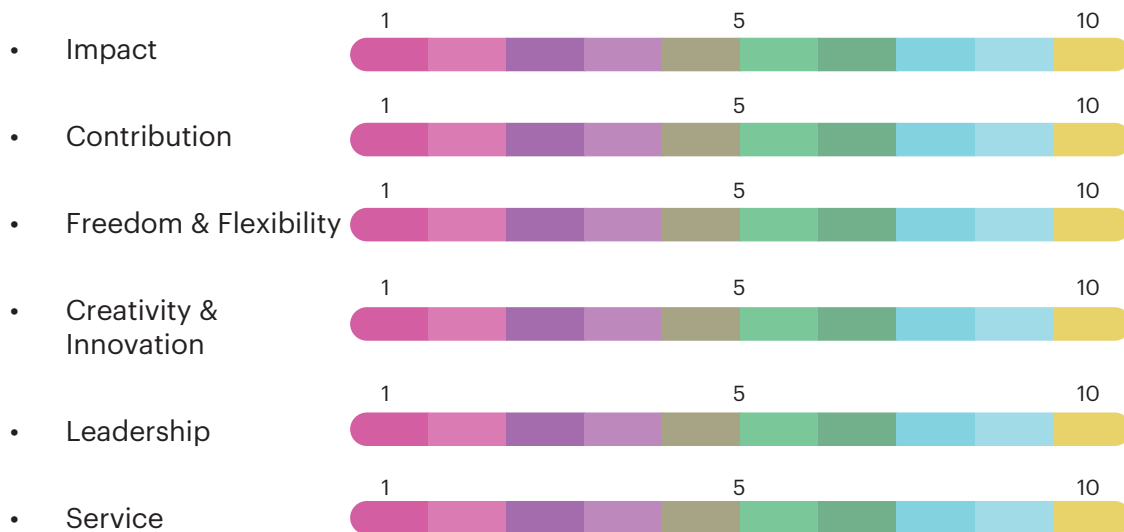
(Connection, Love, Support, Belonging, Loyalty)



## Overall Well-being



## Career



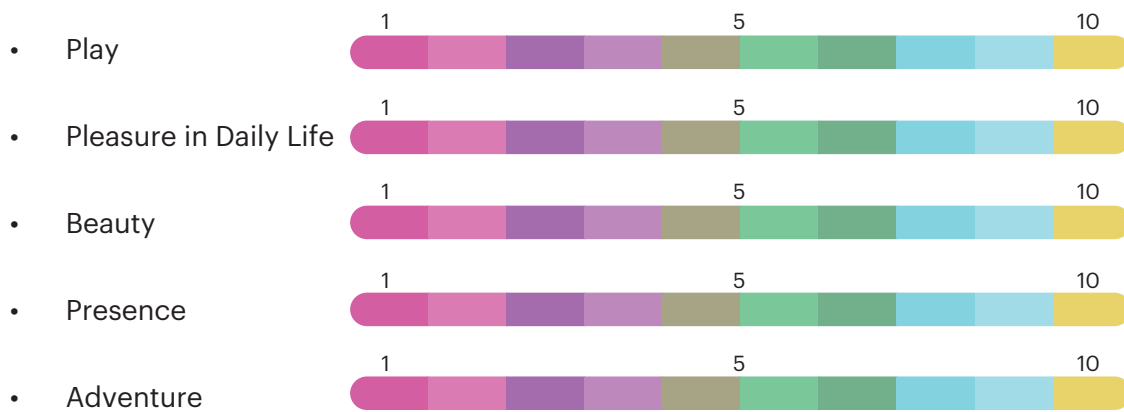
## Money & Finances



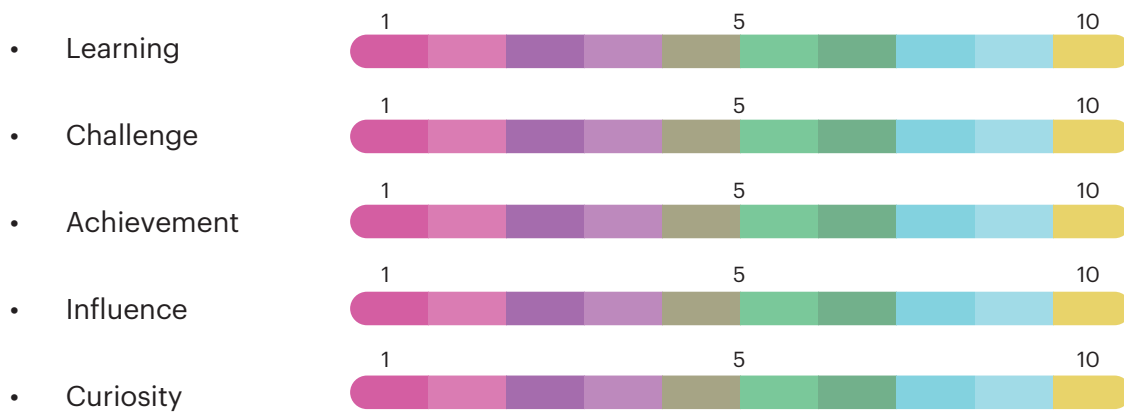
## Spiritual Life



## Fun, Recreation



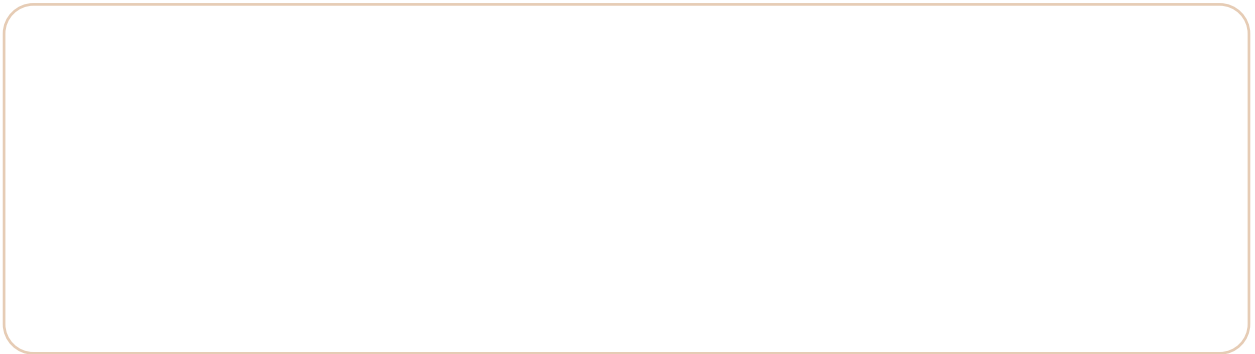
## Personal Growth



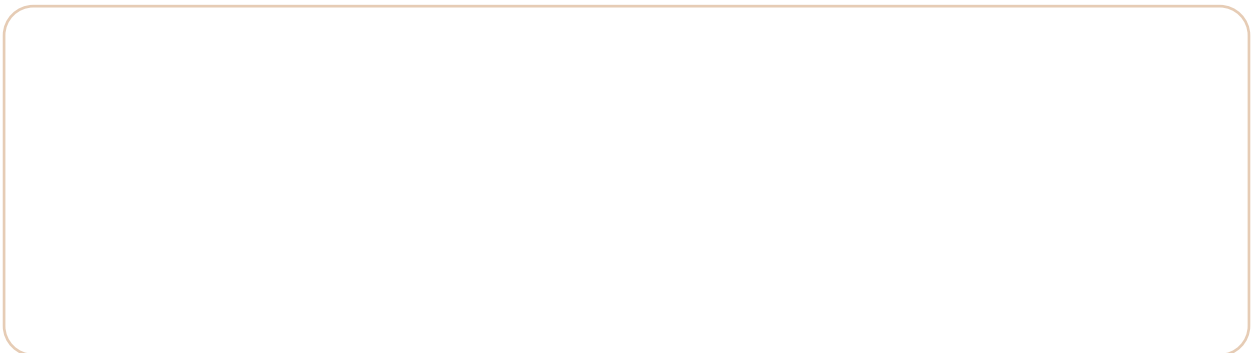
## Life Alignment Reflection

**01** Where are you settling in life? What are you tolerating that you don't want to accept anymore?

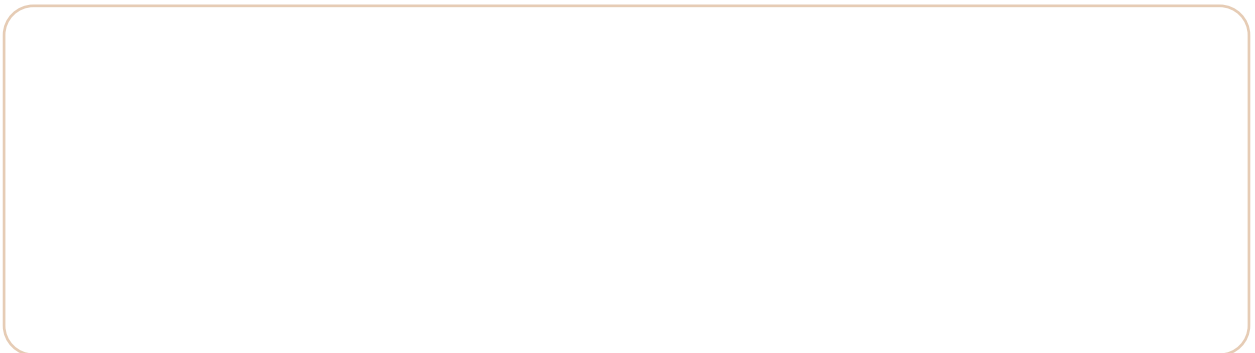
What have you been avoiding or deprioritizing?



**02** Which areas do you feel are most in alignment with what you want?

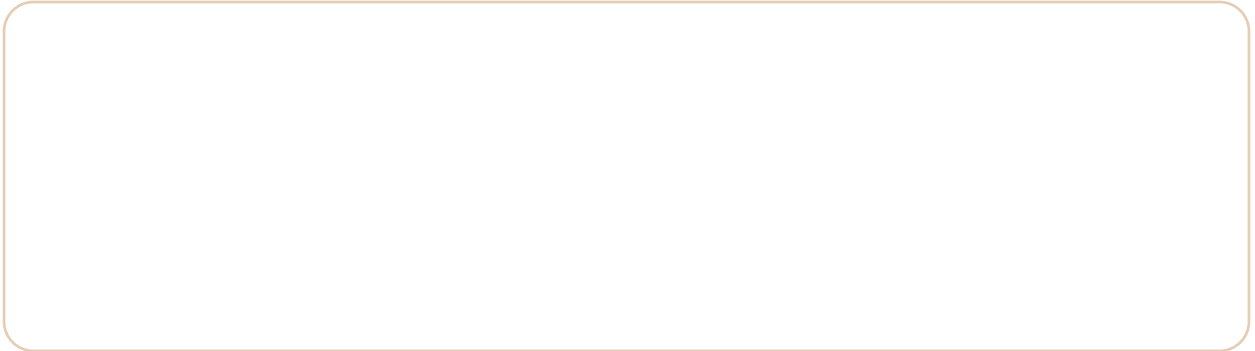


**03** Which areas have the most significant gap between where you are and where you want to be? What would a "10" look and feel like in those areas?

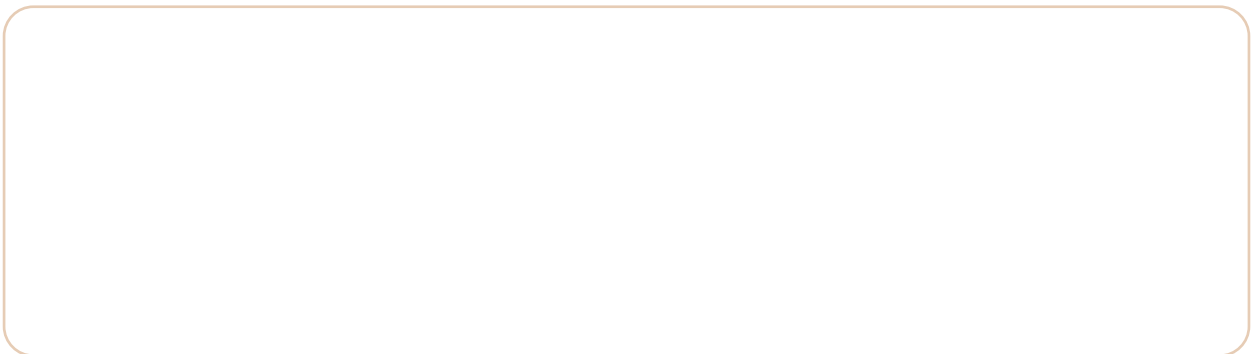


**04** What's one area where you want massive transformation? Describe what full alignment would look like for you—without limitations or compromise.

What would need to shift?



**05** If you could shift just one habit, boundary, or belief in one of your lowest-rated categories, what would move the needle most?



## Step 2: Clarify Your Vision

Before you can build a roadmap, you need to know where you're going. Start by thinking about your ideal life three years from now.

### Visualization Exercise

Access the audio version of this visualization at [www.limitlessbookresources.com](http://www.limitlessbookresources.com).

Visualize your life in three years. **Ask yourself:**

#### What does your health look like?

- o How do you feel in your body each day—energized, clear-headed, strong, rested?
- o What types of movement or exercise are part of your lifestyle? Are you lifting weights, doing yoga, hiking, or dancing?
- o What is your relationship with food—do you feel nourished, in control, and aligned with your goals?
- o What are your energy levels like throughout the day? Are you alert, present, and calm—even during stressful moments?
- o Have you overcome any chronic symptoms or conditions—like fatigue, insulin resistance, anxiety, pain?
- o What do your labs or health metrics say—are you metabolically healthy, hormonally balanced, and inflammation-free?
- o What do you no longer tolerate regarding your health—poor habits, self-neglect, overcommitting, numbing out?
- o What does your self-talk sound like—do you encourage yourself, celebrate progress, and show grace when things don't go as planned?
- o Who supports your health—do you have a coach, functional medicine doctor, accountability partner, or a community around you?
- o What does self-care look like for you—and how have you finally given yourself permission to prioritize it?

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### What do your relationships feel like?

- o How do you feel when you walk into a room with your closest people—seen, supported, energized, at peace?
- o Are your relationships life-giving or draining? Do you feel safe to be your full self with the people closest to you?
- o How is your connection with your partner or spouse—are you communicating openly, having fun together, growing together, and prioritizing intimacy (emotional and physical)?
- o What does your relationship with your children look like—are you present, attuned, and creating memories together? Do you feel confident and proud of how you're showing up as a parent?
- o Who are your closest friends—and how often do you connect? Do these friendships challenge and support you? Do they reflect the future you're building?
- o Are you setting and holding boundaries in relationships that used to leave you depleted or resentful?
- o Have you released or redefined relationships that were no longer aligned with who you're becoming?
- o How are you showing up differently in your relationships—more vulnerable, honest, loving, patient, or bold?
- o What kinds of conversations are you having regularly—surface-level or deep and growth-oriented?

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**Are you part of a community that truly gets you? Where you can give and receive support without pressure or performance?**

- o Do you have a place where you can show up fully—without needing to prove, impress, or pretend?
- o How do you feel when you're with this community—energized, accepted, inspired, grounded?
- o Are you surrounded by people who share your values, vision, or hunger for growth?
- o Do you feel emotionally safe to speak your truth, share your struggles, and celebrate your wins without shrinking or apologizing?
- o Are you able to ask for help without guilt? Do you genuinely enjoy offering support to others without feeling used or drained?
- o How often are you connecting with this group—weekly calls, monthly meetups, group texts, retreats? What does that rhythm look like?
- o What types of conversations are happening? Are you talking about real life, real dreams, and real challenges?
- o Do you leave those conversations feeling more like yourself—not less?
- o Are you cultivating relationships where you're not the only giver or achiever? Where mutual growth and encouragement are the norm?
- o How is this community helping you expand your identity, stretch your vision, or stay aligned with your purpose?
- o Is this the kind of community you once dreamed about but never believed you'd find?
- o What did it take to find or build this community—did you step out of your comfort zone, invest in a program, start your own circle, or say yes to the right room?
- o Have you repaired any relationships that needed healing—or have you found peace with letting go?
- o What legacy are you creating in your relationships—what would your children or loved ones say about how you made them feel?

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### What do your relationships feel like?

- o How do you feel when you walk into a room with your closest people—seen, supported, energized, at peace?
- o Are your relationships life-giving or draining? Do you feel safe to be your full self with the people closest to you?
- o How is your connection with your partner or spouse—are you communicating openly, having fun together, growing together, and prioritizing intimacy (emotional and physical)?
- o What does your relationship with your children look like—are you present, attuned, and creating memories together? Do you feel confident and proud of how you're showing up as a parent?
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### What kind of work are you doing?

- o What excites you when you wake up in the morning—what kind of work are you doing that energizes rather than exhausts you?
- o Are you building something of your own, leading a team, consulting, creating, mentoring, writing, and speaking?
- o How does your work align with your values and the impact you want to make in the world?
- o Are you working for a company that recognizes your gifts—or have you stepped into entrepreneurship, using your talents to build something that reflects your vision?
- o How much flexibility and freedom do you have in your schedule? Are you working from home, traveling, or setting your own hours?
- o What does your calendar look like? Are your days full of meetings and obligations, or do you have space for strategy, creativity, and rest?
- o Who are you working with—are they people who inspire you, challenge you, and treat you with respect?
- o Are you doing work that matters to you—or that matters to others? Ideally, both.
- o What problems are you solving? What kind of results are you delivering? Are you known for your excellence, perspective, and ability to move people or businesses forward?
- o Are you being paid well—not just fairly, but abundantly—for the value you bring?
- o How does your work contribute to your sense of fulfillment, purpose, and legacy?
- o What are you no longer doing—work that drains you, clients who undervalue you, projects that feel like a mismatch?
- o Have you released the need to hustle for your worth and instead stepped into a flow of aligned contribution?

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### What level of financial freedom have you achieved?

- o How does it feel to make decisions—are they driven by alignment, not anxiety? Do you feel calm and confident when you think about money?
- o Do you have consistent income streams that match your lifestyle and values? Are you earning in an aligned, ethical, and expansive way?
- o Are your bills, savings, and investments handled with ease—not stress?
- o Have you built margin—financial space that allows you to say yes to opportunities and no to what no longer serves you?
- o Can you take time off, go on vacation, or say yes to an experience without first checking your bank account or feeling guilty?
- o How much money are you earning—and how much are you keeping, investing, or giving away?
- o Have you paid off debts that once weighed you down? Are you living with a sense of peace, knowing you're not just surviving but thriving?
- o Do you have an emergency fund, long-term investments, and possibly generational wealth in the making?
- o Are you building assets—properties, businesses, intellectual property, investments—that grow without trading hours for dollars?
- o What does financial independence look like for you—is it about retiring early, funding a dream, supporting your kids, or giving generously?
- o How has your financial freedom impacted your relationships, energy, and ability to give back or serve more deeply?
- o Are you working from a place of desire rather than desperation—choosing projects because you want to, not because you have to?
- o What beliefs or habits have you shifted to create this freedom? Are you more educated, empowered, and confident with money than ever before?

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**What does your daily life look like?**

- o How do you start your morning?
- o What time do you wake up?
- o What is your morning routine like, and how does it support your well-being?
- o When do you start work?
- o When do you finish work?
- o Are you working in an office or from home?
- o Can you work from anywhere?
- o Do you travel for work?
- o Who makes dinner?
- o Who cleans up and puts the kids to bed?
- o When do you put your phone away?
- o What is your evening routine like?
- o What time do you go to bed?
- o How is your sleep? Do you fall asleep easily and wake up refreshed?

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### What experiences are you enjoying?

- o How are you spending your free time—and are you making space for joy, adventure, and rest?
- o What trips or vacations are you taking—are you exploring new cities, relaxing by the ocean, hiking mountains, or going on spontaneous weekend getaways?
- o What memories are you creating with your family—game nights, road trips, beach days, traditions that light you all up?
- o Are you celebrating your milestones—launches, birthdays, anniversaries, goals met—with intention and joy?
- o What new things have you tried—dancing lessons, learning a language, hosting dinner parties, starting a podcast, writing a book?
- o Are you experiencing beauty regularly—sunsets, art, music, nature, good food, deep conversation?
- o What types of self-care do you no longer delay—spa days, quiet mornings, spiritual retreats, long walks with your thoughts?
- o Are you enjoying luxury in your own way—flying first class, upgrading your hotel room, eating at your favorite restaurants without guilt, investing in high-quality clothes or skincare?
- o What traditions or rituals have you created that fill your soul?
- o Are you attending live events—concerts, conferences, retreats—that connect you with others and expand your perspective?
- o Do you have space for spontaneity, or are you still over-scheduled and overcommitted?
- o What are you doing simply because it makes you feel alive—not because it's productive, expected, or required?

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## How do you feel in your body, mind, and spirit?

### IN YOUR BODY

- o Do you feel strong, energized, and confident in your physical body?
- o Are you free of pain, inflammation, or chronic fatigue that once held you back?
- o Do you move daily—because it feels good, not because you’re punishing yourself?
- o What do your clothes feel like on your body—do you feel powerful, sexy, comfortable, radiant?
- o Are you nourishing yourself well—hydrating, fueling, and honoring your body with love instead of shame?
- o Do you feel connected to your body—tuned into its signals and able to respond with compassion?

### IN YOUR MIND

- o Is your mental space calm, focused, and clear?
- o Have you quieted the self-doubt and anxiety that used to run on a loop in the background?
- o Are you practicing mindfulness, presence, and thought leadership in how you speak to yourself and others?
- o Do you feel mentally resilient—able to handle challenges without spiraling?
- o Are you feeding your mind with inspiration, knowledge, and truth that expands your perspective?
- o Have you established routines or habits that protect your peace and sharpen your thinking?

### IN YOUR SPIRIT

- o Do you feel deeply connected to something greater than yourself—God, purpose, divine timing?
- o Is your inner world anchored in faith, joy, and trust—regardless of circumstances?
- o Are you practicing rituals or spiritual habits that restore you—like prayer, meditation, gratitude, or reflection?
- o Do you feel aligned with your calling, knowing you’re living from your soul and not just your schedule?
- o Are you forgiving yourself more easily, releasing shame, and walking in grace?
- o Do you feel whole—not because life is flawless, but because you’ve come home to yourself?

Now that you've visualized the future version of your life—your health, relationships, community, work, finances, experiences, and how you feel in your body, mind, and spirit—take a moment to let it all sink in.

This isn't just a daydream. It's a glimpse into what's possible when you choose alignment over obligation, intention over autopilot, and courage over comfort. You don't need to have it all figured out—you just need to be honest about what you really want.

Before you move on, pause and put it into words. Use the following section to describe your life three years from now in vivid, specific detail. Write as if it's already happening. Speak to the feelings, the freedom, the fulfillment.

Let this be your vision—anchored in truth, guided by desire, and fueled by possibility.



## Step 3: Identify Your Core Goals

Now that you have a vision, it's time to turn it into specific, actionable goals.

### Write Your Annual Goals

Now, based on your vision, list 10 specific goals for the next year.

For example:

- Become debt-free.
- Take a dream vacation.
- Lose 20 lbs. and build strength.
- Write my book.
- Increase my income by \$X.
- Prioritize self-care (weekly spa day, sauna, or personal retreat).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Step 4: Break Your Goals into Milestones

Big goals can feel overwhelming unless they are broken down into smaller, achievable steps.

### The Breakdown Process

#### 1. First Half vs. Second Half of the Year:

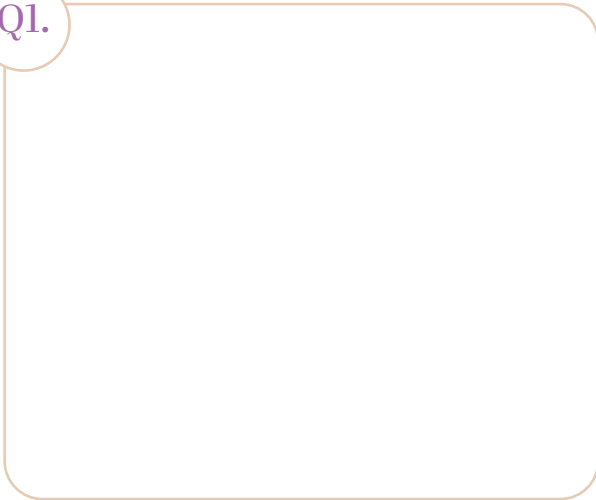
- What needs to happen from January–June?

- What can you tackle from July–December?

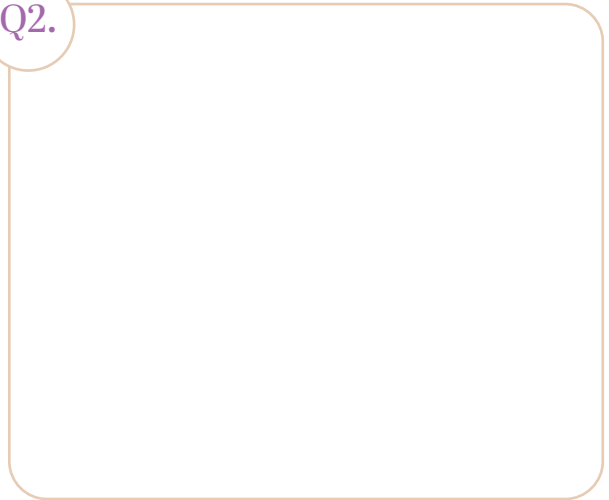
## The Breakdown Process

2. Quarterly Goals (90-day focus):  
What specific progress should you make each quarter?

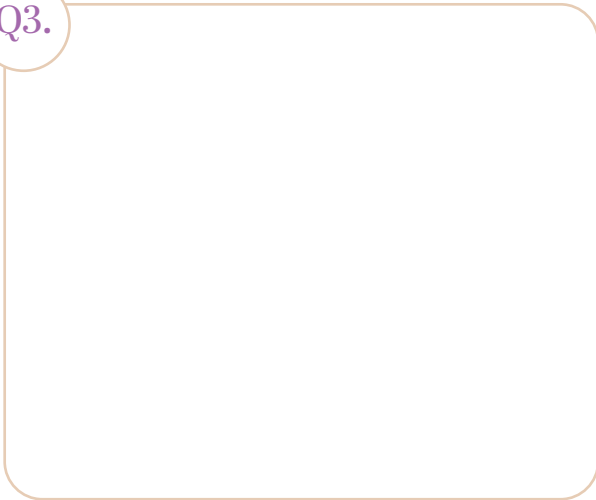
Q1.



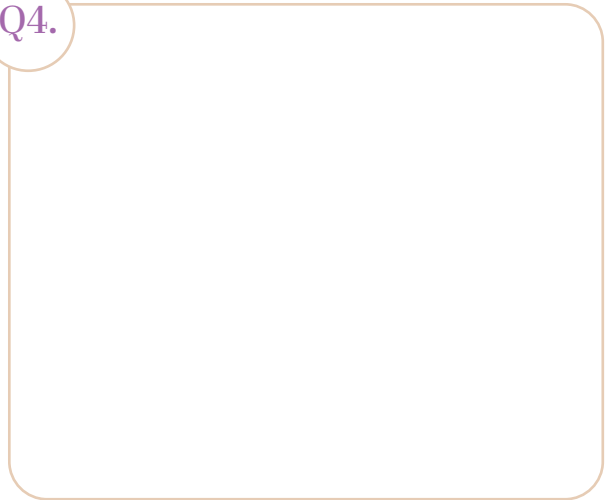
Q2.



Q3.



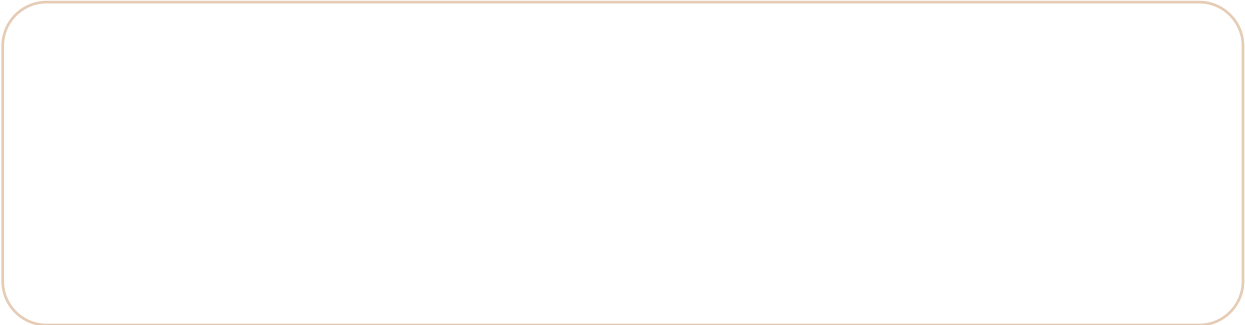
Q4.



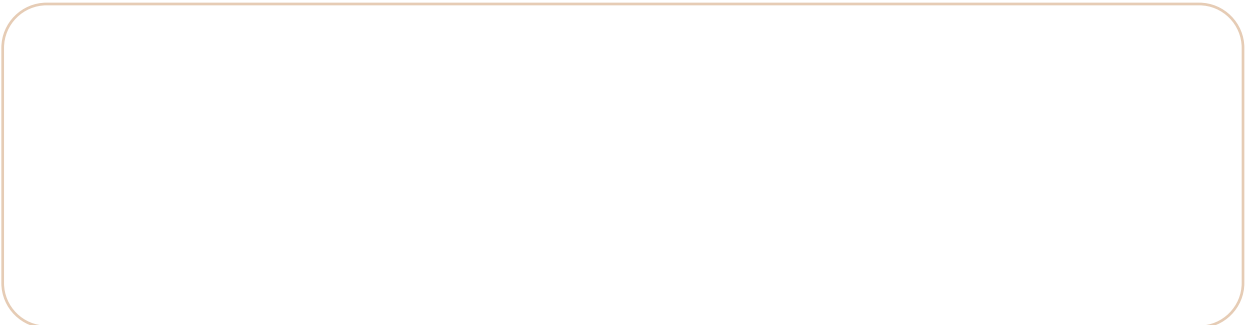
## The Breakdown Process

3. **Monthly Goals:**  
Each quarter, break your quarterly goals into monthly actions.

Month 1



Month 2



Month 3



## The Breakdown Process

### 4. Weekly Actions:

- Keep a Weekly Planner/Journal.
- What three to five actions will move the needle THIS week?



## Step 5: Create Daily & Weekly Habits

Success isn't about big leaps—it's about small, consistent habits that compound over time.

Ultimately, fulfillment comes down to how you structure your days—making time for what matters most and ensuring your daily actions reflect your highest priorities.

### Questions to Ask Yourself:

- What **daily habits** will help you get closer to your goals? (e.g., morning journaling, meal prepping, exercise)

- What **weekly habits** will keep you on track? (e.g., setting intentions on Sunday, reviewing progress)

- How can you **track** these habits? (e.g., a journal or habit tracker)

## Build Your Habit System

### 1. Daily Intentions:

Write down your top three to five daily priorities.

### 2. Weekly Reflection:

Every Sunday, review your progress. How did you do?

### 3. Monthly Check-ins:

Are your goals still aligned with what you want?

### 4. Use a Habit Tracker:

Download a habit-tracking app, or use a journal to measure success.

## Step 6: Identify Challenges & Plan for Setbacks

No journey is smooth—there will be obstacles. Instead of waiting for them to surprise you, **anticipate and plan for them.**

### What Might Get in Your Way?

- **Lack of time?** ➔ Schedule time blocking.
- **Lack of energy?** ➔ Prioritize sleep, exercise, and stress management.
- **Fear or self-doubt?** ➔ Find accountability partners and support systems.
- **Unexpected setbacks?** ➔ Have a flexible mindset and contingency plans.

List at least 5 obstacles that could get in your way with a plan of how to tackle them.

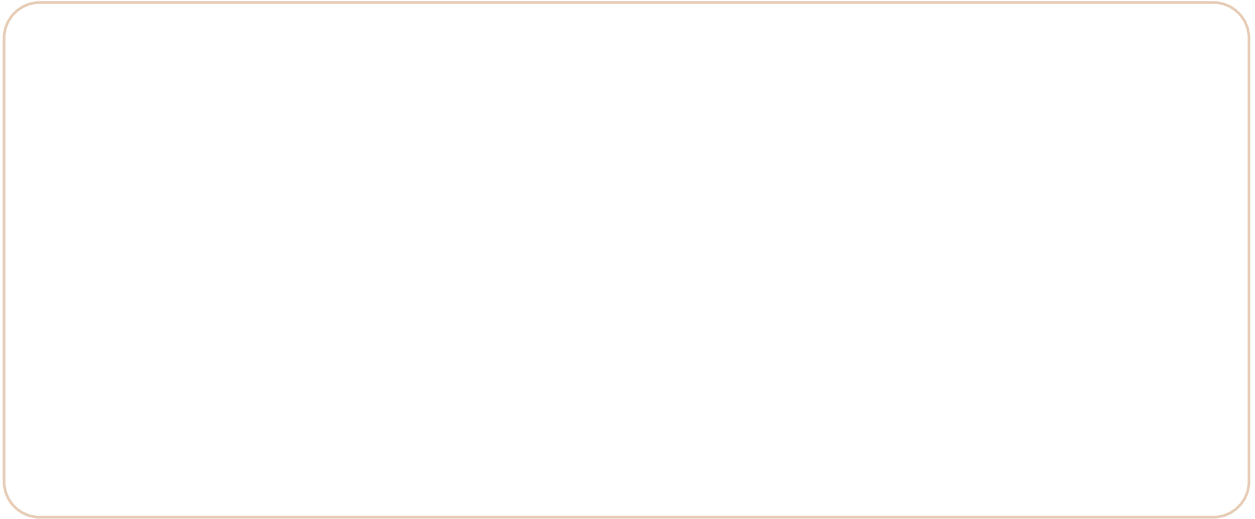
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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## Step 7: Build a Support System

You don't have to do this alone.  
**Who can help you?**

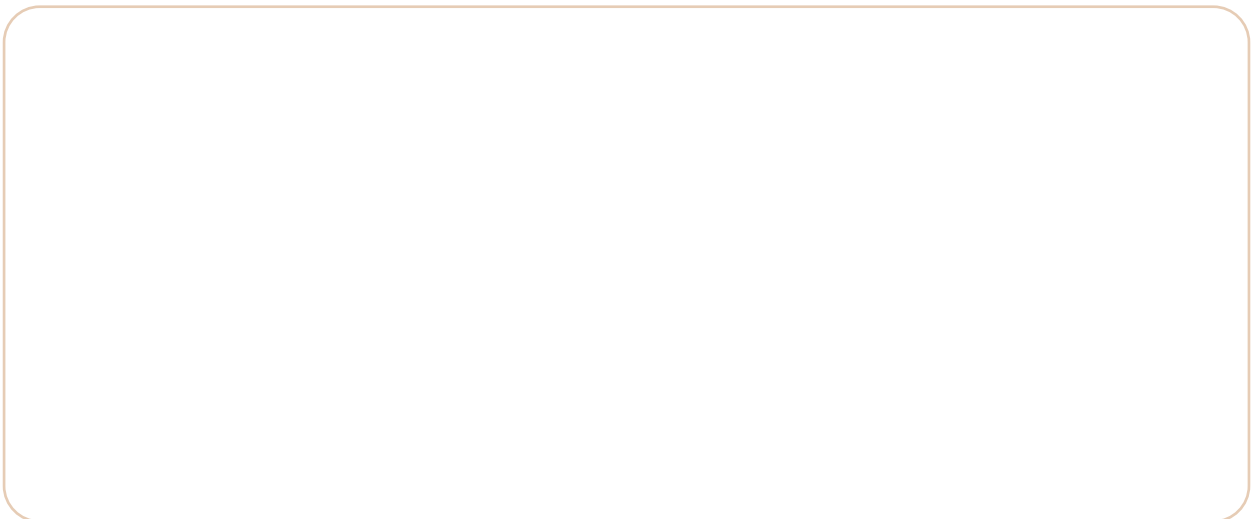
- **Household Support:**

Can your partner or family help with household chores, meal planning, or childcare? What specific tasks could they take on?



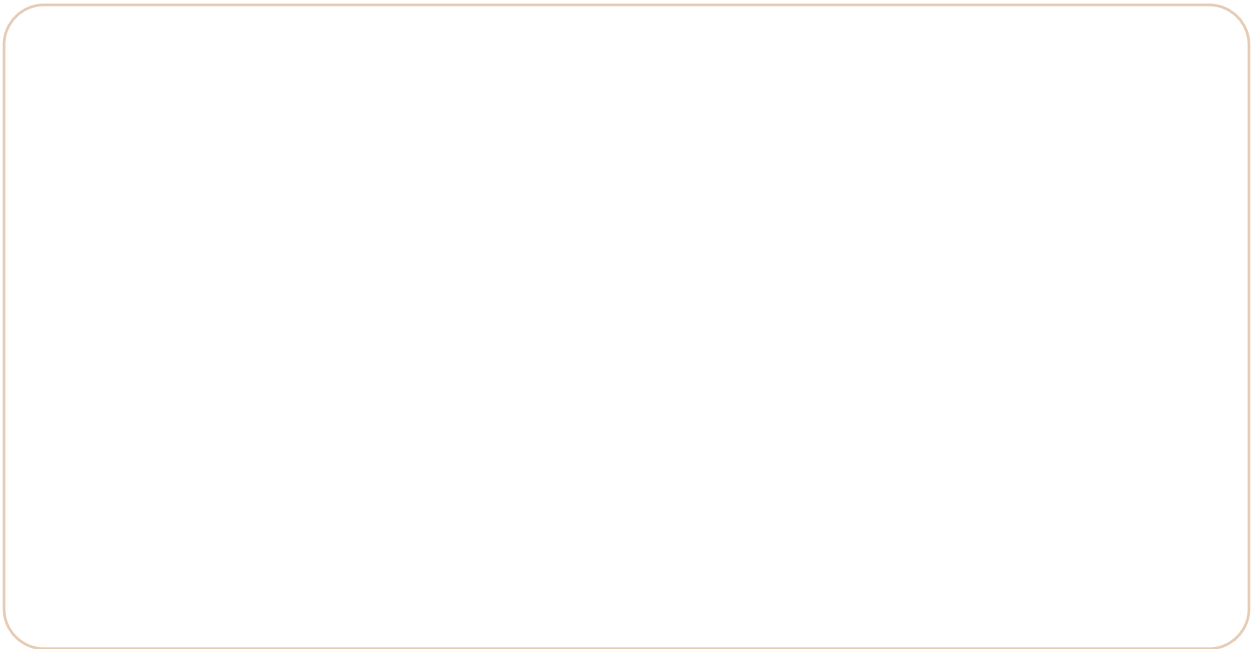
- **Outsourcing:**

Can you hire a cleaner, use grocery delivery, or automate tasks?



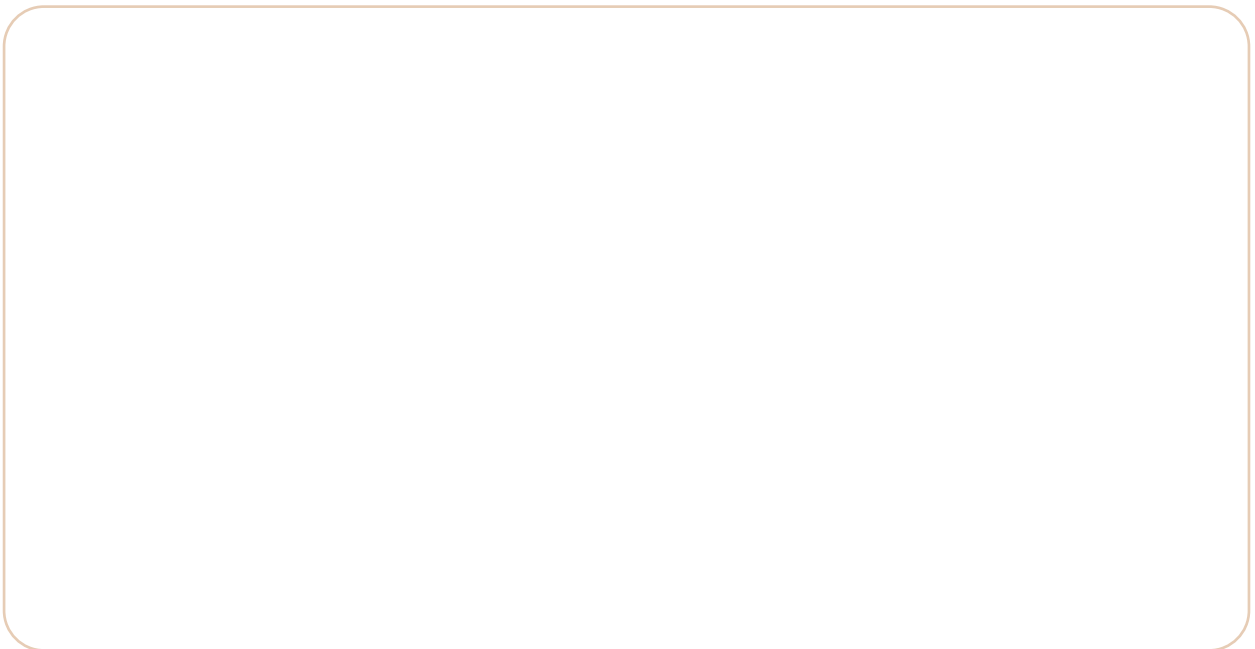
- **Mentors & Coaches:**

Who can provide guidance and accountability?



- **Community:**

Join groups or masterminds to stay motivated. List 3-5 options below and choose one.



## Step 8: Hold Yourself Accountable

The key to long-term success is **consistent accountability.**

### Ways to Stay Accountable

#### Journaling & Tracking:

Keep a daily/weekly log of progress.

#### Accountability Partners:

Check in with a friend, mentor, or coach.

#### Review Progress Monthly:

Adjust goals as needed.

#### Celebrate Wins:

Recognize small successes along the way.

## Step 9: Complete Mid-Year and Year-End Goal Reviews

I recommend revisiting your goals and roadmap twice per year. Every July I complete a Mid-year review to assess what's working versus what needs to shift, and whether my goals are still aligned with my vision. I often find that my focus shifts throughout the year so the mid-year review allows me to pivot without guilt.

- **Have a goal you're no longer excited about?** ➔ Cross it off the list.
- **Has a new opportunity presented itself?** ➔ Add it to your roadmap and build an action plan.

You make the rules! You can't screw this up. This is your vision and your future.

At year-end, I always do a more comprehensive reflection, asking deeper questions and auditing how I spent my time so I can realign before the next cycle begins.

### 1. Annual Planning

(January or your personal "new year")

- o Use the Roadmap Template and Annual Goal Mapping Worksheets
- o Break down goals into halves (H1, H2), quarters, and months
- o Set aligned habits and accountability structures

### 2. Midyear Review

(July)

- o Revisit your Roadmap and reassess goals
- o Reflect on what's working, what's changed, and what needs to be released or recalibrated

### 3. Year-End Review

(December)

- o Reflect deeply on the past year
- o Celebrate wins, examine challenges, and do a Calendar Audit
- o Use your insights to inform your next Annual Planning Cycle

The nine steps in this chapter offer a powerful roadmap for building a life that honors your values and brings your three-year vision to life. They allow you to implement a rhythm so your roadmap becomes a living, breathing part of how you lead your life.

**Refer to the worksheets section at the end of this workbook for templates to guide you through each of these processes.**

# Chapter 08

## Building Habits & Routines to Support Your Roadmap

*"Success doesn't come from what you do occasionally.  
It comes from what you do consistently."*

*– Marie Forleo*

## Why Habits & Routines Matter

Your habits are the invisible force behind everything you do.

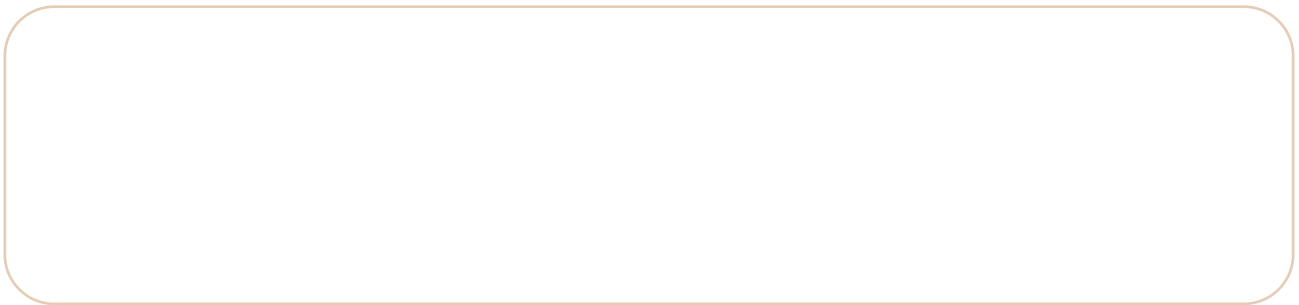
Your fulfillment isn't built by luck—it's created by consistent, intentional habits that support your energy, mindset, and goals.

### Self-Reflection Questions:

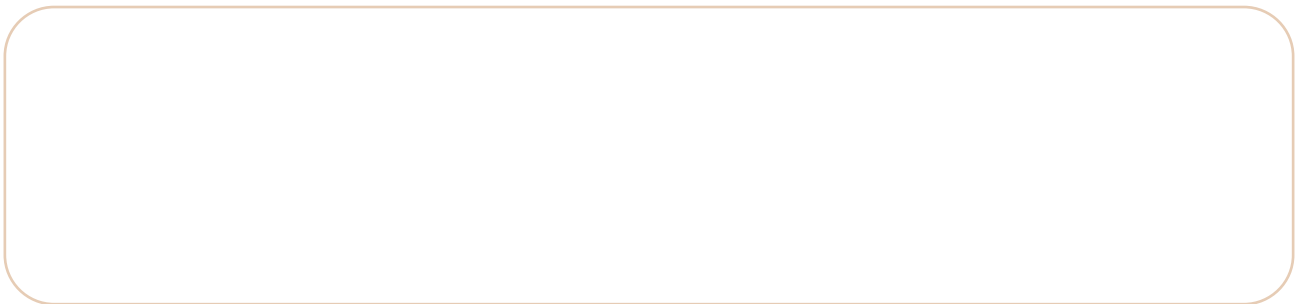
What habits would help me feel more energized every day?



What habits would help me stay focused and productive?



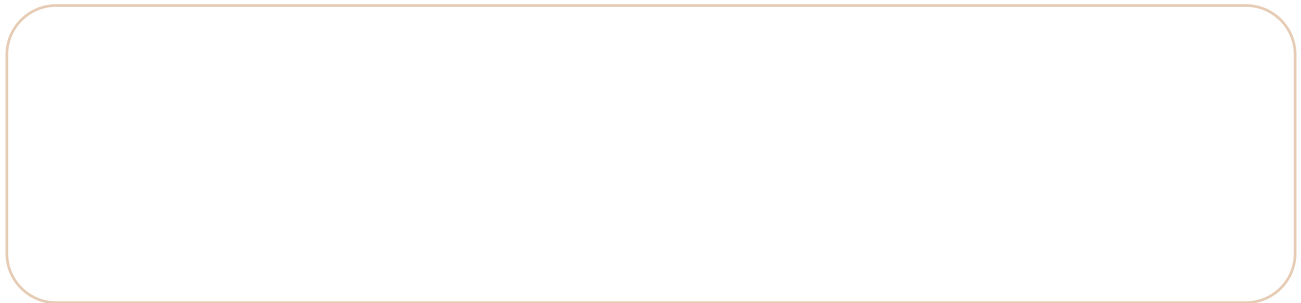
What routines would reduce stress and bring me peace?



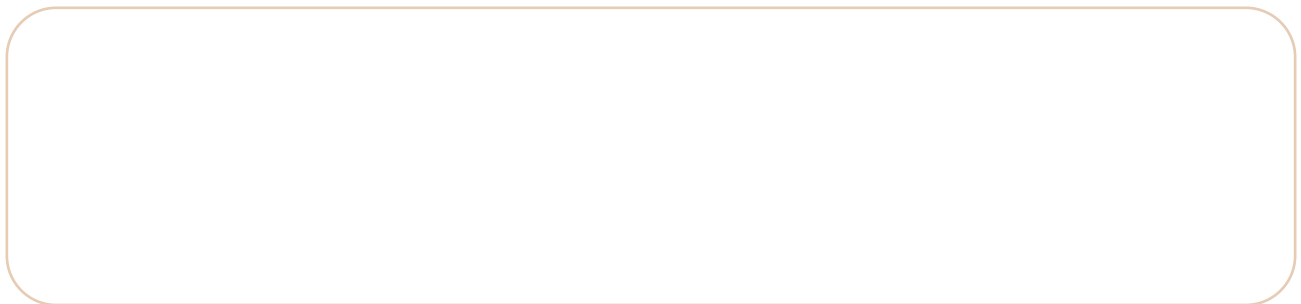
What habits would bring me joy and pleasure?



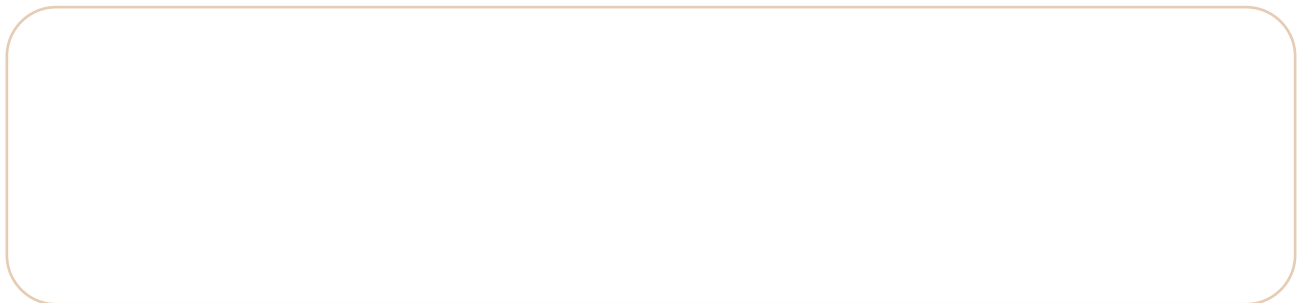
What habits would help me reach my long-term goals?



Are my current habits aligned with the life I want?



Where are my habits and routines supporting me—and where are they sabotag-ing me?



## How to Build Better Habits

Small, consistent changes lead to lasting results. Here's your blueprint:



**Habit Stacking** – Attach new habits to existing routines:

- Write a gratitude list with your morning coffee
- Deep breathing after brushing your teeth
- Review top priorities when checking your calendar
  
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_



**Make It Obvious** – Visual cues and environment design:

- Keep vitamins by your toothbrush or coffee mug
- Place a water bottle on your desk or nightstand
- Leave your journal on your pillow as a reminder
  
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_



### Start Small – The Two-Minute Rule:

- Begin with two minutes of movement
- Read just one page before bed
- Add one protein-rich meal per day
  
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

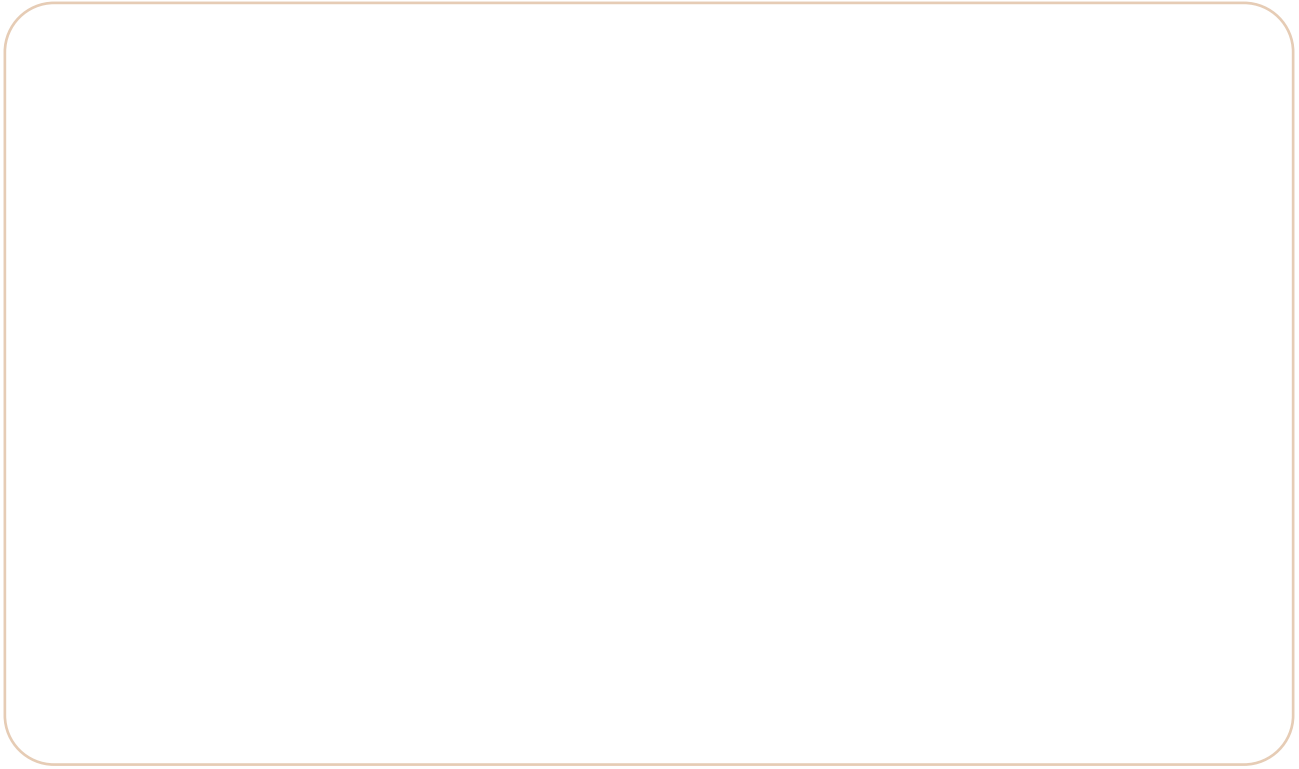


### Make It Enjoyable – Add pleasure to your routines:

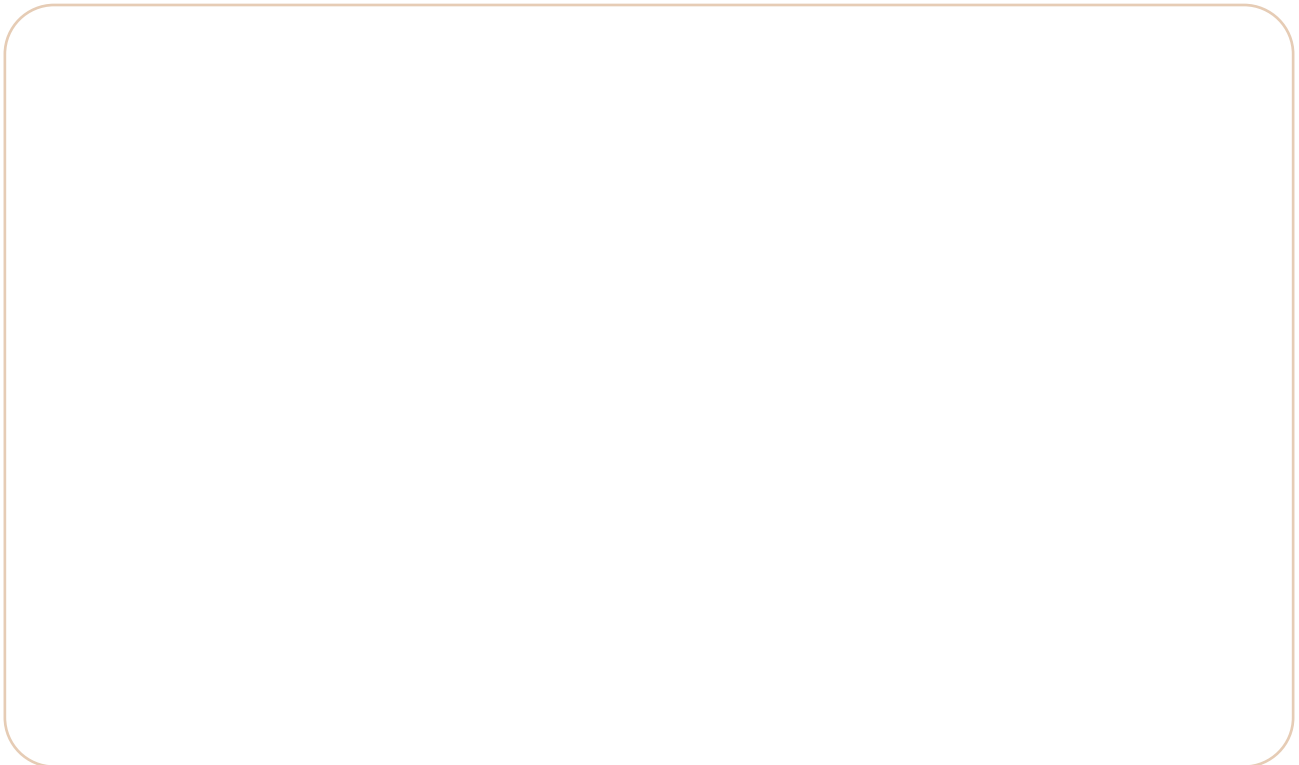
- Light a candle while journaling
- Listen to a podcast during your walk
- Use your favorite skincare or hand cream after brushing teeth
  
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

## Self-Reflection Questions:

What small upgrades would make my habits feel more joyful?



Where can I simplify routines so they actually stick?



## Designing Habits that Align With Your Life

Choose habits based on your season and goals. Check off what resonates, and leave space to add your own.



**If you're in a season of growth or expansion:**

- Morning journaling or visualization
- Weekly CEO time to zoom out
- Time blocking or deep work sessions
- Networking or outreach habits
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_



**If you're recovering from burnout or managing stress:**

- Midday breathwork or walks
- Strict work shutdown ritual
- Evening wind-down routine (no screens, calming rituals)
- Practice saying "no" before overcommitting
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

## The Power of Bookends: Morning & Evening Routines

Your day begins and ends with intention—or reaction. The bookends of your day shape your energy, focus, and identity.

When you follow your morning and evening routines, you're not just checking boxes—you are aligning with who you want to become.

**Use this section to evaluate what habits to build into your morning and evening routines.**



### Top Evening Routine Habits to Consider:

- Digital sunset—screens off one hour before bed
- Stop eating at least two hours before sleep
- Light stretching, breathwork, or meditation
- Journaling or gratitude reflection
- Review tomorrow's priorities
- Lay out clothes or prep for morning
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_



### Top Morning Routine Habits to Consider:

- Hydrate with at least 16 oz of water
- Get morning sunlight within one hour of waking
- Stillness—prayer, meditation, or breathwork
- Gentle movement or full workout
- Set intentions—top priorities and how you'll show up
- Gratitude practice—three things you're thankful for
  
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

**Your Routine, Your Rules.** Your habits should serve you—not the other way around. Keep them simple, joyful, and aligned with your life.

# Exercise:

## Build Your Evening & Morning Routines

**Now it's your turn:** Write out your evening & morning routines that will set you up for success each day.

### Your Evening Routine

01 \_\_\_\_\_

06 \_\_\_\_\_

02 \_\_\_\_\_

07 \_\_\_\_\_

03 \_\_\_\_\_

08 \_\_\_\_\_

04 \_\_\_\_\_

09 \_\_\_\_\_

05 \_\_\_\_\_

10 \_\_\_\_\_

### Your Morning Routine

01 \_\_\_\_\_

06 \_\_\_\_\_

02 \_\_\_\_\_

07 \_\_\_\_\_

03 \_\_\_\_\_

08 \_\_\_\_\_

04 \_\_\_\_\_

09 \_\_\_\_\_

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10 \_\_\_\_\_

## Build Routines That Work for YOU

Ultimately, habits and routines aren't about rigid rules or picture-perfect schedules—they're about creating structure that supports the life you want to live. The most fulfilled, high-performing women I know don't rely on willpower alone. They've built rhythms that anchor their energy, protect their peace, and keep them aligned with who they're becoming. Whether it's a digital sunset that leads to deeper sleep, a morning routine that grounds your focus before the chaos begins, or a few small practices that reconnect you to gratitude and purpose—these seemingly simple actions add up to a powerful foundation.

You don't need to overhaul your life or stack your days with endless rituals. You just need a few intentional habits—morning and night—that reinforce the woman you want to be. Start small. Choose what matters. Build in a way that feels both supportive and sustainable. When your habits align with your values, energy, and vision, they become more than just checkboxes. They become the quiet, consistent force behind your fulfillment—and the roadmap you can return to, no matter the season you're in.

# Chapter 09

## Overcoming “Failure” and Setbacks

*Failure is a necessary part of success.  
See it as a stepping stone to mastery.*

– Christi Cossette

## Reframe Failure: See the Lesson, Not the Loss

Setbacks aren't the end. They're detours that reveal lessons, build resilience, and prepare you for greater opportunities. Failure isn't final. It's part of the path.

### Self-Reflection Questions:

Where have I been seeing setbacks as failure instead of redirection?

What was the biggest lesson from my last setback?

What recent setback might be preparing me for something greater?

How have my past "failures" actually moved me forward?

## Focus on What You Can Control

You can't control outcomes—but you can control your response.



### Ways to Practice Acceptance:

- Trust that God is working for your good, even when it's unclear
- Release outcomes you can't control
- Refocus your energy on what's in your power
- Reframe challenges as growth opportunities
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

### Self-Reflection Questions:

What am I still holding onto that I need to release?

Where can I redirect my energy toward what I can influence?

## Embrace Life's Seasons

Just as nature transitions through different seasons, so do our lives. Each season of life brings its challenges, rewards, and transitions. Some seasons may feel abundant and full of joy, while others may be marked by hardship and struggle. Understanding that life moves in cycles helps us develop patience and grace for ourselves.



### Strategies to Navigate Life's Seasons:

- Recognize your current season
- Adjust expectations for your current reality
- Build resilience and flexibility for upcoming changes
- Find gratitude—even in hard seasons
- Stay open to shift priorities and new opportunities
- Add your own: \_\_\_\_\_
- Add your own: \_\_\_\_\_

### Self-Reflection Questions:

What season am I in right now?

How can I better align my mindset and actions to this season?

## Adaptability is Power – It’s OK to Change Your Mind

Changing direction is not failure—it’s wisdom. Permitting yourself to pivot allows you to make decisions with confidence, knowing that if circumstances change, you have the power to adjust. Adaptability is not about being indecisive; it is about being wise enough to recognize when a new direction is necessary.

Move forward with confidence knowing that your journey is unfolding exactly as it should. Trust that what lies ahead is even greater than what you’ve left behind. Keep Going!



### Strategies to Navigate Life’s Seasons:

Your decision no longer aligns with your values

Circumstances have significantly changed

You’re staying out of fear, not desire

A better-aligned opportunity is available

Add your own: \_\_\_\_\_

Add your own: \_\_\_\_\_

### Self-Reflection Questions:

Where am I holding on out of fear or obligation?

Where do I need permission to pivot?

# Chapter 10

## Overcoming Roadblocks

Face What's Holding You Back

– It's Time to Break Through

*"You can't reach your next level if you're not willing to face what's standing in your way."*

*– Christi Cossette*

# The Hidden Roadblocks Keeping You Stuck

You've checked the success boxes... but fulfillment still feels out of reach? You're not alone. High-achieving women often face internal barriers that silently block their next level.

Let's uncover them — and clear the path forward.

## Roadblock #1: The Need for External Validation

### How This Gets in the Way:

The need for external validation can hinder your progress and fulfillment in several ways:

- **Dependency on Praise:** Your sense of accomplishment is only validated when others notice. Without external recognition, you may feel like your efforts are worthless, even if you're achieving great things.
- **Insecurity in Decision-Making:** When seeking approval from others becomes your primary driver, you may avoid making bold career moves or taking risks, fearing disapproval or criticism from peers or superiors.
- **Chronic Overworking:** To maintain a sense of worth, you may constantly push yourself to do more, even when you're physically and mentally drained. You may feel that you're not valuable if you're not continually producing.
- **Lack of Fulfillment:** The more you rely on outside recognition, the less you feel a sense of internal fulfillment. Your happiness and success become conditional on others' perspectives, making it difficult to experience true contentment.
- **Imposter Syndrome:** Even if you achieve something noteworthy, the need for validation can lead to feelings of inadequacy or the belief that you don't truly deserve your accomplishments.

## Roadblock Quiz #1: Do I Have the Need for External Validation?

Check any that resonate with you.

- I feel anxious when I don't get recognition for my work
- I hesitate to make bold decisions without others' approval
- I struggle to feel proud of myself unless others acknowledge it
- I overwork to "earn" my worth
- I often prioritize others' needs or approval over my own desires and goals

If you checked 3 or more... this roadblock may be limiting you.

## Ways to Break Through:

Check the ones you are going to try.

- Redefine success on your terms
- Celebrate your wins privately—acknowledge yourself first
- Detach your worth from productivity
- Develop internal validation practices
- Set boundaries with people who fuel the need for approval
- Shift from perfectionism to progress
- Practice mindfulness to stay grounded in your worth

## Roadblock #2: Fear of Others' Opinions

### How This Gets in the Way:

The fear of others' opinions can hold you back from achieving your true potential in several ways:

- **Self-Sabotage:** You may delay or avoid pursuing opportunities because of fear of judgment. This results in missed chances and unfulfilled goals.
- **Inauthenticity:** The constant need for approval can cause you to suppress your true self, adopting personas that aren't aligned with your values and aspirations. This leaves you feeling disconnected from your authentic path.
- **Indecision:** Fear of others' reactions can lead to second-guessing decisions and hesitation. This causes delays in moving forward and missed opportunities.
- **Imposter Syndrome:** Constantly comparing yourself to others can make you feel inadequate despite being capable of achieving great things.

## Roadblock Quiz #2: Do I Carry the Fear of Others' Opinions?

Check any that resonate with you.

- I procrastinate decisions due to fear of judgment
- I people-please or say "yes" when I want to say "no"
- I overthink how I'll be perceived
- I seek reassurance before major steps
- I feel defensive or sensitive to criticism

If you checked 3 or more... this roadblock is holding you back.

## Ways to Break Through:

Check the ones you are going to try.

- Anchor into your values and vision
- Embrace vulnerability and authenticity
- Reframe criticism as feedback
- Take action aligned with your goals, despite opinions
- Surround yourself with supportive people
- Build self-worth independent of others
- Practice gratitude and daily affirmations
- Learn to say no with confidence

## Roadblock #3: Fear of Being "Too Much"

### How This Gets in the Way:

The fear of being "too much" holds us back in several significant ways:

- **Underestimating Your Potential:** When you shrink yourself, you limit your ability to reach your full potential. By not showing up fully, you miss opportunities to contribute at your highest level and make the impact you're capable of.
- **Lack of Authenticity:** The more you filter yourself or hold back, the further you stray from who you really are. This creates an internal disconnect, making genuine connections and fulfillment from your work and relationships harder.
- **Fear of Rejection:** The worry that being too ambitious or too vocal will lead to rejection causes you to second-guess yourself, avoiding risks or actions that could propel you forward.
- **Missed Opportunities for Leadership:** When you hide your brilliance to avoid being "too much," you miss opportunities to lead and influence others. You may shy away from roles, projects, or initiatives where your input could make a huge difference.

**Perpetuating Societal Norms:** The fear of being "too much" is rooted in societal conditioning that limits women's freedom to be fully themselves. This continues the cycle of women being told to shrink, which limits progress in gender equality and individual empowerment.

## Roadblock Quiz #3: Am I Afraid of Being “Too Much?”

Check any that resonate with you.

- I hold back my ideas or opinions to avoid intimidating others
- I downplay my achievements to make others comfortable
- I second-guess my presence or confidence
- I fear being labeled "aggressive" or "too ambitious"
- I apologize for being driven or outspoken

If you checked 3 or more... it's time to own your brilliance.

## Ways to Break Through:

Check the ones you are going to try.

- Own your power—stop apologizing for your ambition
- Speak up without filtering yourself
- Ask: "Would a man worry about this?"
- Celebrate your boldness
- Challenge outdated societal norms
- Surround yourself with empowering women
- Embrace your unique strengths

## Roadblock #4: The Superwoman Complex

### How This Gets in the Way:

The Superwoman Complex can limit your growth and well-being in many ways:

- **Chronic Overwork:** Taking on everything yourself leads to exhaustion, burnout, and an inability to focus on what truly matters. You're spreading yourself too thin, and your productivity, quality of work, and personal fulfillment suffer in the process.
- **Difficulty Delegating:** The belief that you must do it all means you rarely ask for help or delegate tasks, which causes unnecessary stress and prevents others from stepping up.
- **Resentment and Burnout:** Constantly meeting the needs of others while neglecting your own can lead to resentment. You might find yourself emotionally drained, frustrated, or even bitter because you're carrying so much, and no one seems to notice or appreciate it.
- **Lack of Boundaries:** The Superwoman Complex makes it difficult to say "no" or set clear boundaries because you feel like letting others down will somehow reflect poorly on you. As a result, you may become overcommitted and overwhelmed.
- **Inability to Enjoy Rest:** You may feel guilty or anxious when you're not being productive, unable to truly relax because you think you should always be doing something. This can erode your mental and physical well-being.

## Roadblock Quiz #4: Superwoman Complex

Check any that resonate with you.

- I rarely ask for help
- I take on more than I can realistically handle
- I feel guilty when I rest or slow down
- I struggle to set boundaries or say no
- I feel overwhelmed or burned out regularly

If you checked 3 or more... you're carrying too much alone.

## Ways to Break Through:

Check the ones you are going to try.

- Delegate relentlessly at work and home
- Release guilt around rest—it's essential
- Remember you are not a machine
- Set clear, loving boundaries
- Reframe your identity—your worth isn't your workload
- Prioritize your well-being daily
- Celebrate contributions without overworking

## Roadblock #5: Fear of Failure (Or Success)

### How This Gets in the Way:

The fear of both failure and success can create a cycle that keeps you from progressing:

- **Self-Sabotage:** The fear of success can cause you to delay or actively sabotage opportunities that would push you forward. You may find yourself procrastinating, overthinking, or talking yourself out of opportunities that could help you grow.
- **Fear of Outgrowing Relationships:** Success may bring changes that cause you to outgrow certain relationships, whether they're friendships, family dynamics, or professional connections. This fear of change can hold you back from pursuing success or lead you to stay in stagnant situations.
- **Staying Stuck:** The comfort of the familiar can be incredibly enticing, even if it's no longer serving you. The fear of the unknown that comes with success can make you cling to situations, relationships, or jobs that no longer align with your goals or values simply because they feel safe.
- **Resistance to Change:** You may resist change because you fear what others will think or how your new success will impact your life. This fear can make you stay in a cycle of comfort rather than pushing yourself to evolve and grow.

## Roadblock Quiz #5: Do I Have a Fear of Failure...or Success?

Check any that resonate with you.

- I avoid new opportunities due to fear of failing
- I worry success will bring change I can't handle
- I stay stuck in unfulfilling situations for comfort
- I overthink steps forward due to perfectionism
- I resist growth or visibility

If you checked 3 or more... fear is keeping you stuck.

## Ways to Break Through:

Check the ones you are going to try.

- Reframe fear as excitement
- Normalize growth—evolution is necessary
- Take small, imperfect steps
- Use fear as a guidepost, not a stop sign
- Trust yourself—you've handled challenges before
- Visualize the positive impact of success
- Build a supportive environment for your next level

## Roadblock #6: Not Getting the Support You Need

### How This Gets in the Way:

Lack of support can affect every area of your life, causing unnecessary stress and preventing you from reaching your full potential:

- **Emotional Exhaustion:** When you don't have support, you're left to manage everything yourself. This constant mental and emotional load can quickly lead to burnout, as you're trying to juggle multiple responsibilities without help or understanding.
- **Guilt and Justification:** If you always feel the need to justify your career ambitions to your partner, family, or friends, it's a sign that you lack the emotional backing you need to move forward confidently. This guilt can hold you back from fully embracing your potential or pursuing opportunities.
- **Taking on More Responsibility:** Without proper support, you may take on more than your fair share at work or home, which only amplifies feelings of overwhelm and resentment. This can prevent you from focusing on the things that matter most or advancing in your career.
- **Lack of Confidence in Major Decisions:** When you're not supported in the big decisions or changes you want to make, it can lead to self-doubt or hesitation. You may second-guess your choices or feel unsure of whether you should proceed without the backing of those around you.

## Roadblock Quiz #6: Am I Lacking Support?

Check any that resonate with you.

- I justify my ambition to my partner, family, or friends
- I carry the weight of home and work alone
- I feel unsupported when making big decisions
- I feel overwhelmed by others' demands
- I resent people who don't support my goals

If you checked 3 or more... it's time to ask for support.

## Ways to Break Through:

Check the ones you are going to try.

- Have the hard conversations—ask clearly for support
- Surround yourself with mentors, coaches, empowering women
- Set boundaries with those who drain your energy
- Build a supportive environment at home
- Delegate—let others share the load
- Invest in personal growth through coaching or masterminds
- Create balance with practical support systems

## Roadblock #7: Limiting Beliefs

### How This Gets in the Way:

Limiting beliefs can have a profound impact on your success and overall well-being:

- **Self-Doubt:** You may doubt your own capabilities, even when you have proof of your success. This can lead to hesitation, indecision, and a lack of confidence in your abilities.
- **Fear of Making Mistakes:** Limiting beliefs often lead to perfectionism and an intense fear of making the wrong choice. This causes you to second-guess major decisions and miss opportunities out of fear of failure.
- **Setting Smaller Goals:** Deep down, you may not believe you can achieve more, so you set smaller or more “realistic” goals to avoid disappointment. This keeps you stuck in your comfort zone and prevents you from reaching your full potential.
- **Avoiding Challenges:** The fear that you’re not good enough or capable enough can prevent you from taking on challenges, making it harder to grow in your career or personal life. You may avoid stepping out of your comfort zone, which is necessary for growth.
- **Imposter Syndrome:** Limiting beliefs can lead to imposter syndrome, where you feel like a fraud or that you don’t truly deserve your success, even when you’ve earned it. This internal conflict can create stress, insecurity, and a lack of fulfillment.

## Roadblock Quiz #7: Do I Have Limiting Beliefs?

Check any that resonate with you.

- I downplay my success or abilities
- I hesitate to make bold decisions
- I set small, "safe" goals
- I tell myself "I'm not good enough"
- I compare myself to others constantly

If you checked 3 or more... it's time for a mindset shift.

## Ways to Break Through:

Check the ones you are going to try.

- Rewrite limiting beliefs with empowering truths
- Act "as if" you're already the woman who has what she wants
- Surround yourself with possibility-expanders
- Use daily affirmations to reinforce confidence
- Take action despite fear—momentum creates belief
- Challenge yourself outside your comfort zone

## Roadblock #8: Shame and Guilt

### How This Gets in the Way:

Shame and guilt can keep you trapped in negative thought patterns, making it difficult to take the necessary steps to achieve your goals:

- **Self-Sabotage:** Guilt can lead you to feel undeserving of success, causing you to sabotage your own progress. You might downplay your accomplishments, hesitate to take bold steps, or avoid opportunities because you feel unworthy.
- **Living in the Past:** When you replay past mistakes over and over, you keep yourself stuck in a cycle of regret and self-blame. This prevents you from learning from the experience and moving forward with new insights.
- **Perfectionism:** Shame often leads to perfectionism. You hold yourself to impossibly high standards, believing that anything less than perfect is a failure. When you fall short, you beat yourself up, deepening your feelings of inadequacy and keeping you from progressing.
- **Fear of Success:** Shame can also create a fear of success because you may feel unworthy of achieving your dreams or fear that others will judge you. This can hold you back from stepping into your full potential, as you unconsciously believe you don't deserve it.

## Roadblock Quiz #8: Am I Battling Shame & Guilt?

Check any that resonate with you.

- I feel guilty prioritizing my goals or self-care
- I replay past mistakes over and over
- I set impossible standards for myself
- I feel unworthy of success or happiness
- I hold back to avoid making others uncomfortable

If you checked 3 or more... it's time to let go of shame & guilt.

## Ways to Break Through:

Check the ones you are going to try.

- Release the guilt—you deserve success
- Forgive yourself—mistakes are lessons, not life sentences
- Own your worth regardless of others' comfort
- Practice daily self-compassion
- Reframe success as contribution and impact
- Surround yourself with supportive, empowering people
- Celebrate your wins unapologetically

## Roadblock #9: Unreasonable Expectations

### How This Gets in the Way:

Unreasonable expectations can cause you to undermine your progress in several ways:

- **Frustration and Disappointment:** When things take longer than expected, it can lead to feelings of frustration or disappointment. If you're not meeting self-imposed deadlines, you may feel like you're failing, even if you're making significant progress.
- **Burnout:** Pushing yourself to meet unrealistic timelines can cause stress and exhaustion. You may sacrifice self-care, family time, or mental health in an attempt to meet goals that are simply too ambitious for the timeframe you've set.
- **Perfectionism:** Unreasonable expectations often tie into perfectionism, as we set high standards that are impossible to meet. When we don't meet those standards, we feel like we haven't achieved enough, hindering our sense of accomplishment and preventing us from moving forward.
- **Avoidance of Challenges:** The fear of not meeting unrealistic timelines can cause you to avoid difficult but necessary tasks, creating unnecessary delays and preventing you from learning or growing through challenges.

## Roadblock Quiz #9: Do I Have Unreasonable Expectations?

Check any that resonate with you.

- I feel frustrated when things take longer than expected
- I set unrealistic deadlines and overwork to meet them
- I avoid action due to fear of imperfection
- I feel discouraged by slow progress
- I procrastinate because I fear not meeting my high standards

If you checked 3 or more... it's time to reset expectations.

## Ways to Break Through:

Check the ones you are going to try.

- Adjust timelines—expect things to take longer
- Celebrate progress over perfection
- Break goals into smaller, achievable milestones
- Embrace the learning process in delays
- Build flexibility into your plans
- Practice patience—success is a long game
- Focus on your long-term vision

## Roadblock #10: Energy-Sucking People & Haters

### How This Gets in the Way:

Energy-sucking people can have a profound impact on your ability to move forward:

- **Self-Doubt and Negative Thinking:** When you interact with people who bring negativity into your life, it can lead to self-doubt or cause you to question your decisions. This can undermine your confidence and make you second-guess your abilities and potential.
- **Emotional Drain:** Negative people often leave you feeling drained, exhausted, and emotionally spent after spending time with them. This can affect your mental and emotional health, leaving you with less energy to focus on your goals or pursue your passions.
- **Distraction from Your Goals:** When you're surrounded by unsupportive individuals who actively try to bring you down, it can divert your attention away from your ambitions. Their negativity becomes a distraction that keeps you from staying focused and moving forward.
- **Stagnation or Regression:** The constant negativity can create an environment where you feel stuck or, even worse, as though you are regressing. Energy-sucking individuals can make you feel like your goals are unrealistic or unworthy, preventing you from progressing and reaching your full potential.

## Roadblock Quiz #10: Am I Struggling with Energy Sucking People & Haters?

**Check any that resonate with you.**

- I feel drained after certain interactions
- I hear constant criticism or negativity from people around me
- I lack support or encouragement from key relationships
- I get pulled into drama or conflict that distracts me
- I doubt myself more after being around certain individuals

**If you checked 3 or more... it's time to evaluate your relationships.**

## Ways to Break Through:

**Check the ones you are going to try.**

- Identify and limit time with energy-drainers
- Set firm boundaries around negativity
- Protect your time, energy, and mental space
- Cultivate relationships that uplift and empower you
- Minimize interactions with unsupportive people
- Strengthen emotional resilience through self-care
- Curate your social media and environment for positivity

## Roadblock #11: Victim Mindset

### How This Gets in the Way:

The victim mindset can prevent you from making progress in various ways:

- **Passivity and Inaction:** Believing that you are at the mercy of external factors or other people can make you passive and unwilling to take action. This inaction keeps you stuck and prevents you from moving forward toward your goals.
- **Blaming External Factors:** When you focus on blaming your circumstances, your boss, your family, or anything outside of yourself, you give away your power. This external focus distracts you from the actions you can take to change your situation.
- **Feelings of Helplessness:** The victim mindset creates feelings of helplessness and hopelessness. You may feel like success is out of your control, which leads to a lack of motivation or desire to take risks and make changes.
- **Stagnation:** By focusing on what's wrong, what's not working, or what others have done to prevent your success, you become stuck in a cycle of negativity that prevents you from moving forward.
- **Lack of Accountability:** A victim mindset often leads to avoiding personal responsibility. When things go wrong, the tendency is to blame others rather than reflect on what you can do differently or how you can change your approach.

## Roadblock Quiz #11: Do I Have a Victim Mindset?

Check any that resonate with you.

- I blame others or circumstances for my struggles
- I feel powerless to change my situation
- I resist taking ownership for my actions
- I feel stuck in negativity or helplessness
- I avoid risks or decisions, waiting for things to "fix" themselves

If you checked 3 or more... it's time to own your power.

## Ways to Break Through:

Check the ones you are going to try.

- Take full ownership of your life and results
- Reframe challenges as opportunities for growth
- Focus on solutions, not problems
- Shift your self-talk to empowerment
- Hold yourself accountable for your progress
- Control your response—own your power
- Celebrate your ability to change your circumstances

## Roadblock #12: Time – Everything Will Take Longer Than You Think It Should

### How This Gets in the Way:

The illusion that everything should happen quickly can create immense frustration and stress, causing you to:

- **Lose Patience and Motivation:** When things take longer than expected, it can lead to discouragement and a sense of “falling behind.” You might lose the motivation to keep going, especially if you feel like success is just out of reach.
- **Procrastination and Inaction:** Feeling like there’s never enough time or that things are taking too long can lead to paralysis by analysis. You may delay making decisions or taking action because you’re waiting for the “perfect time” or a faster outcome.
- **Burnout:** The pressure to achieve things quickly can cause you to push yourself too hard, leading to exhaustion and burnout. You may sacrifice quality, health, or relationships in an attempt to speed up the process.
- **Frustration and Self-Doubt:** You might begin to doubt your abilities or wonder if you’re on the right path when progress feels slow. Frustration builds when you don’t see immediate results, making you question your choices and direction.
- **Neglecting the Process:** Focusing too much on the result instead of enjoying the process can cause you to miss out on valuable lessons and opportunities for growth. You become so fixated on “getting there” that you lose sight of how much you’re learning along the way.

## Roadblock Quiz #12: Am I Impatient with Time?

Check any that resonate with you.

- I feel like success should happen faster
- I overwork to speed up progress
- I get discouraged when things take longer than planned
- I struggle to enjoy the process
- I procrastinate, waiting for "perfect timing"

If you checked 3 or more... it's time for a new perspective.

## Ways to Break Through:

Check the ones you are going to try.

- Expect delays—it's normal
- Focus on consistent progress over quick results
- Build patience and resilience
- Reframe time as your ally
- Prioritize high-impact actions
- Allow flexibility for life's detours
- Celebrate growth along the way

## Roadblock #13: Comparison – The Thief of Joy

### How This Gets in the Way:

Comparison can hinder your success and well-being in various ways:

- **Undermines Confidence:** When you constantly measure yourself against others, it's easy to feel like you're falling short. This erodes your self-confidence and makes you doubt your abilities, even if you've already made significant progress.
- **Distraction from Your Own Goals:** Comparing yourself to others shifts your focus from your aspirations to someone else's. This distraction keeps you from investing your energy into the things that truly matter to you.
- **Imposter Syndrome:** When you look at others and think they have it all figured out, you might feel like a fraud or that you don't belong in your spaces. This feeling of inadequacy leads to imposter syndrome, where you doubt your worth despite your accomplishments.
- **Chronic Dissatisfaction:** Comparing yourself to others can lead to constant dissatisfaction. No matter how far you've come, someone else's success can make you feel like you're not doing enough or achieving at the same level.

**Increased Anxiety:** The pressure to keep up with others can cause anxiety. The belief that you should be achieving the same things as someone else by a certain age or time can create unnecessary stress and pressure, making you feel like you're falling behind.

## Roadblock Quiz #13: Am I Trapped in Comparing Myself to Others?

Check any that resonate with you.

- I feel "behind" when I look at others' success
- I diminish my achievements compared to others
- I experience jealousy or envy of peers
- I focus on others' wins more than my own
- I let comparison fuel self-doubt

If you checked 3 or more... it's time to own your story and stop comparing yourself to others.

## Ways to Break Through:

Check the ones you are going to try.

- Stay focused on your unique journey
- Celebrate your progress daily
- Limit social media that triggers comparison
- Practice gratitude for your growth
- Reframe comparison into inspiration
- Collaborate—there's room for everyone's success
- Embrace your strengths and individuality

Your breakthrough starts with awareness. Identify your roadblocks—and take aligned action to overcome them.

# Taking Action:

## Identifying Your Roadblocks

Now that we've discussed some of the most common roadblocks, it's time to identify your personal obstacles so that you can begin to take action toward overcoming them. This section will help you reflect on your challenges, understand what's holding you back, and create a plan for moving forward with purpose and confidence.

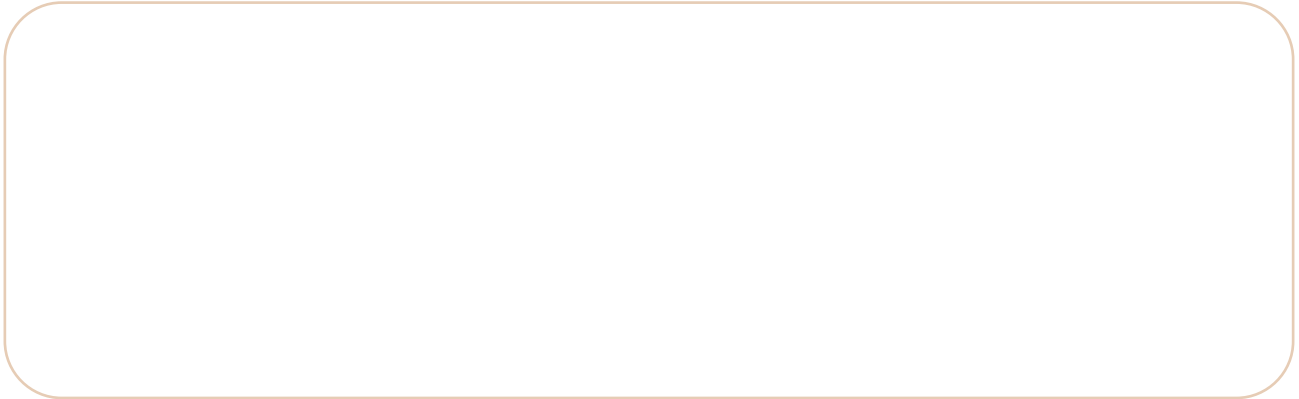
### Exercise 1: Where Are You Stuck?

Reflecting on where you feel stuck is the first step to uncovering which roadblocks are most relevant to your current journey. By acknowledging your struggles, you can make sense of them and find ways to move forward.

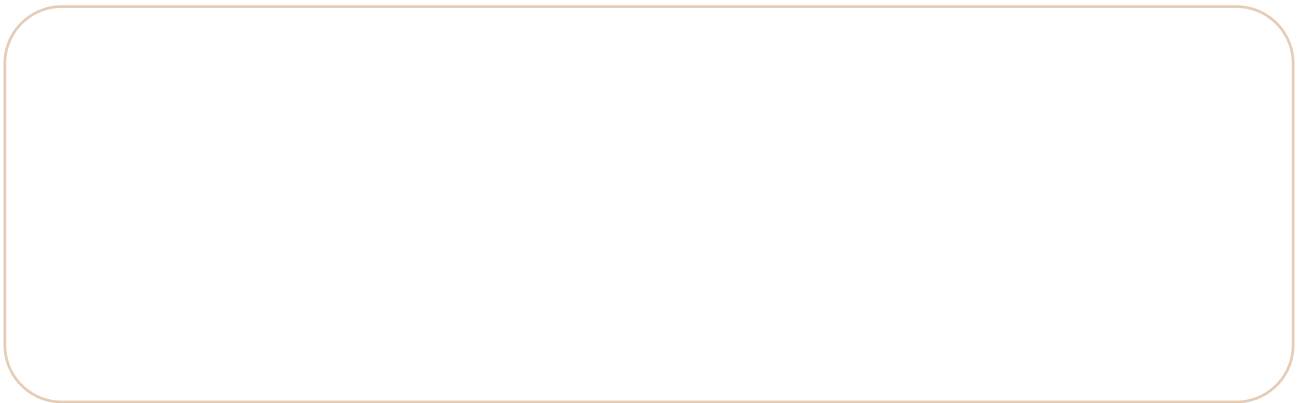
## Questions to Reflect On:

1. Which of these roadblocks resonates with you the most? Why?
  - o Take a moment to think about the roadblocks discussed in the previous section. Which ones feel the most relevant to your current situation?

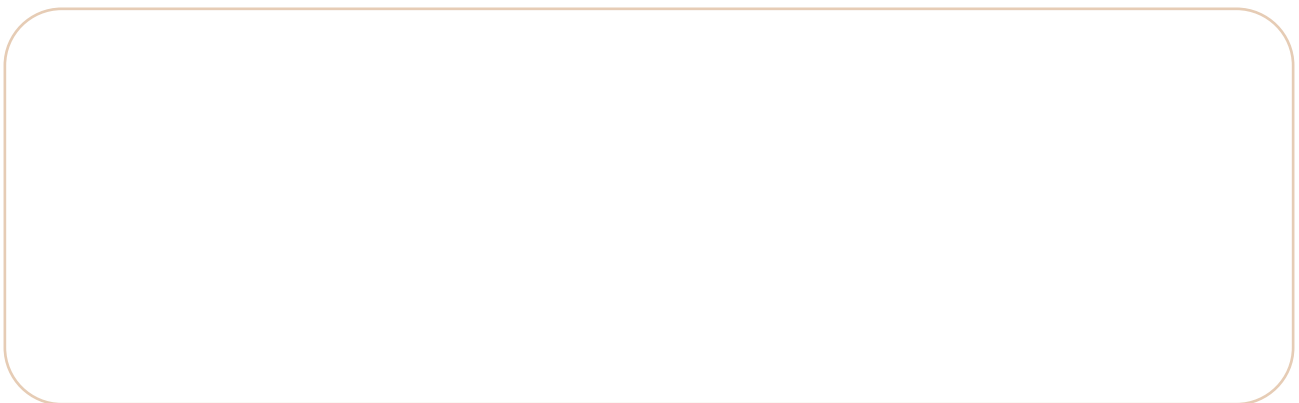
- o Do you struggle with perfectionism, fear of failure, or setting unrealistic expectations for yourself?



- o Write down which roadblock stood out to you, and explore why it resonates with you.

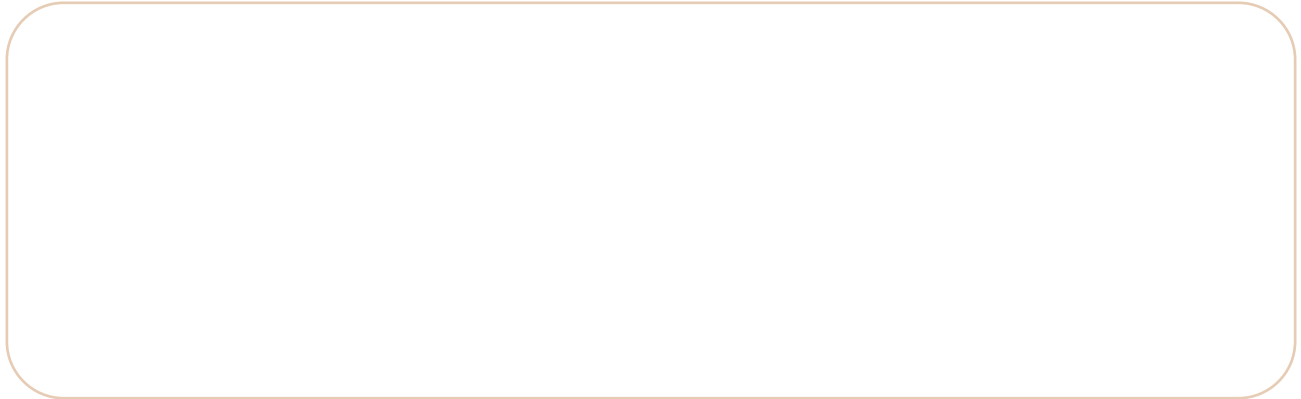


- o Are there past experiences or current circumstances that make this roadblock feel especially challenging?



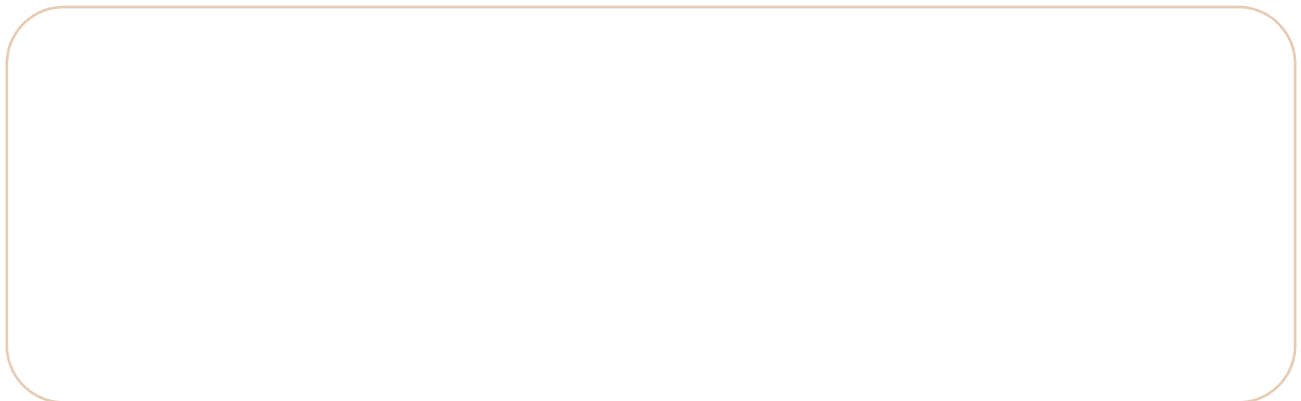
## 2. Where in your life do you feel stuck or held back?

- o Identify the areas of your life where you're feeling stagnant. Is it in your career, personal relationships, health, or self-worth? Pinpoint where you feel limited and frustrated.

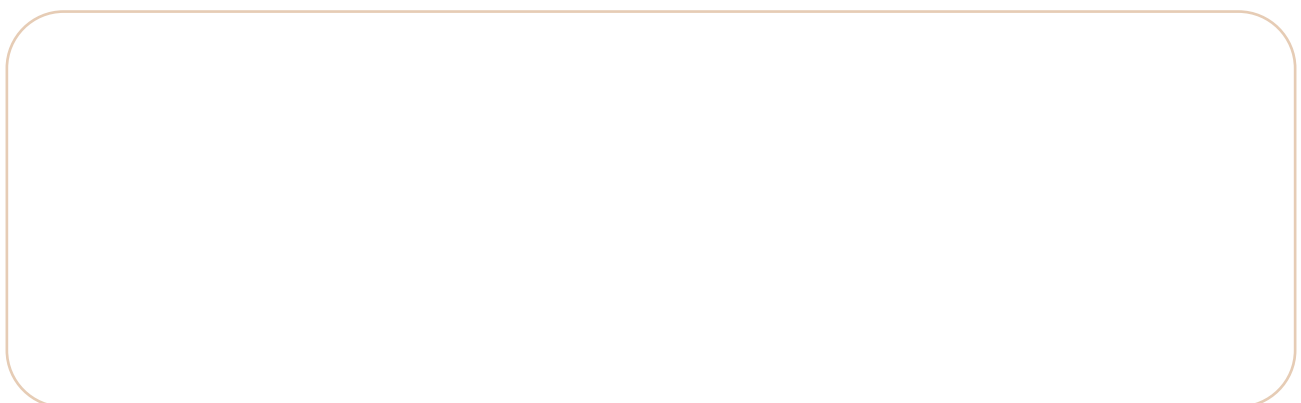


### **Ask yourself:**

- o What is the situation I'm avoiding or finding difficult to face?

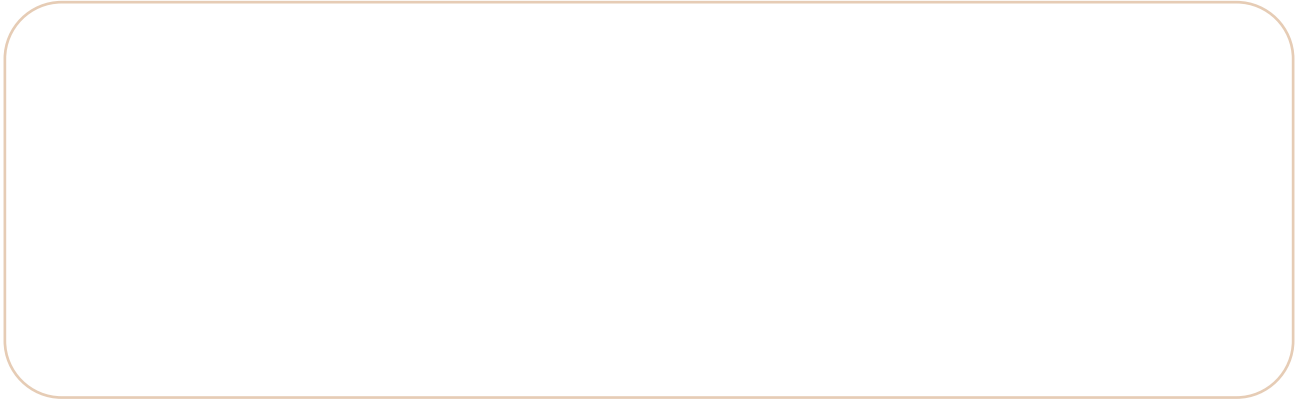


- o What has been stopping me from making the changes I desire?

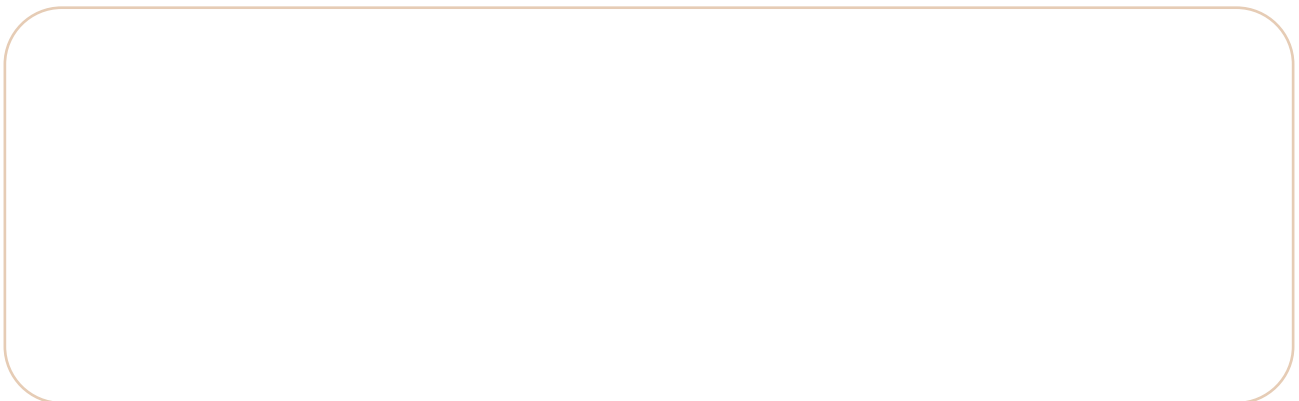


### 3. What stories are you telling yourself about why you can't move forward?

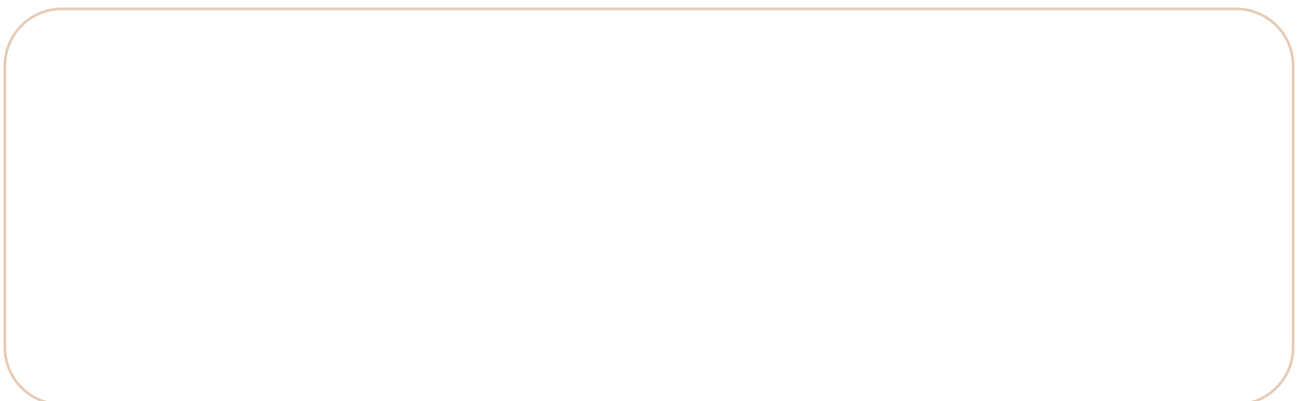
- o The stories we tell ourselves often hold the key to our limiting beliefs. Are you telling yourself that you're not ready, not worthy, or that others won't support you?



- o These internal narratives can keep you stuck. Reflect on the thoughts or self-talk that come up when you think about making progress. Write them down and examine their validity.



- o Are these stories based on facts, or are they merely assumptions you've made over time?

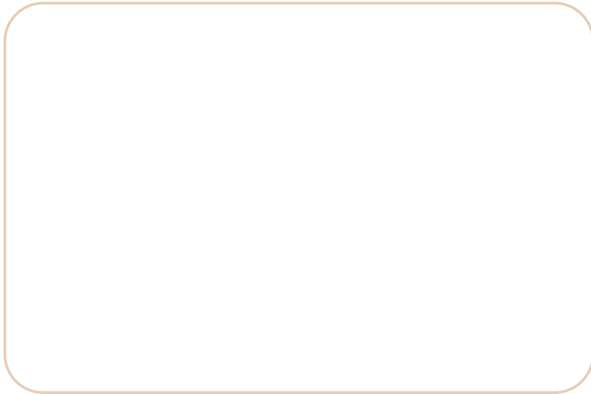


## Exercise 2: Creating Your Breakthrough Plan

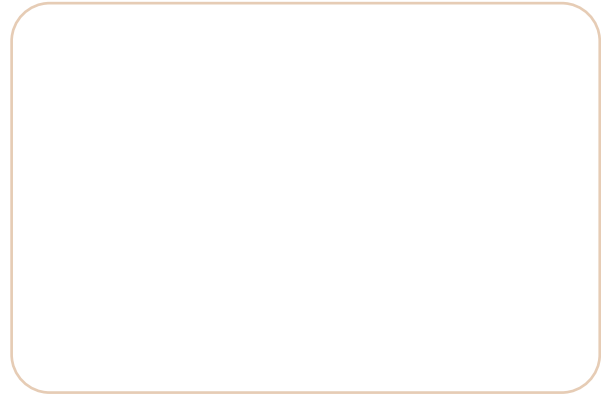
Now that you've identified the roadblocks and areas where you feel stuck, it's time to act. This exercise is about creating a tangible, actionable plan to break through your obstacles and start moving forward.

### Reflection:

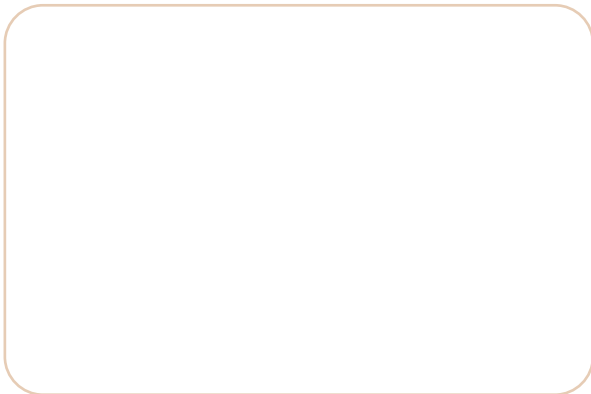
**01** What is one small, tangible step you can take this week to move past your biggest roadblock?



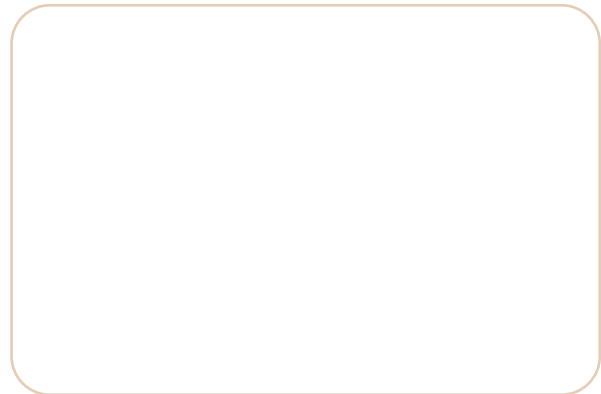
**02** Who or what can support you in overcoming this challenge?



**03** What's the **worst** that could happen if you step fully into your power?



**04** What's the **best** that could happen if you step fully into your power?



Visualizing both extremes can help you put your fear in perspective and motivate you to take action despite it.

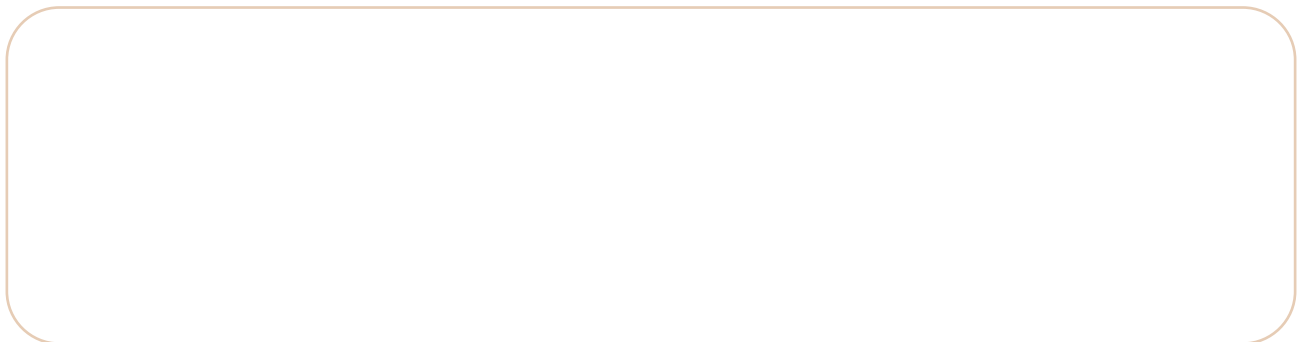
## Ongoing Assessment:

Once you've completed these exercises, it's important to check in with yourself regularly to assess your progress. Revisit your answers, observe how you feel, and track your actions. Ask yourself:

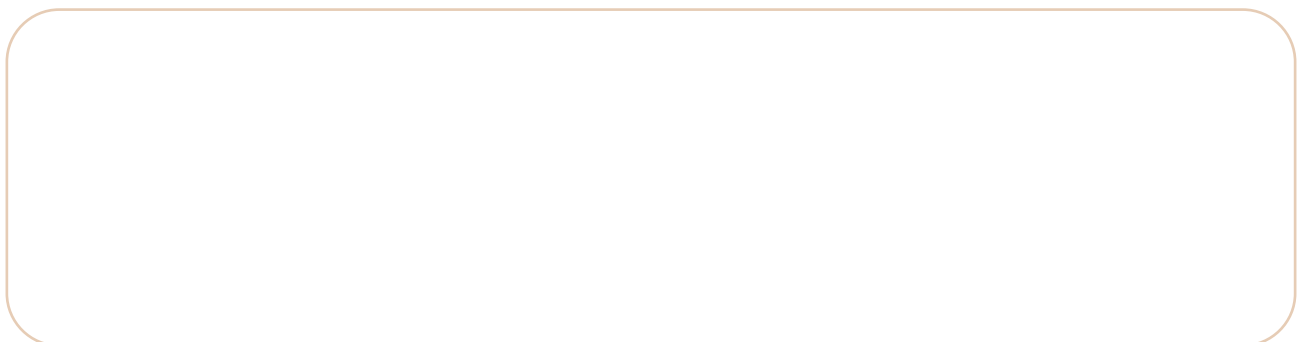
- Are the stories you told yourself still holding you back, or have you started to shift them?



- Has the action you've taken helped you make progress, even if it's just a small step forward?



- Who are your allies in this journey, and how can you lean on them for continued support?



By regularly assessing your progress, you ensure that you stay connected to your goals and accountable as you work through your roadblocks. Remember, taking action is not about achieving an unrealistic standard, but about creating forward momentum.

# Chapter 11

## Stop Settling and Ask for What You Need

*"You are not hard to love. You are not too much.  
You are not asking for too much. Stop settling  
for people who make you feel otherwise."*

*– Alex Elle*

## Stop Shrinking – Start Asking

Many high-achieving women were taught to minimize their needs, stay quiet, and avoid inconveniencing others. It's time to rewrite that story.

When you settle, you silence your gifts. When you ask for what you need, you reclaim your power.

### Self-Assessment: Where Am I Settling?

**Check any that resonate with you.**

- I stay quiet to avoid disappointing others
- I downplay my needs to "keep the peace"
- I say yes when I want to say no
- I prioritize others' comfort over my own
- I avoid asking for what I want out of guilt or fear

### Ways to Break Through:

**Check the ones you are going to try.**

- Repeat this Mantra Daily: My needs are valid — they matter
- Ask for what you need without apology
- Redefine "high maintenance" as self-respect
- Practice small asks — like correcting an incorrect order
- Upgrade your standards — your comfort counts
- Surround yourself with people who honor your voice
- Reflect on how meeting your needs fuels your purpose

## Daily Confidence Practice: Speak Up for Your Needs

**At Restaurants:** Send food back, ask for what's missing — your experience matters

**At Hotels:** Request room changes, amenities, or fixes — comfort is your right

**At Home:** Speak your needs to your partner, kids, friends — it's not selfish

**In Life:** Ask for help — with childcare, meals, errands, or your goals

**In Business:** Raise your hand, advocate for your ideas, set boundaries

### Self-Reflection Questions:

Where am I "making do" to avoid discomfort?

How can I practice asking for what I need this week?

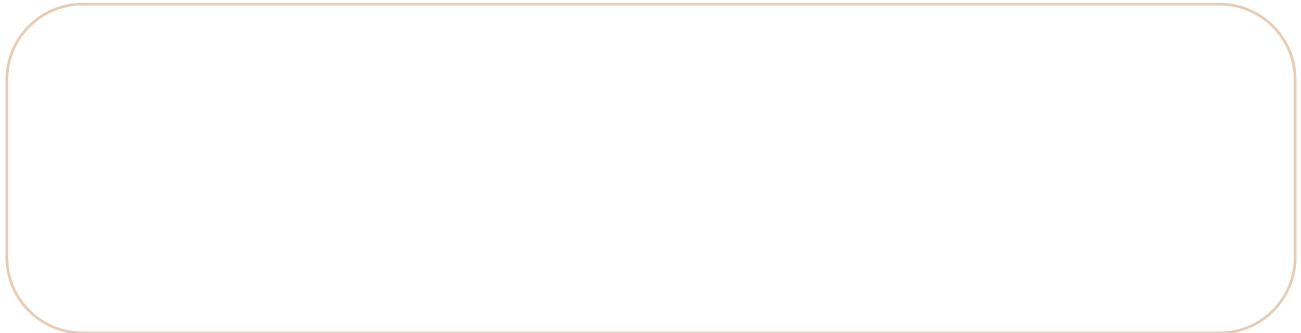
How does asking shift my confidence and energy?

## Your Gifts Are Meant to Be Shared

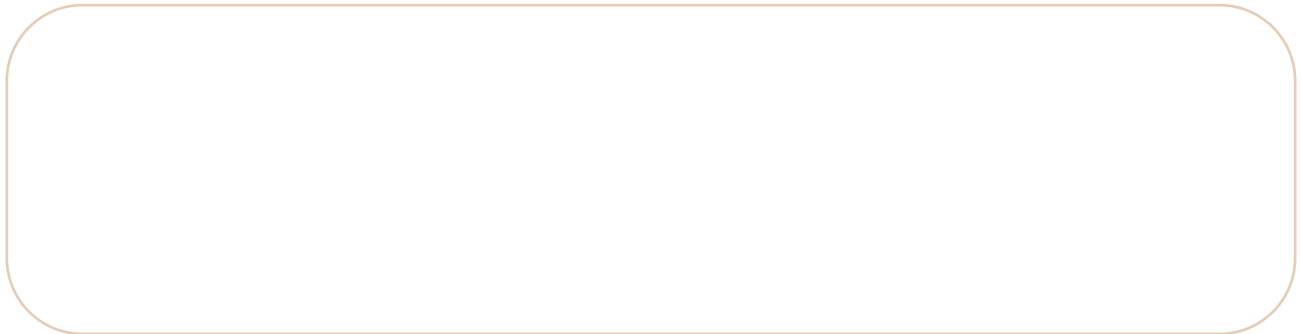
Playing small serves no one. Hiding your gifts limits your impact.

You were created to contribute — to lead, innovate, and live fully. But you can't pour from an empty cup. When you ask for what you need, you unlock the energy, confidence, and support required to reach your full potential.

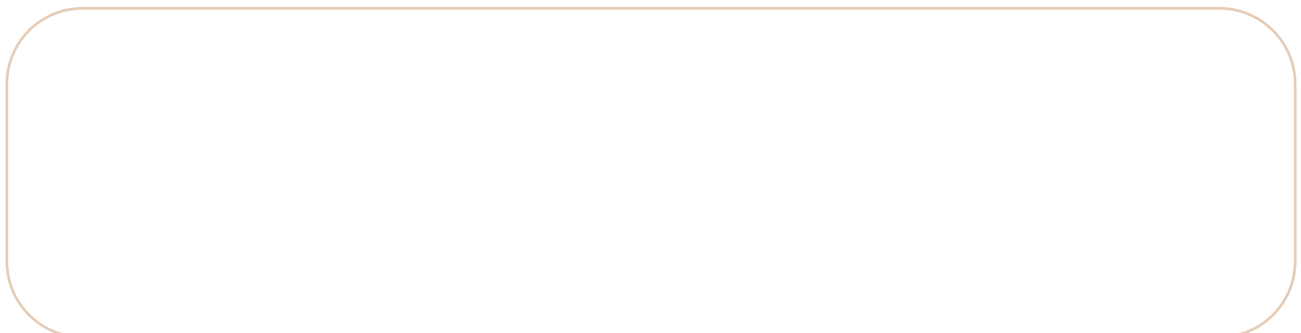
What gifts am I holding back out of fear of "being too much"?



How is NOT asking for what I need keeping me stuck?



Where can I upgrade my standards and advocate for myself?



Remember: The world needs your gifts. Stop settling. Start asking. Everything shifts when you do.

Your needs are valid. Your voice matters. Keep going — you're worth it.

# Chapter 12

Celebrate Your Wins  
& Savor the Joys in Life

*"If you only celebrate when you've hit the big goal, you'll miss 99% of your life. Celebrate progress, not perfection"*

*– Mel Robbins*

## Progress is Worth Celebrating – Every Step Counts

High-achieving women often rush from goal to goal, missing the power of celebrating along the way. Success without celebration leads to burnout, disconnection, and a constant feeling of "not enough."

It's time to slow down, celebrate your progress, and savor the life you're building.

### Self-Assessment: Where Am I Living in the Gap?

**Check any that resonate with you.**

- I focus more on what's missing than how far I've come
- I downplay my accomplishments or brush off compliments
- I rarely pause to reflect or celebrate milestones
- I feel like no matter what I do, it's never enough
- I'm stuck in "what's next" mode instead of savoring now

### Ways to Break Through:

**Check the ones you are going to try.**

- Track your wins — big and small — daily or weekly
- Celebrate progress, not just end results
- Shift from "the gap" (what's missing) to "the gain" (how far you've come)
- Acknowledge your growth — your effort deserves recognition
- Create simple rituals of celebration
- Reflect regularly on your achievements and joys

## Daily Celebration Practices:

<b>Write It Down:</b>	Keep a running list of wins — workouts, progress, milestones
<b>Savor Small Joys:</b>	Morning coffee, sunsets, laughter — pause and enjoy
<b>Celebrate Experiences:</b>	Book that massage, dinner, or mini getaway
<b>Reflect Weekly:</b>	What's going well? What have you achieved?
<b>Rest Intentionally:</b>	Rest is productive — give yourself permission

## Self-Reflection Questions:

Where am I minimizing my progress?

How can I start celebrating my wins daily?

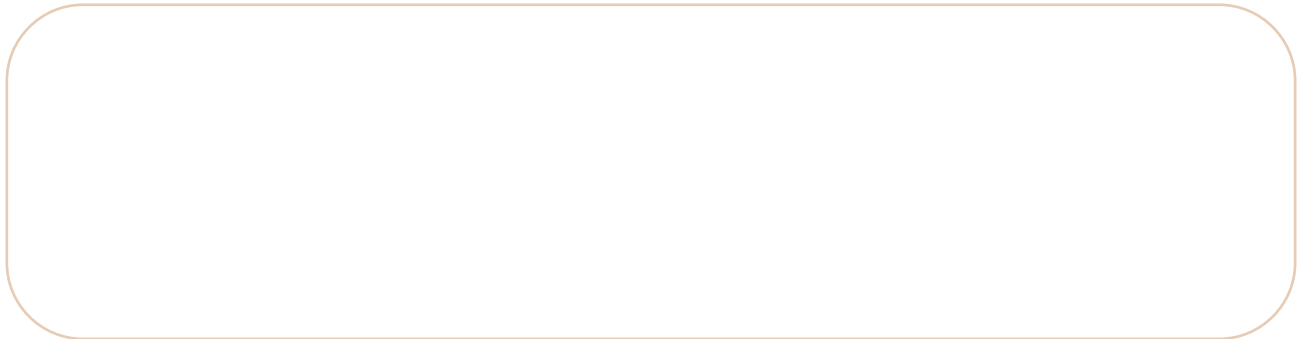
What small joys can I savor this week?

## Living in the Gain – Redefining Success

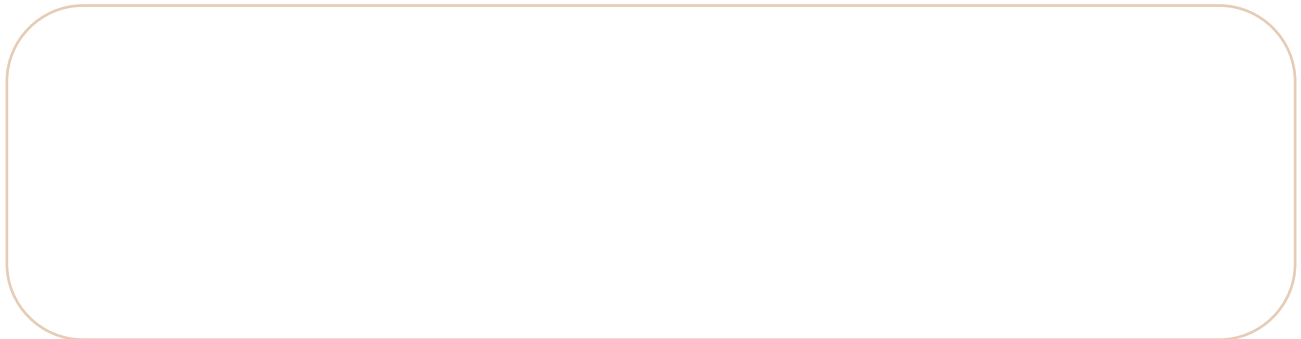
Stop measuring yourself against an unrealistic ideal. Your journey matters.

### Reflection:

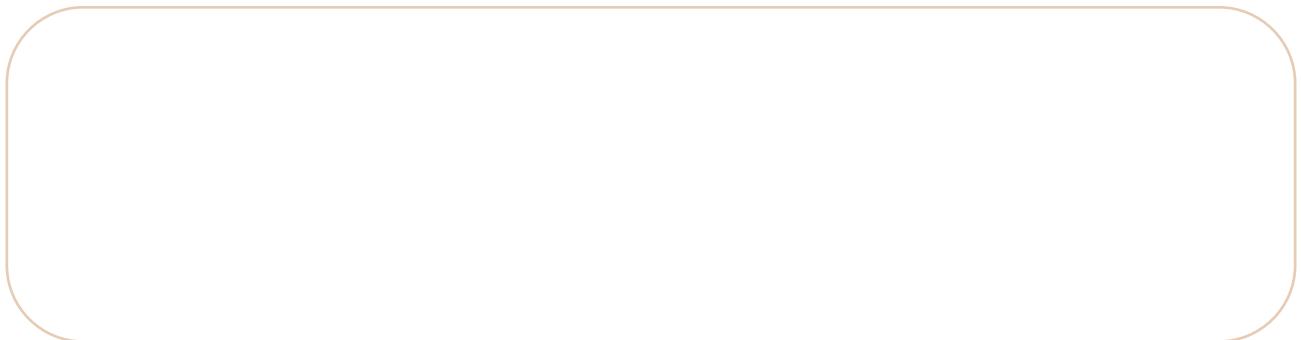
List 5 things you've accomplished this year — personal or professional



How can you acknowledge and celebrate them?



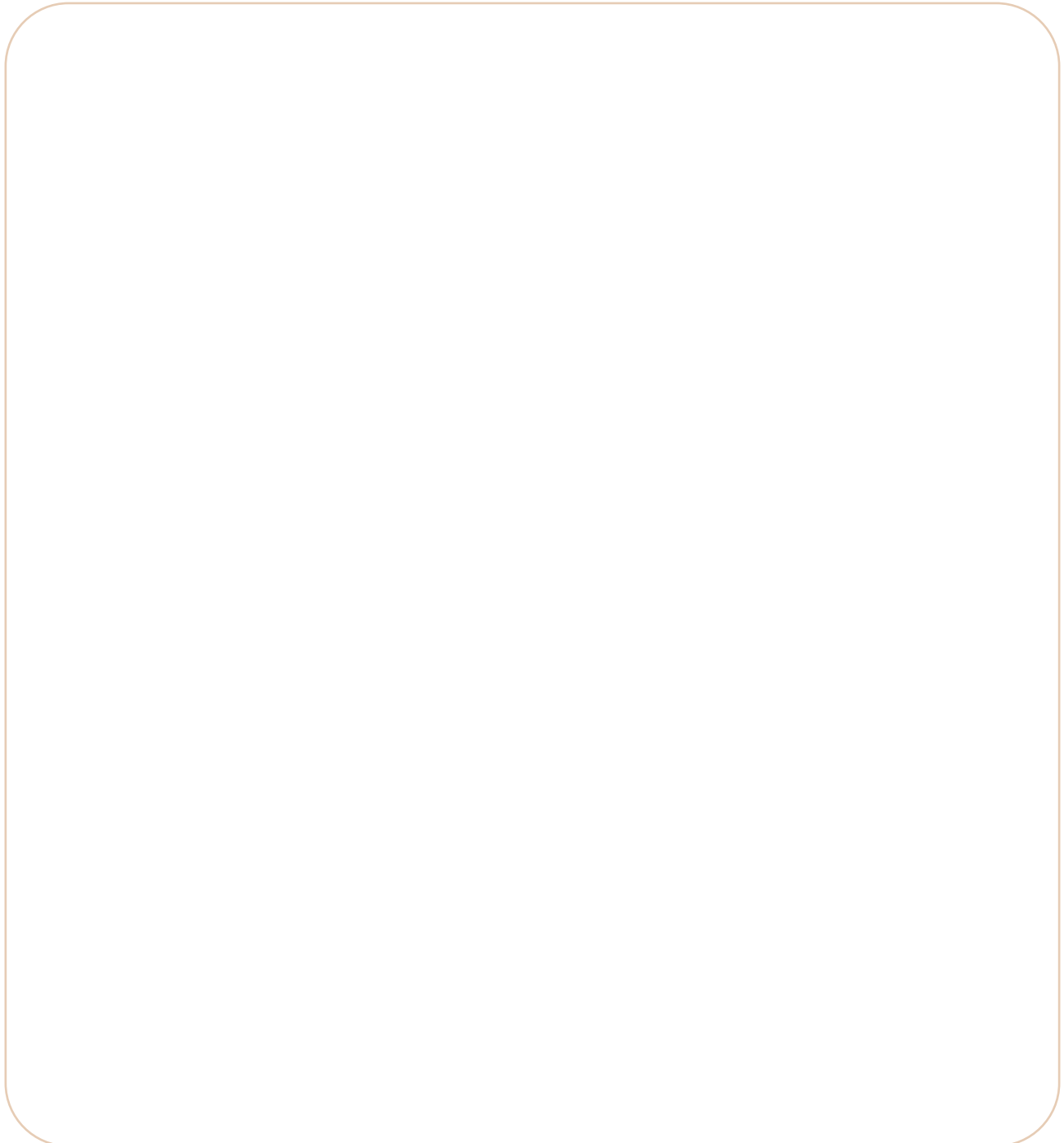
How does living in “the gain” shift your energy and confidence?



# Exercise: Write down everything you have achieved in the past year.

Go through your calendar, photos on your phone, and your bank account or credit card statement to help you remember everything you did or invested in.

Write it all down, and spend time reflecting on how far you've come. Celebrate!

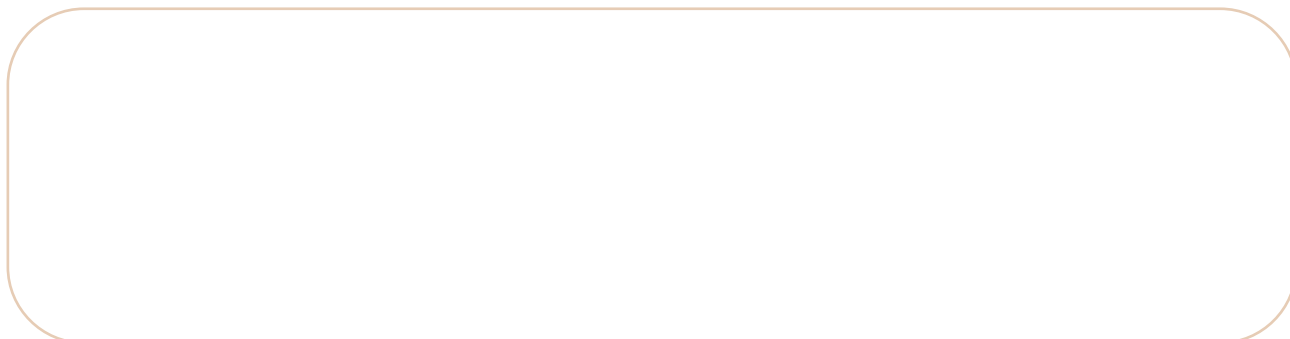


## Celebration is Fuel for Your Purpose

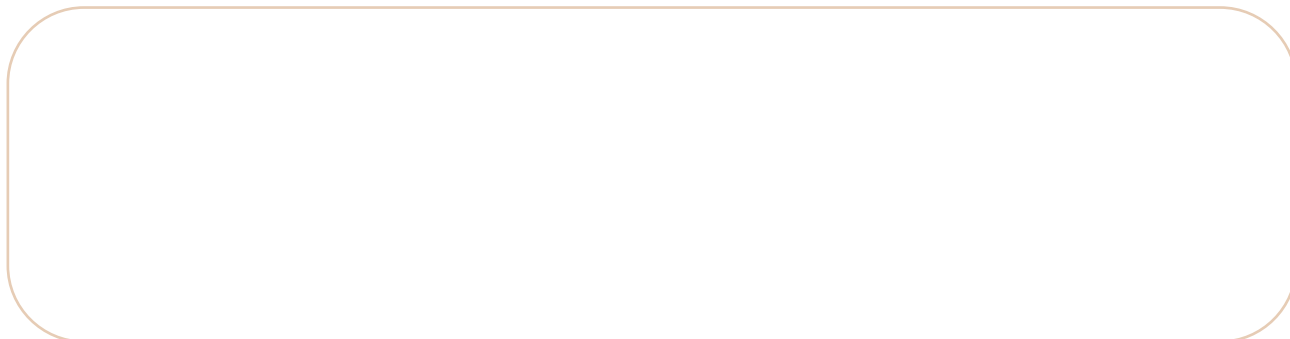
You don't have to wait for the "big" success to feel fulfilled. By celebrating along the way, you build momentum, gratitude, and joy.

### Self-Reflection Questions:

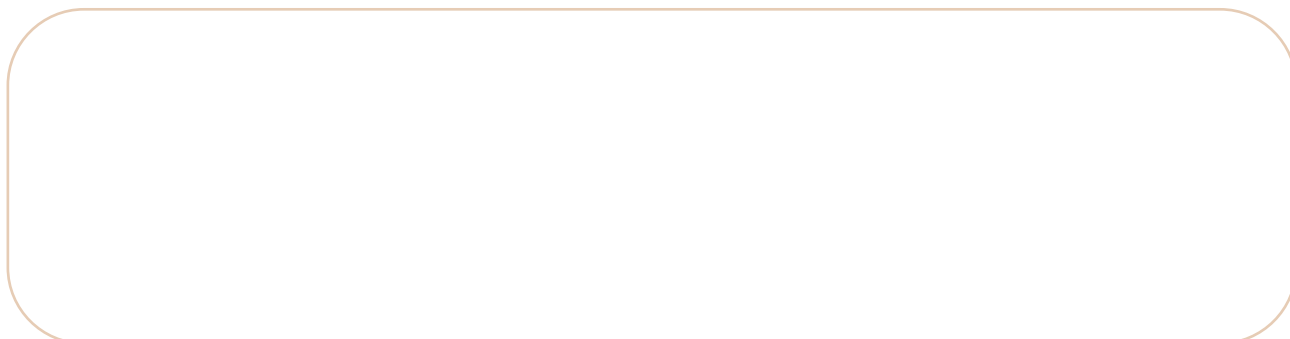
How can I create more celebration rituals in my life?



What brings me joy — big or small — that I can savor more often?



Where am I rushing through life, and how can I slow down?



You are worthy of celebration. You deserve to savor the life you're building.  
Keep going — your progress matters.

## Ways to Celebrate and Savor

Acknowledging your wins is essential. But celebrating them is just as crucial.

So how do we do this?

### 1. Create Rituals of Celebration

Instead of letting big milestones pass unnoticed, build a habit of celebrating.

**That could mean:**

- Toasting yourself with champagne.
- Taking a day off to relax and savor the moment.
- Going to dinner with a friend or your spouse to celebrate.
- Booking a spa day or getting a massage.

### 2. Find Small Joys Daily

Celebration doesn't have to be reserved for major milestones.

You can savor the little things, too.

- Savor your morning coffee instead of rushing through it.
- Take time to appreciate a great workout.
- Enjoy a sunset or a slow walk outside.
- Give yourself a high five in the mirror. (Thank you, Mel Robbins!)
- Pump your fist in the air and yell "Yes!" to release feel-good hormones like dopamine and endorphins.

### 3. Regular Check-Ins

Ask yourself:

How do I feel right now?

What needs work?

What's going well?

What will I do differently?

## 4. Give Yourself Permission to Rest

Take at least one day off per week. Take a personal retreat for two to three nights minimum once per week. Get away for a kid-free vacation with your partner. Take time at the end of each year to truly rest and refocus. Rather than getting caught up in the chaos of holiday gatherings, spend time resting, giving yourself credit for your hard work, and refocusing on what's next for you

## 5. Use Accountability & Support

Some people thrive with external accountability. If that's you, hire a coach, join a mastermind, or find an accountability partner. A good mentor or coach will remind you to celebrate what you've done—not just push toward the next thing.

### Action Steps: Implementing Celebration & Savoring

**01** Make a List of  
Your Wins

**02** Build a Habit  
of Gratitude

**03** Plan a  
Celebration

**04** Share  
Your Wins

You are already successful! You don't have to wait to celebrate. Life is happening now. Savor it. Enjoy it! And permit yourself to feel the joy of recognizing just how much you've already accomplished.

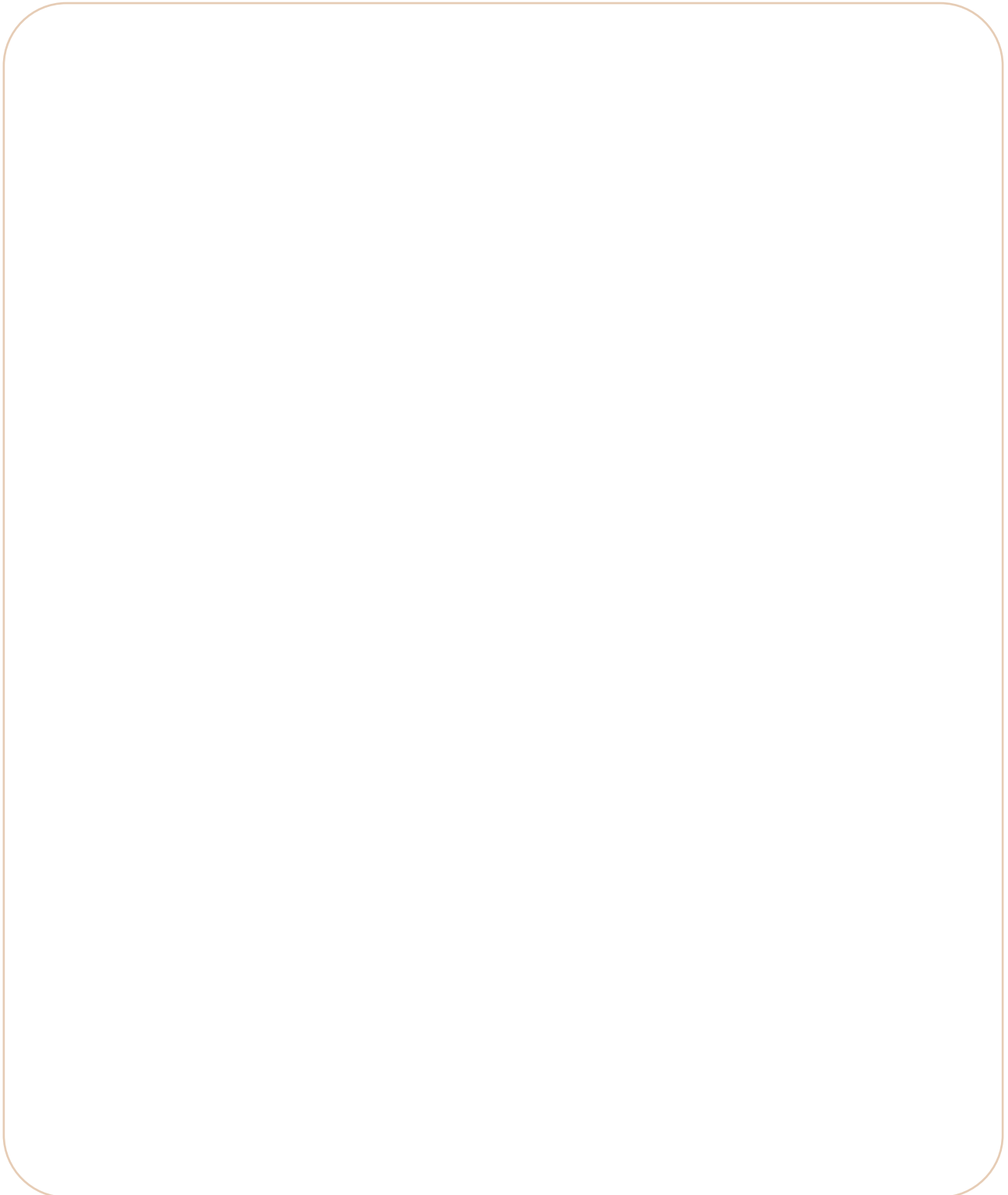
# Exercise:

Make your own list of what brings you joy. Don't stop until you have at least 50 things on your list.

A large, empty rounded rectangular box with a thin brown border, intended for writing a list of things that bring joy.

# Action:

Start a daily gratitude practice.  
Write down three to five small things you notice each day and are thankful for.



Chapter  
13

Your Fulfillment  
Audit & Roadmap

*"You are truly amazing. Never give up or  
back down. Keep going!"*

*– Christi Cossette*

Fulfillment isn't something you achieve once and then set on autopilot. It requires ongoing reflection, realignment, and intentionality. You've done the deep work in this book—unpacking your identity, redefining what fulfillment means, setting boundaries, and taking ownership of your energy, relationships, and impact. Now, the real challenge begins: sustaining it.

This chapter is best utilized at the end of each year in November or December. Think of it as your year-end review. It will help you assess where you are now, celebrate your wins, identify what needs to shift, and create a fulfillment roadmap for the next year. The goal is to make sure you are continuously refining and expanding, rather than slipping back into old patterns.

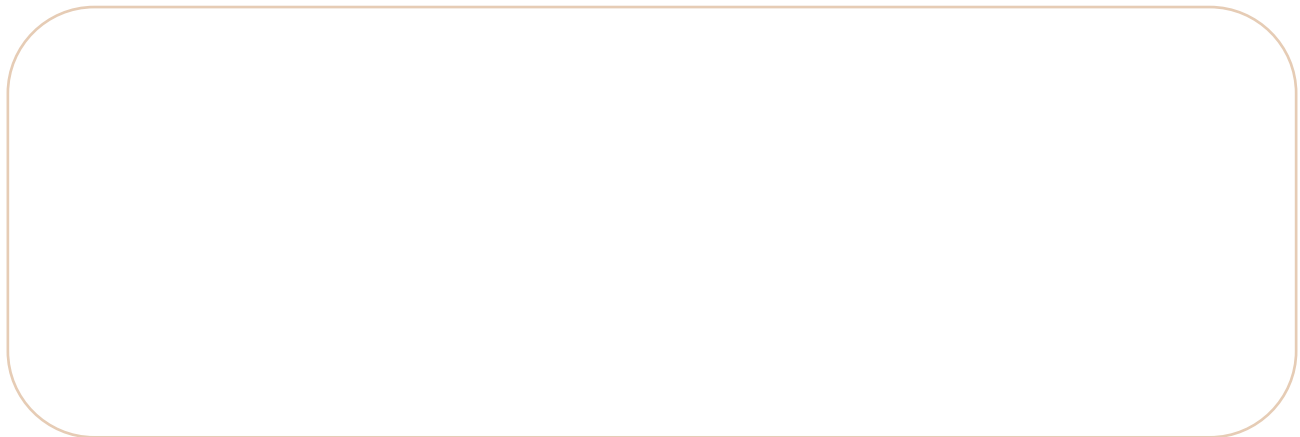
## Step 1: Reflect on Your Past Year—The Fulfillment Audit

Before you can create a powerful plan for the future, you need to assess where you've been.

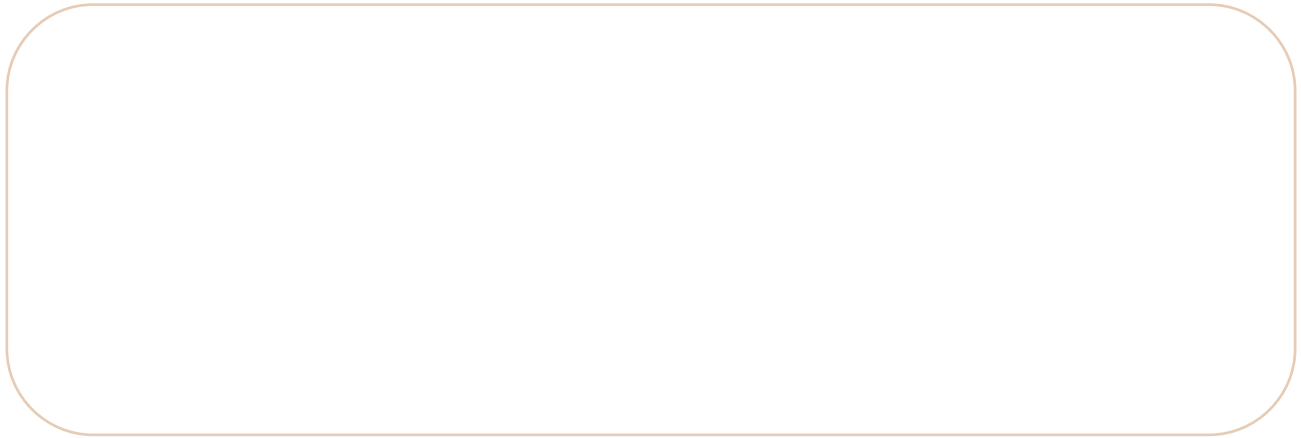
**Answer the following questions honestly.**

### Energy & Well-Being

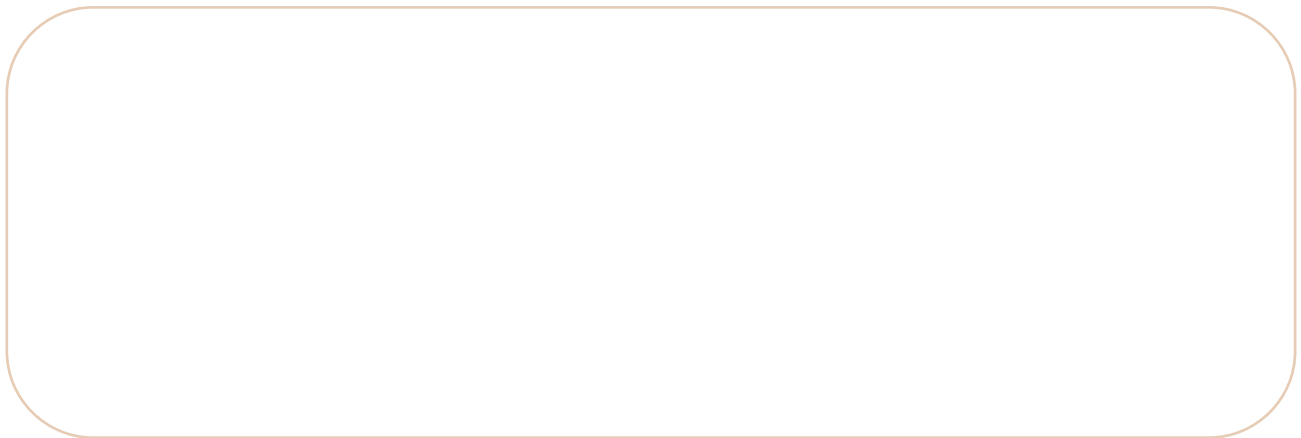
Over the past year, did your daily routines support your energy and well-being?  
If not, what needs to change?



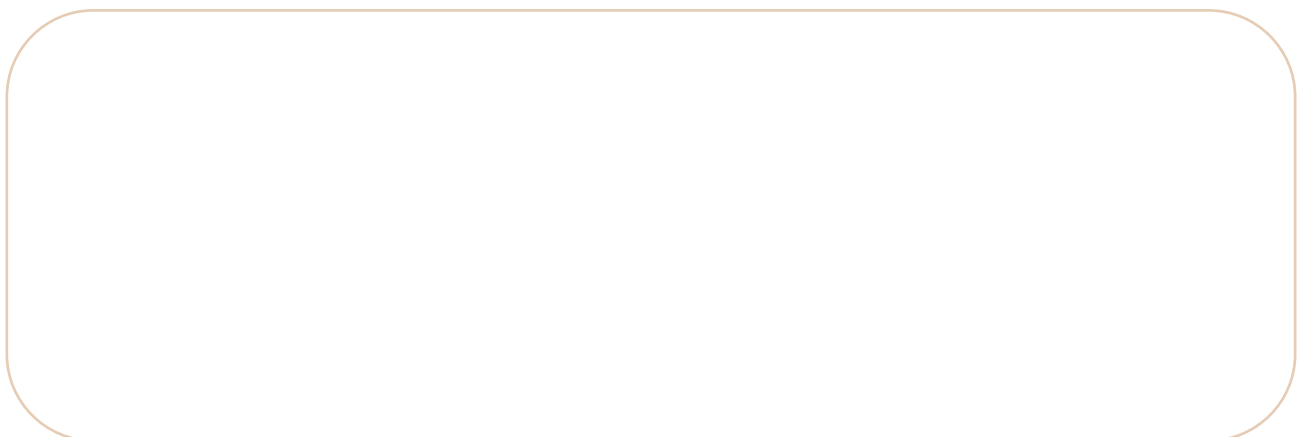
What were your biggest energy drains? (List the top three.)



What activities, people, or habits gave you energy and made you feel most alive?

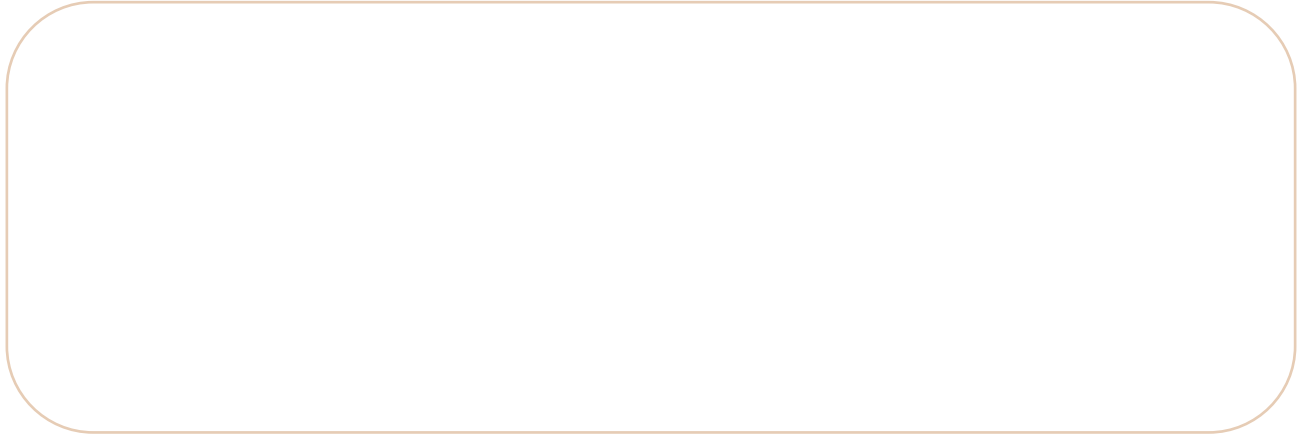


If you could change one thing about how you protected and managed your energy this year, what would it be?



## Time & Priorities

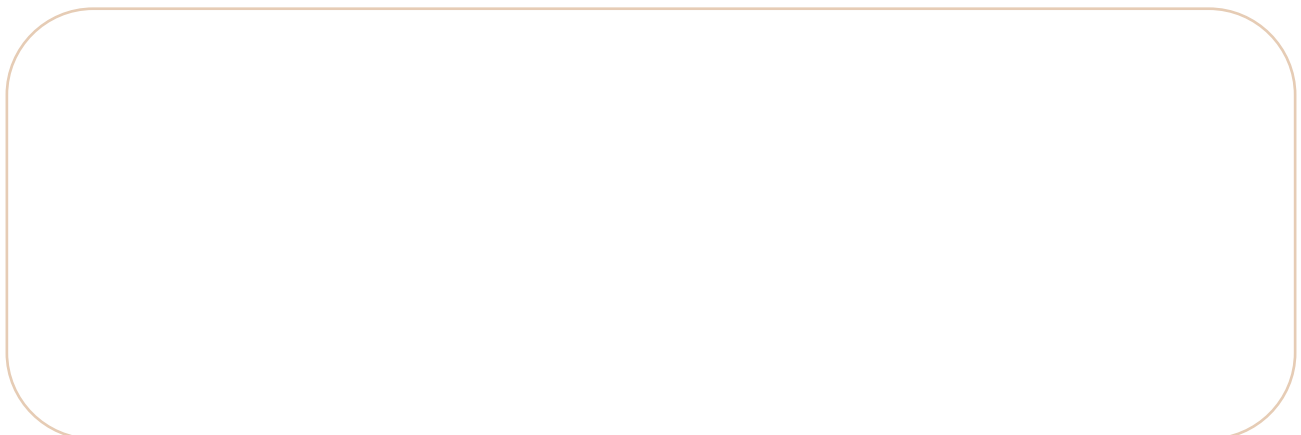
Looking at how you spent your time this year, did your schedule align with your values? If not, what needs to change?



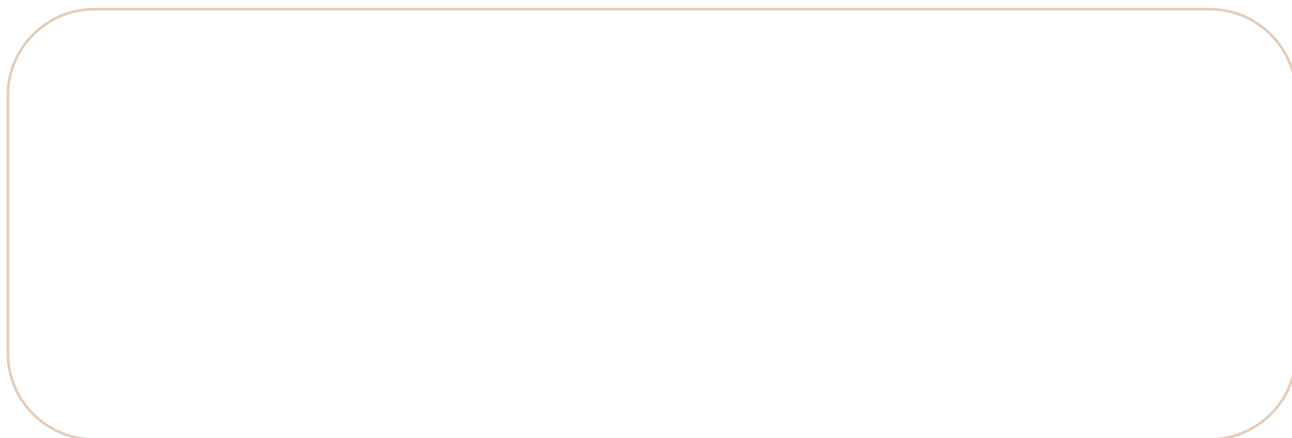
What were the top three things that consumed most of your time? Were they aligned with what truly matters?



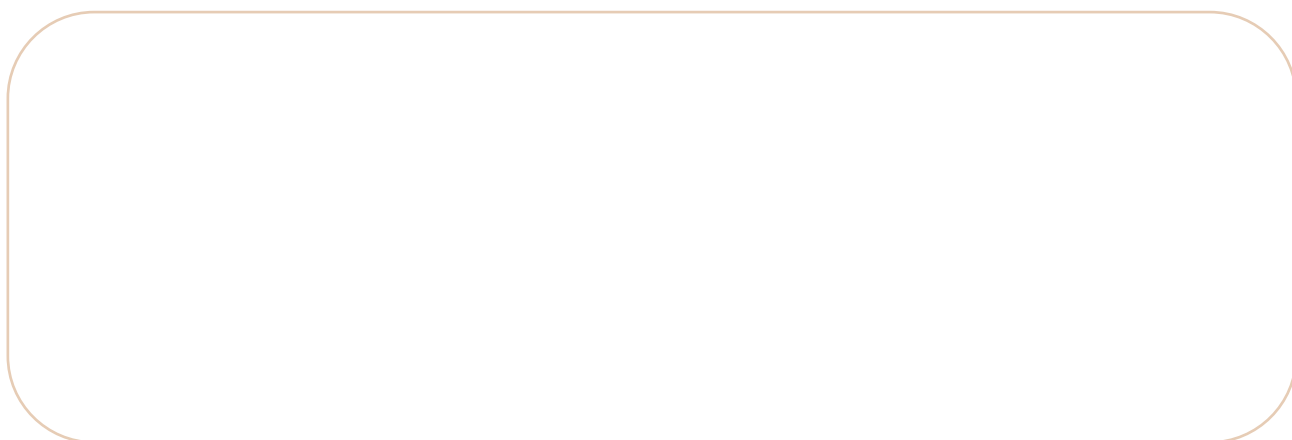
What commitments, obligations, or distractions did you say “yes” to that you wish you had declined?



What was the most meaningful use of your time this past year?



What is one way you will be more intentional with your time next year?



## Money & Resources

Over the past year, did you use money in a way that supported your values? (Y/N)


What were your best financial decisions this year?

What were your most significant money leaks or unnecessary expenses?

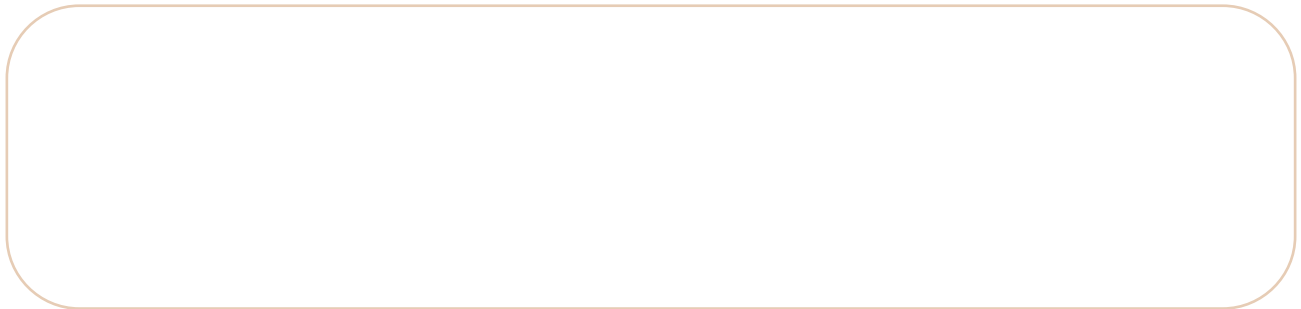
What is one change you will make next year to ensure your finances align with your priorities?

## Relationships & Support System

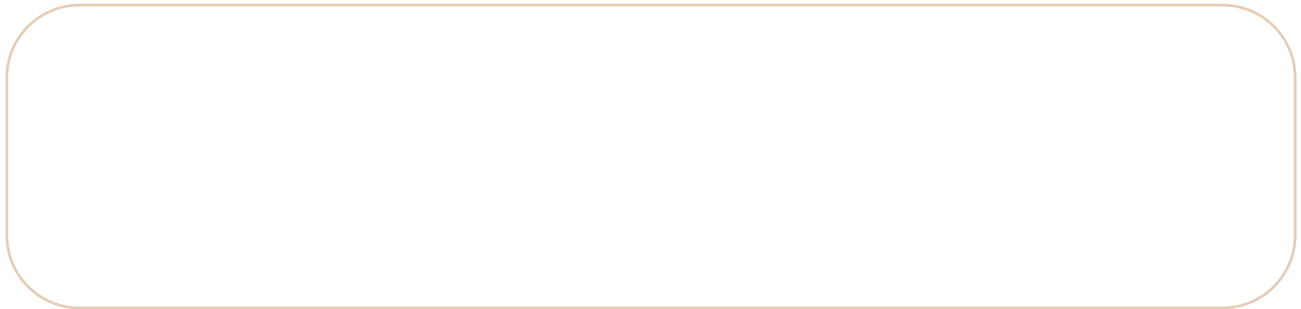
Were your closest relationships supportive of your growth and fulfillment this year? (Y/N)



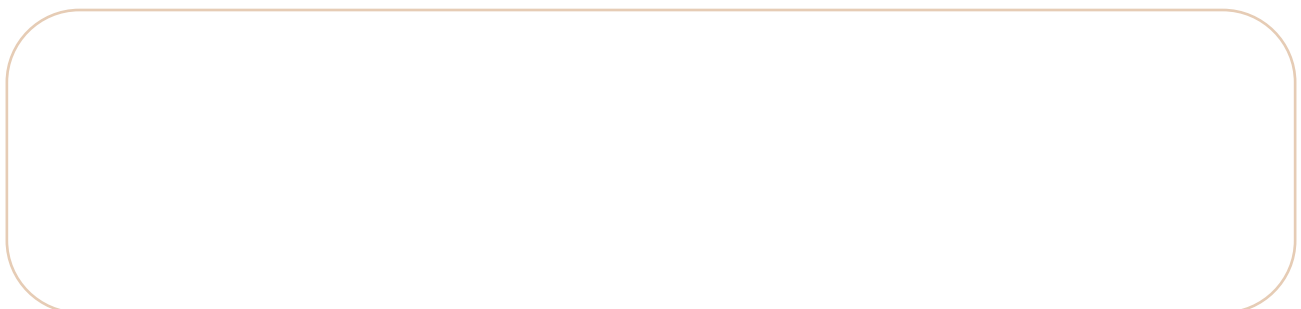
Who were the most energizing and inspiring people in your life this year?



Were there relationships that drained you or no longer aligned with who you are becoming?



What boundaries do you need to set to protect your emotional and mental energy next year?

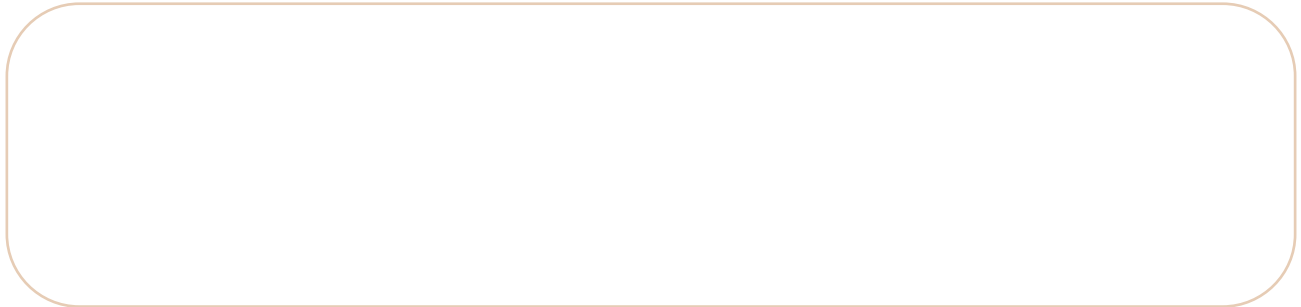


## Work, Purpose & Impact

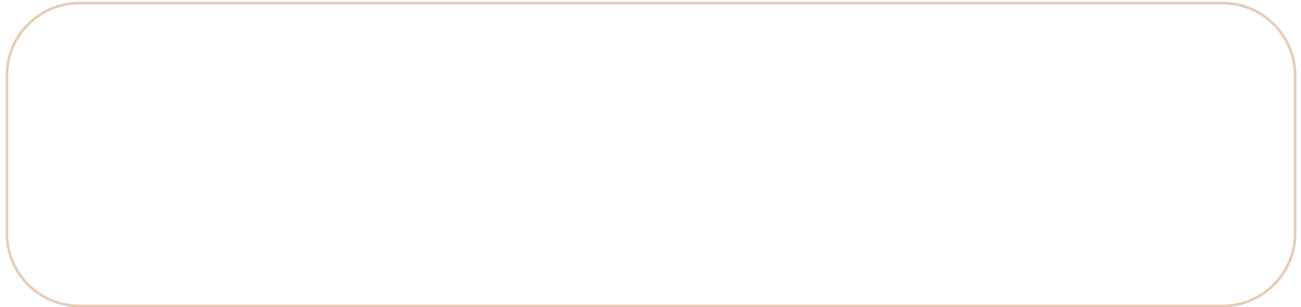
Did your work feel meaningful and aligned with your values? (Y/N)



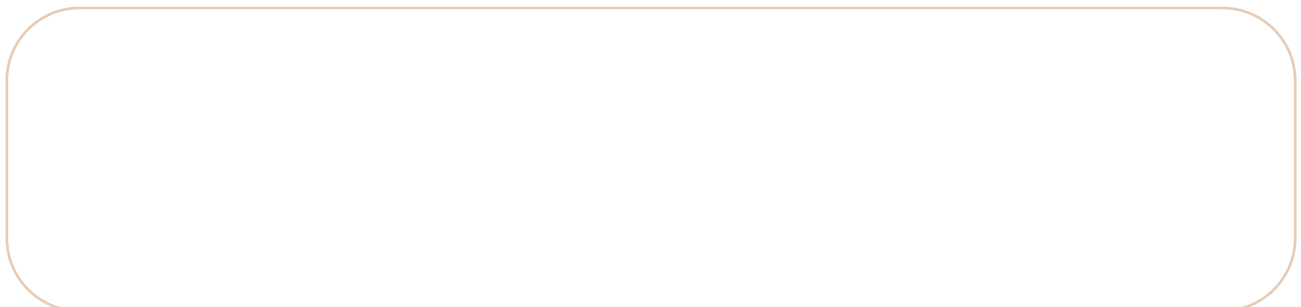
What part of your work gave you the most fulfillment this year?



What part of your work felt draining, misaligned, or unsustainable?



If you could shift one thing about how you approach your career, business, or impact next year, what would it be?



## Steps 2: Define Your Next Year— Your Fulfillment Roadmap

Now that you've assessed what worked and what didn't, let's set a clear plan to move forward with intention.

### 1. Recommit to Your Core Values

From the values work you did earlier in this book, revisit your top five values, and make sure they are reflected in your next year.

Core Value	One Way You Will Prioritize This Value Next Year
01	
02	
03	
04	
05	

**Challenge:**

Where have you drifted from your values?

What **needs to change** for you to live in full alignment?

## 2. Identify Your Three Big Priorities for the Year

Instead of setting a laundry list of goals, focus on three key areas that will make the biggest difference in your fulfillment.

	Focus Area	Why This Matters	First Step to Take
01			
02			
03			

**Challenge:**

How will you hold yourself accountable for these priorities?

Who or what will help you stay on track?

### 3. Create Your “Let Go” List

True transformation doesn't just come from adding new habits, priorities, or goals—it comes from letting go of what no longer serves you.

What are three things you will stop doing next year to protect your energy, values, and fulfillment?

01	02	03

# Final Step: Your Fulfillment Commitment

You've done the work. You've assessed your energy, time, money, relationships, and impact. Now, it's time to commit to living in full alignment.

Write a personal declaration to yourself. What kind of year are you going to create? How will you show up differently?

The sky is the limit! Who are you becoming? What is your legacy? How will you lead with purpose and impact your family, your community, and our world?

You already have everything you need! Go get it!

**Now, write yours:**



You've just made a powerful declaration about the kind of life you're committed to creating. That statement is your compass—a reminder of who you are and what matters most. But intention alone isn't enough. To truly anchor your vision into your daily life, you must reinforce it consistently. That's where the power of spoken words comes in.

### **Speak Life Over Yourself**

*“Death and life are in the power of the tongue. Words kill, words give life; they're either poison or fruit—you choose” Proverbs 18:21 (The Message)*

Your voice has authority. One of the most powerful ways to reinforce your identity, purpose, and vision is by speaking truth over yourself—out loud, every day. When you speak truth over yourself, you shift your mindset, elevate your energy, and train your brain to focus on what aligns with your highest self. Affirmations are not just motivational—they're transformational. They are declarations that rewire your brain, shape your self-concept, and anchor you in the life you're building.

Start or end your day with affirmations that align with your goals and values. You don't need dozens—just a few powerful, personalized statements that remind you who you are and what you're here to do.

This final step is about making your commitment stick by embedding it into your everyday routine. Let your words shape your world. Speak life over yourself, and watch your fulfillment become your reality.

# Exercise:

## Identify Five to Ten Daily Affirmations to Support your Vision and Goals

### Some examples to get you started:

- I lead with courage, compassion, and conviction—creating space for others to rise with me.
- I no longer shrink to fit into places I've outgrown—I walk boldly in rooms I once only dreamed of.
- I am building a life that reflects my values, not just my obligations.
- I release the need to prove my worth—I am already more than enough.
- I create healthy boundaries that protect my peace and preserve my power.
- I honor my body as the sacred vessel of my calling—rested, nourished, and strong.
- I am fully present with my children, knowing they don't need perfection, just my love and presence.
- I don't chase validation—I attract aligned opportunities by being my authentic self.
- I welcome wealth, wisdom, and divine guidance—I am open to receiving all that is meant for me.
- I walk in purpose, knowing that my work is meaningful and my impact is lasting.
- I no longer carry guilt for having ambition—my dreams are an extension of God's design in me.
- I allow joy and fun into my life without guilt—play is part of my power.
- I forgive myself for past decisions and choose to move forward with grace and clarity.
- I choose to trust the timing of my life—I am exactly where I need to be.
- I am a cycle-breaker, a legacy-builder, and a voice for what's possible.
- I give myself permission to change, evolve, and become someone new.
- I show up in rooms as the woman I'm becoming—not the one I've been.
- I protect my time like a sacred resource—my calendar reflects my priorities.
- I nurture relationships that energize, elevate, and expand me.

**Write your own. Speak them out loud daily.** Your words shape your world.

A large, empty rounded rectangular box with a thin brown border, intended for writing. The box is centered on the page and occupies most of the vertical space below the introductory text.

## Your Future Is Built One Decision at a Time

Everything you've learned in this workbook leads to this: The life you want is created by the decisions you make every day. No one is coming to give you permission. No one is going to build your fulfilled and limitless life for you.

But you can.

You already know what needs to change. You already have the roadmap. Now, it's time to live it!

**Are you ready? Then let's go.**



# Conclusion: Your Limitless Life Starts Now

You've done the work. You've reflected, challenged old beliefs, rewritten your story, and dared to ask for more. And now, standing here at the end of this workbook, I want you to know — this is only the beginning.

You were never created to live small. Your dreams, your voice, your gifts — they matter. You are worthy of a life that feels aligned, joyful, bold, and limitless.

I know what it feels like to shrink, to question yourself, to wonder if you're asking for too much. But I also know the freedom that comes when you stop settling and start living in alignment with your purpose.

So... what's next for you?

Maybe it's setting a bold new goal. Saying no to what drains you. Asking for what you need. Or finally stepping into the purpose you've been avoiding.

Whatever your next step is — take it. The world needs your leadership, your heart, your brilliance, your voice.

Fulfillment isn't about perfection. It's about walking in alignment with your values. It's about trusting God's timing, nurturing your energy, building relationships that uplift you, and showing up fully for your life.

There will be detours. Setbacks. Seasons of stillness. But through it all, never forget — you were made for more.

This is your one life. Live it fully. Live it boldly. Live it fulfilled and limitless.

I'm cheering you on every step of the way.

With love, belief, and unwavering faith in your limitless potential,

Christi

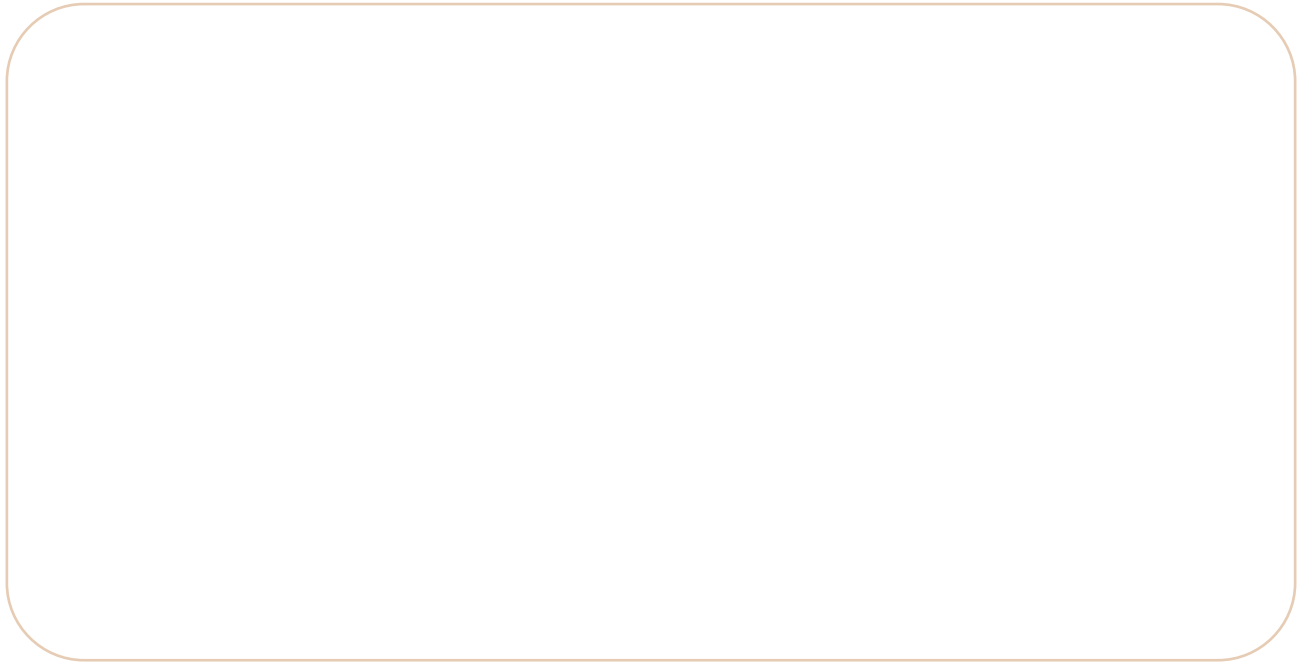
# Goal Execution Worksheets

Now that you've built your roadmap, it's time to break down each goal into actionable steps. Use the following worksheets to **clarify your goal, break it into timeframes, anticipate roadblocks, create habits for success, and set up an accountability system.**

## Creating Your Roadmap: Your Roadmap Template

Now it's time to put everything together. Fill in this roadmap to turn your vision into a reality. Use this section every year to plan your vision, set goals, break your goals into actionable steps and hold yourself accountable.

### My Three-Year Vision



### My Goals (Pick 10 goals that align with your vision). These can be big or small.

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## Breaking It Down

First Half vs. Second Half of the Year

First Half Goals  
January - June

Second Half Goals  
July - December

## Quarterly Goals

Q1  
(Jan–March)

Q2  
(April–June)

Q3  
(July–Sept)

Q4  
(Oct–Dec)

## Monthly Goals

Month	Focus Area	Key Action Steps
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

# Weekly Goals

What will I do this week to get closer to my goals?

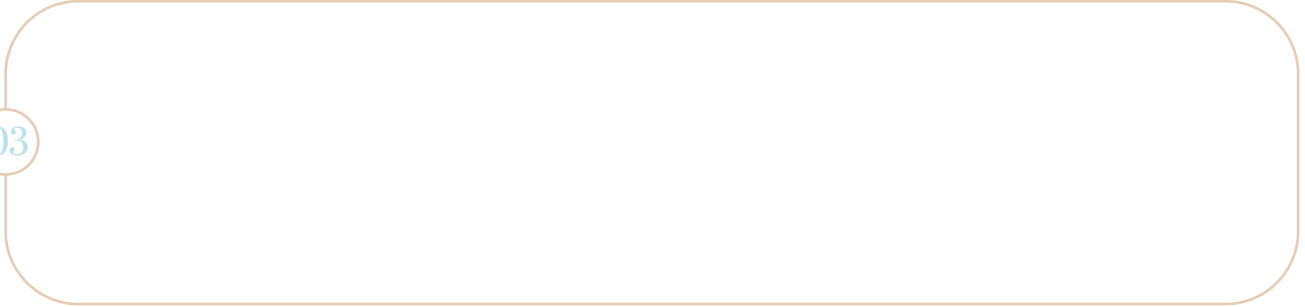
01



02



03



## Daily Habits to Support My Goals

What small actions will I commit to daily? Set three intentions for each day.

01

02

03

Success doesn't happen overnight. But by creating a clear roadmap, breaking goals into small, achievable actions, and holding yourself accountable, you'll be well on your way to building the life of your dreams!

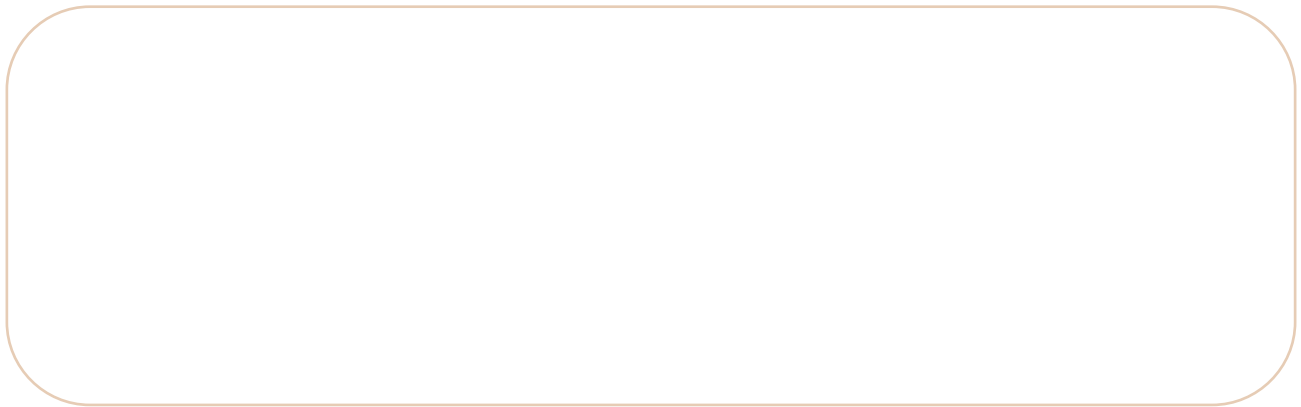
# Goal Breakdown Worksheet

(Use this worksheet to break down one primary goal into actionable steps.)

## 1. Define Your Goal

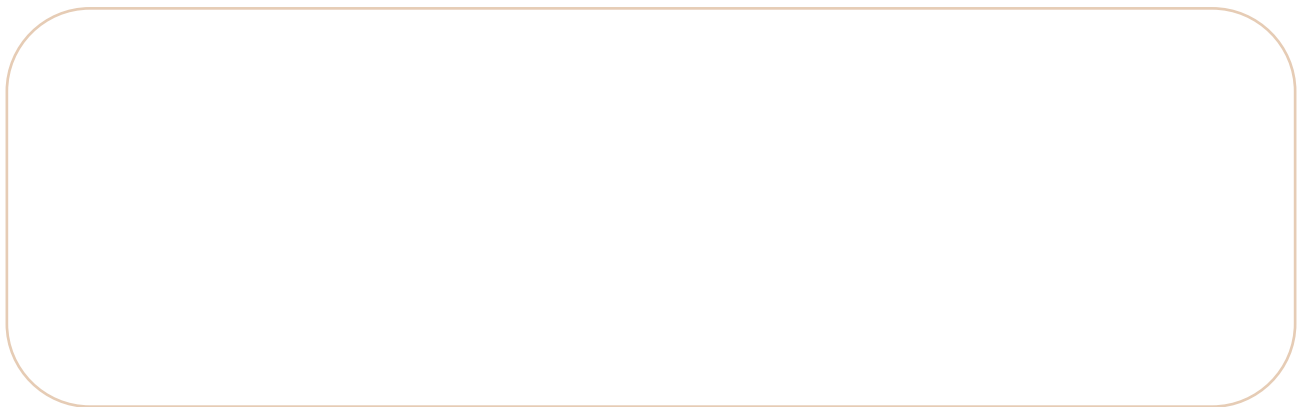
**What is the goal you want to achieve?**

(Example: "Lose 20 lbs. by December 31, 2025.")



**Why is this goal important to you?**

(Your deeper motivation—e.g., "I want to feel stronger and healthier, so I have more energy for my family.")



## 2. Timeline for Achieving Your Goal

Break your goal into achievable milestones.

First Half vs. Second Half of the Year

First Half Goals January - June	Second Half Goals July - December

### Quarterly Goals

Q1 (Jan–March)	Q2 (April–June)
Q3 (July–Sept)	Q4 (Oct–Dec)

## Monthly Goals

Month	Focus Area	Key Action Steps
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

### 3. What Obstacles Will Get in My Way How I Will Respond:

Obstacle

Response

### 4. Supporting Habits for This Goal

What **daily and weekly** habits will help you get closer to these goals and keep you on track?

Daily Habits

Weekly Habits

How can you **track** these habits? (e.g., Log and check off your habits in a journal or habit tracker)

## 5. Time Blocking & Calendar Integration

Add goal-related tasks to your calendar to ensure follow-through.

### Schedule the following:

- Time-block key action steps weekly. When will you do them? Schedule these as high-priority meetings on your calendar.
- Schedule monthly check-ins to assess progress.
- Schedule a quarterly review meeting on the first day of each quarter.

## 6. Accountability System

### Who will help keep you accountable?

(Example: "My best friend will check in weekly, and I'll have a coach for monthly reviews.")

### My accountability partner(s):

### How we will check in (frequency & method):

(Example: "Weekly phone call every Sunday, monthly in-person meeting.")

# Big Goal One Pager

**My Why:** Why is this goal important to me?

**Action Plan - Key Tasks** I will complete to achieve this goal:

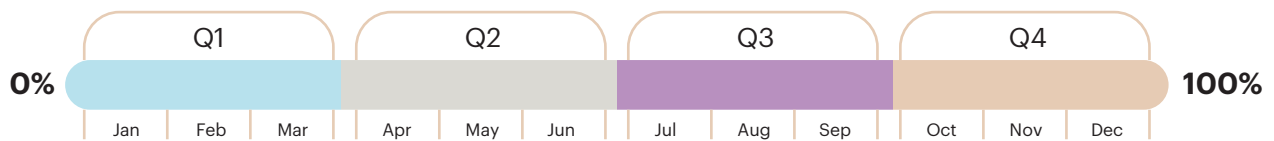
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**What Obstacles Will Get in My Way** → **How I Will Respond:**

Obstacle

Response

## Progress



**Final Goal Achievement:** Goal accomplished by \_\_\_\_\_(date)  
**Celebrate your success!** How will you reward yourself?

# Monthly Focus Action Plan:

## Top Five Goals This Month:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Tasks This Month to Achieve These Goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What Obstacles Will Get in My Way    How I Will Respond:

Obstacle
_____
_____
_____
_____

Response
_____
_____
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_____

## Weekly Goals Tracker

### Top Three Goals:

\_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

### Tasks This Week

\_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  
 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  
 \_\_\_\_\_

## Reflect:

What went well this week? What progress did you make?

What didn't go well? What challenges did you face, and how did you handle them?

How will you celebrate?

What will you do differently next week?

# Weekly Planner

Mon

Tue

Wed

Sentences to Journal:

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# Habit Tracker

Check off each Box as you Complete Your Daily Habits.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Daily Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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Fulfilled & Limitless

# Yearly Goal Mapping:

Create Your Roadmap

## Yearly Goal Mapping & Timeline Worksheets

Use this worksheet to **map out your year**, break down your goals into manageable timeframes, and ensure you stay on track with clear action steps.

### Step 1: Define Your Key Goals for the Year

(List three to five major goals you want to achieve this year below.)

01

06

02

07

03

08

04

09

05

10

## Step 2: First Half vs. Second Half of the Year

Break your goals into the first and second halves of the year

--	--

## Step 3: Quarterly Goal Breakdown

Map out what you need to accomplish each quarter to achieve your goals.

### Quarterly Goals

Q1 (Jan–March)	Q2 (April–June)
Q3 (July–Sept)	Q4 (Oct–Dec)

## Step 4: Monthly Goal Breakdown

List your focus for each month to stay aligned with your quarterly milestones.

Month	Focus Area	Key Action Steps
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

## Weekly Goals Tracker

### Top Three Goals:

\_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

### Tasks This Week

\_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  
 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  
 \_\_\_\_\_

## Reflect:

What went well this week? What progress did you make?

What didn't go well? What challenges did you face, and how did you handle them?

How will you celebrate?

What will you do differently next week?

# Weekly Planner

Mon

Tue

Wed

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# Habit Tracker

Check off each Box as you Complete Your Daily Habits.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Daily Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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## Step 6: Time Blocking & Scheduling Activities

- Add milestones to my calendar.
- Schedule weekly focus time for goal-related tasks.
- Set reminders for key deadlines.
- Plan time for goal review & adjustments.

## Step 7: Accountability & Progress Tracking

(Use this section to stay on track and ensure you have support.)

**Accountability Partner(s):**

**Check-in Schedule:**

(Example: "Every Sunday evening, I will review my goals and progress.")

**Progress Reflection Questions:**

- What went well this week/month?

- What obstacles did I face?

- What adjustments do I need to make?

- How will I celebrate my progress?

You're setting yourself up for success and consistency by mapping out your year in manageable steps. Stick with your plan, track progress, and adjust as needed—**your dream life is within reach!**

# The Mid-Year Review:

Your Fulfilled & Limitless  
Check-In

*"You can't change what you don't  
acknowledge—and you can't create what  
you don't clearly define."*

*— Christi Cossette*

## Creating Your Roadmap: Your Roadmap Template

We often wait until the end of the year to reflect, reassess, and reset—but high-achieving, purpose-driven women know success comes from intentional check-ins along the way.

This is your opportunity to realign with what matters, clear out distractions, and reset your vision for the remainder of the year.

**Let's get honest. Let's get intentional. Let's get limitless.**

### Step 1: Define Your Values

Your values are your internal compass. They guide your decisions, set your standards, and keep you anchored in what matters most.

If you've never clarified your top values—this is your moment.

Need inspiration? Here's a short values list to spark your thinking:

**Freedom | Family | Growth | Faith | Impact | Integrity | Success | Joy | Connection | Health | Love | Wealth | Adventure | Service | Leadership | Peace | Excellence**

### Why Values Matter:

- They help you set boundaries
- They make decision-making easier
- They keep you aligned with your purpose
- They help you say "yes" and "no" with confidence

## Values Reflection:

**My Top 3-5 Values:**

01

02

03

04

05

Where did I live out those values over the past 6 months?

Where did I compromise my values?

Are there values I've outgrown or ones I want to elevate now?

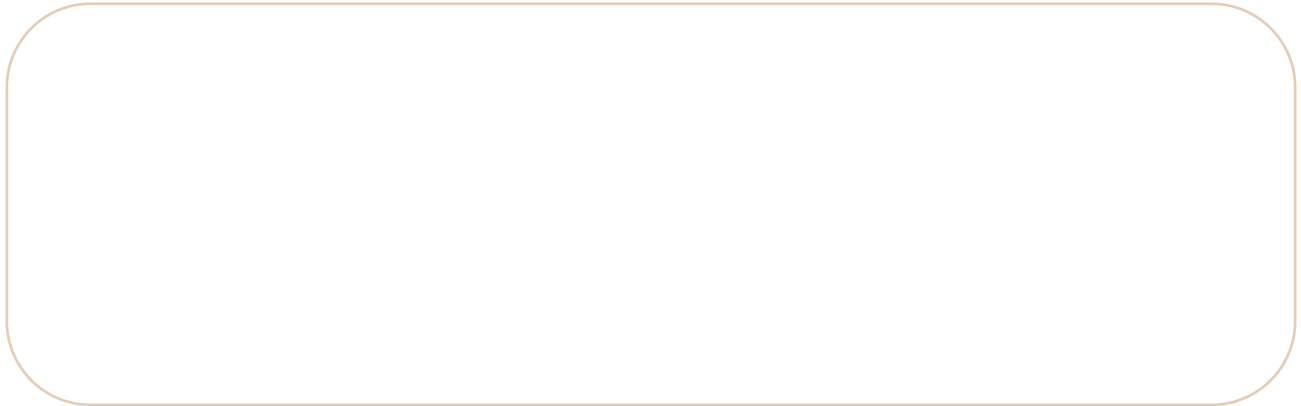
## Step 2: Reflect on the Past 6 Months

We don't grow by staying busy—we grow by paying attention.

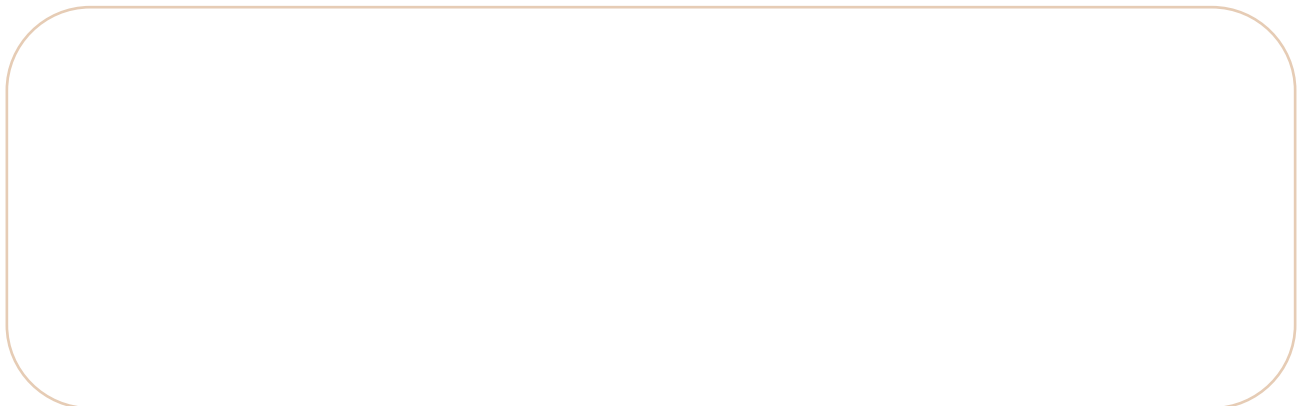
Look back before you move forward.

### **Calendar + Wins Audit:**

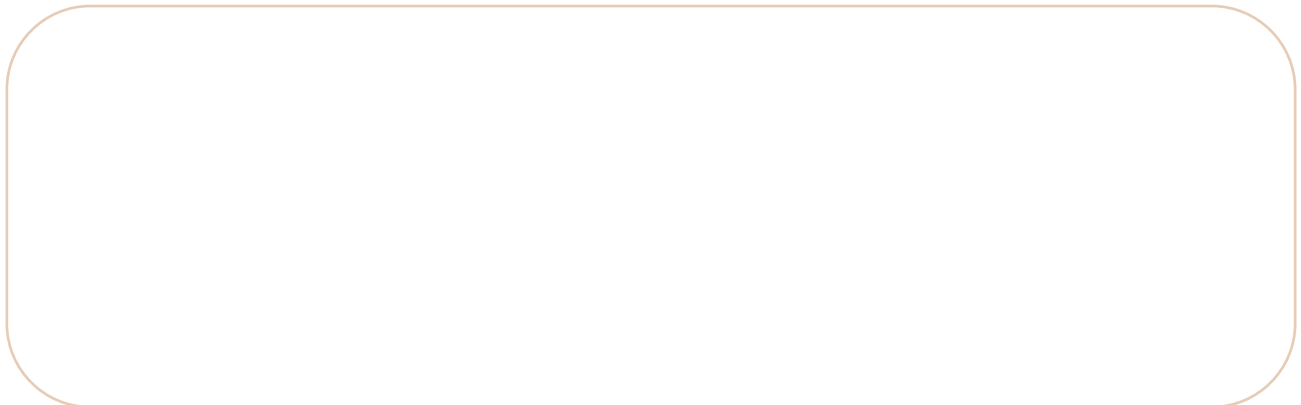
What did I accomplish over the past 6 months? Big or small, list them all.



What brought me the most joy, fulfillment, or energy?

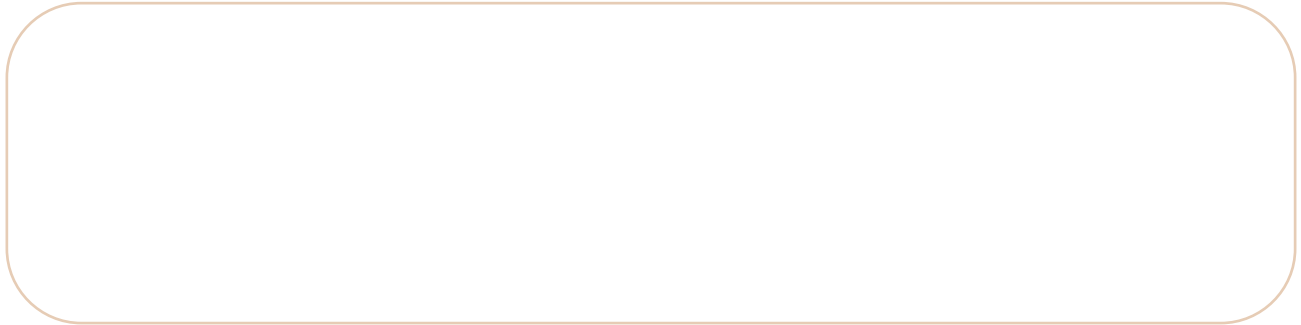


What drained me, frustrated me, or wasn't worth the cost?

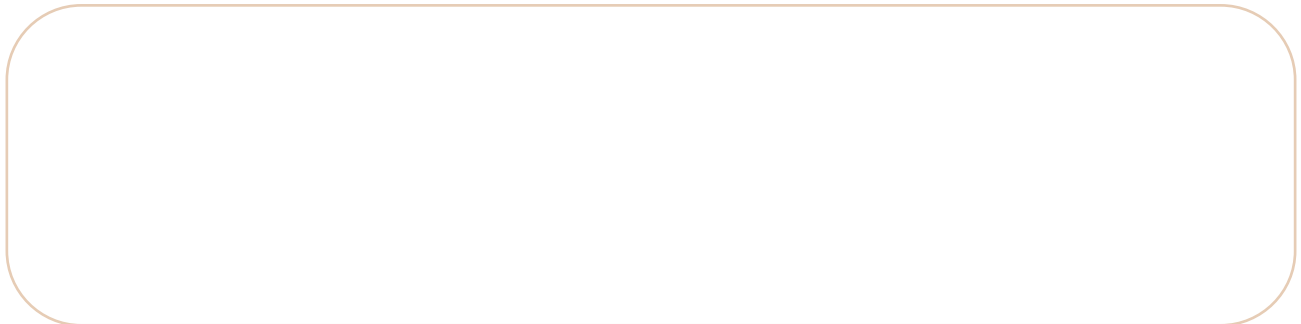


## Goal Check-In:

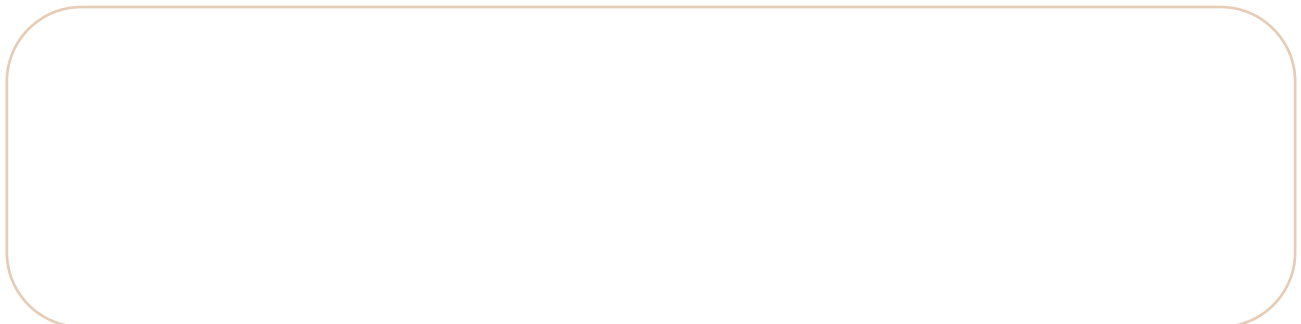
Did I set goals for this year? (If yes, list them below.)



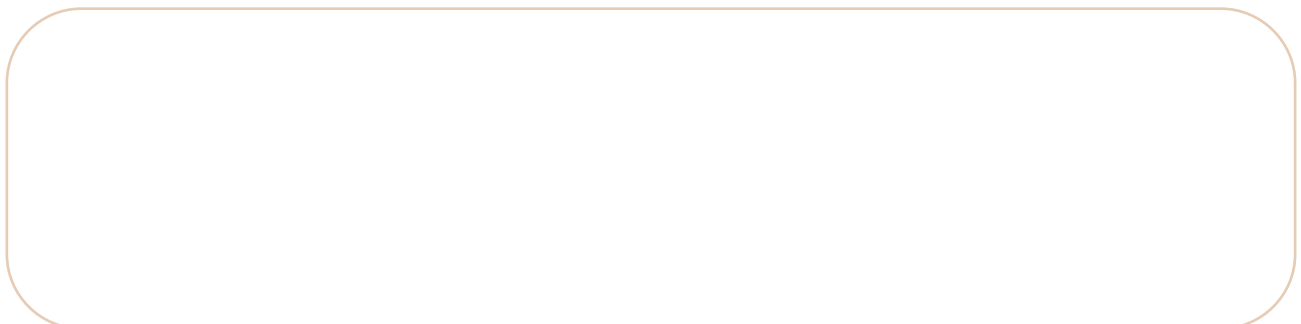
Am I still aligned with those goals?



Is there anything I thought I wanted but no longer care about? (Permission to re-lease it!)



Is there anything new I feel called to pursue now?



## Reflection Prompts:

What am I proud of?

What do I wish I had done differently?

Where have I surprised myself?

Where have I been holding back?

What lessons or breakthroughs emerged over the past 6 months?

## Step 3: Take Inventory of the Present

Awareness creates power. It's time to get real about what's working—and what's not.

### **What's Working:**

What's going well in my life right now?

Where am I seeing progress or momentum?

What habits, routines, or mindsets have been supporting me?

What should I continue doing?

## What's Not Working:

Where am I stuck, frustrated, or off track?

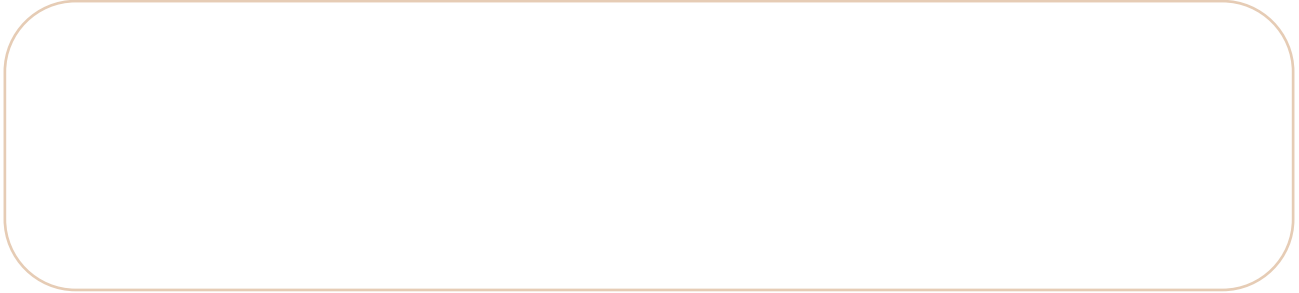
Have I been living in alignment with my values?

Where have I let distractions, fear, or excuses creep in?

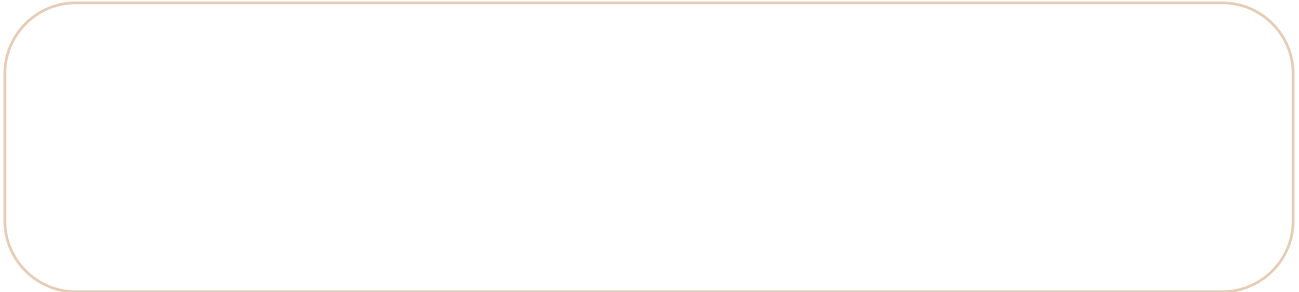
Have I been honoring my health, energy, and relationships?

## Power Questions:

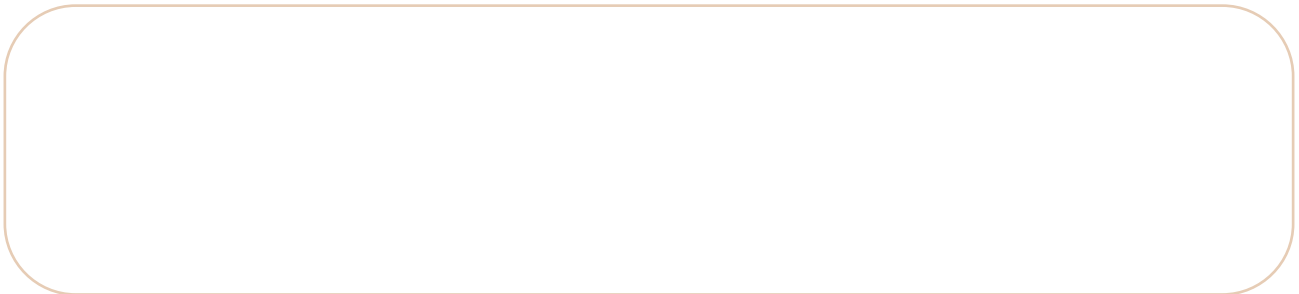
What's the ONE thing I could START doing that would make the biggest difference?



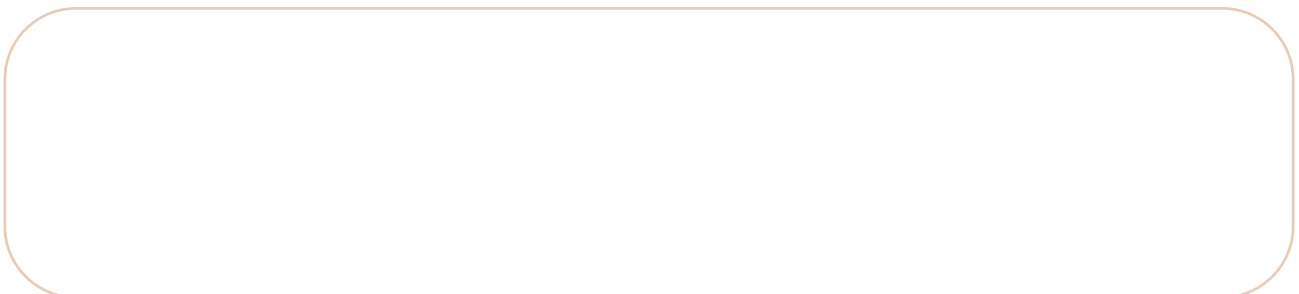
What's the ONE thing I need to STOP doing to create more freedom, peace, or success?



Where do I need to raise my standards—for myself and others?



Is there a tough conversation, boundary, or decision I've been avoiding?



## Step 4: Reset Your Vision + Plan the Future

The next 6 months are a blank slate. What story do you want to tell?

### Vision Reset:

What does my most fulfilled, limitless life look like by year-end?

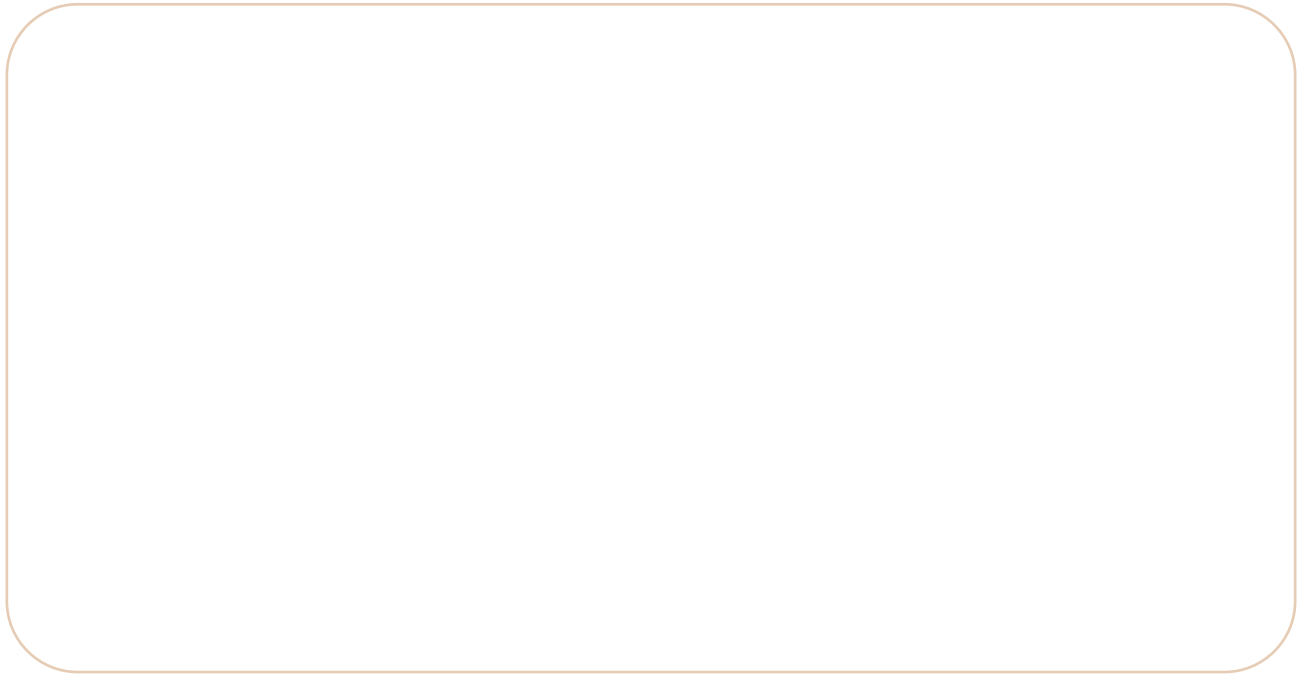
How do I want to feel every day?

What does success look like on my terms?

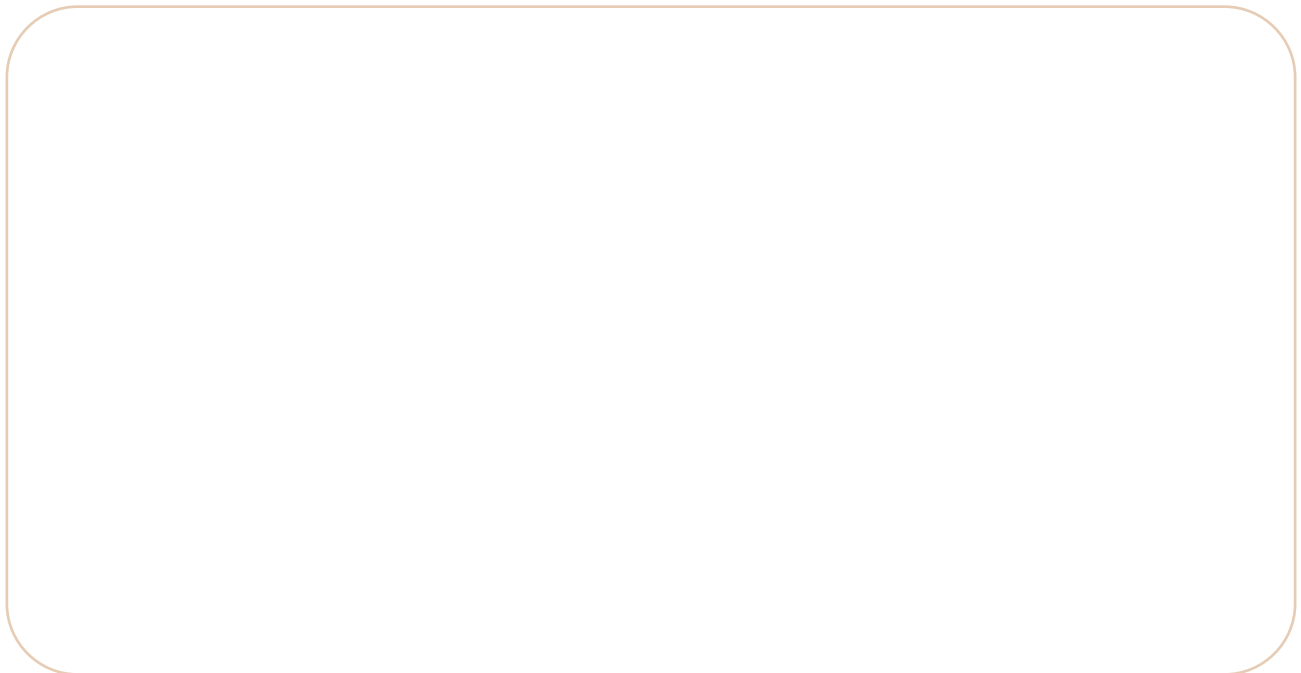
What relationships, habits, and experiences support that vision?

## Goal Reset

What are my TOP 1-3 priorities for the next 6 months?



What smaller steps will move me forward?



What's my month-by-month plan?

Month	Focus Area	Key Action Steps
July		
August		
September		
October		
November		
December		

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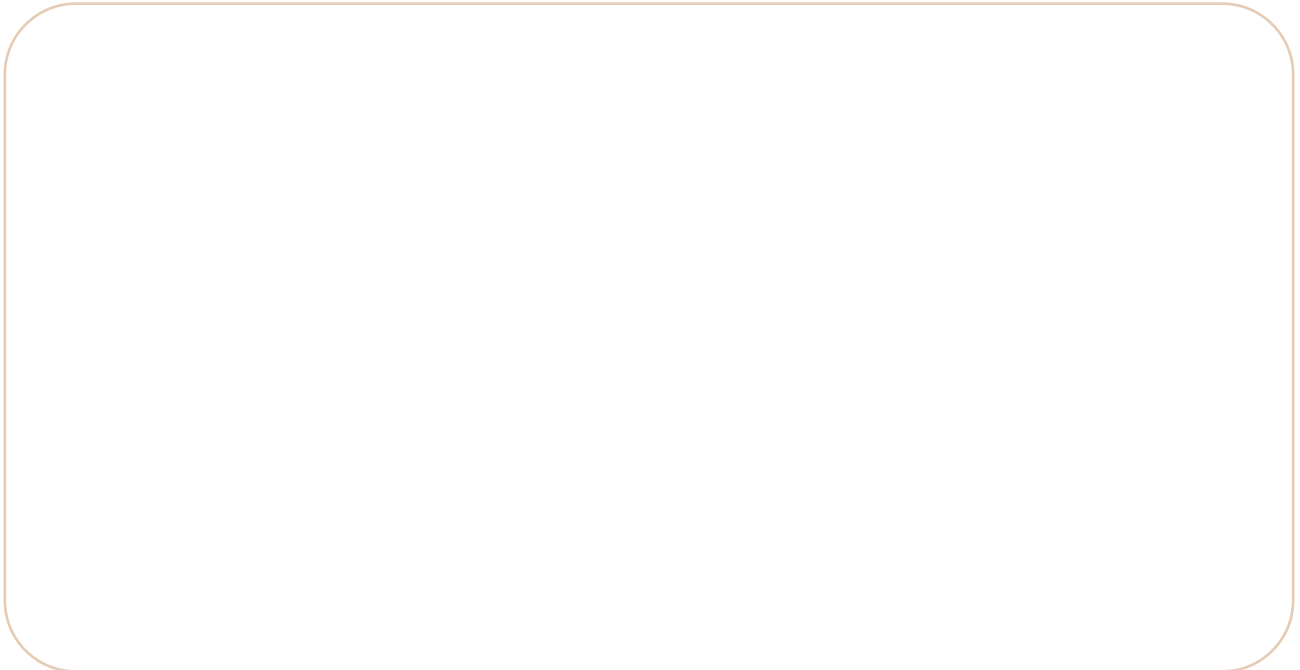
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## Goal Reset

What weekly or daily habits will I install?



Where will I track my progress? (Journal, planner, app, etc.)

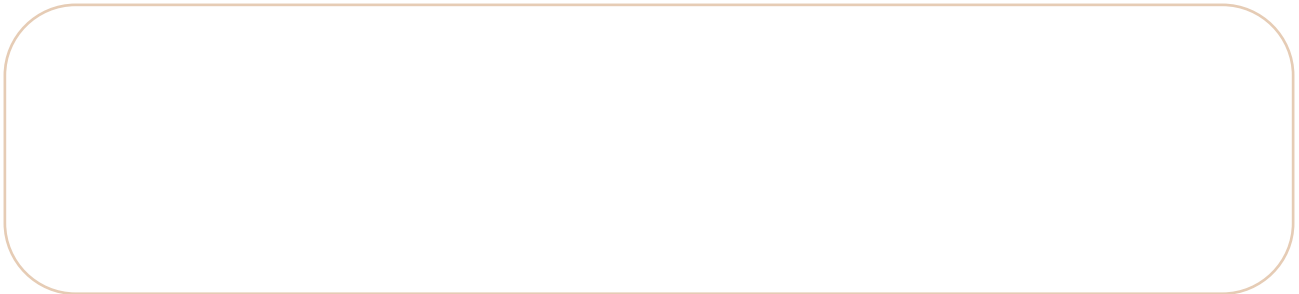


## Recommit to You:

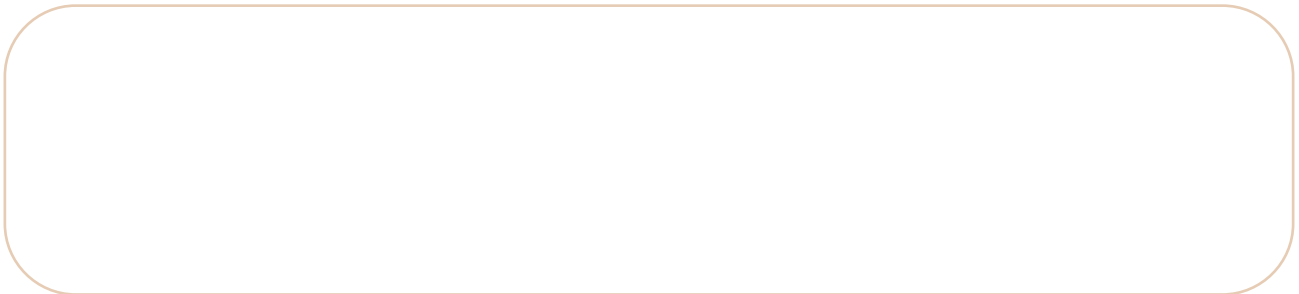
What distractions or commitments will I release to protect my energy?



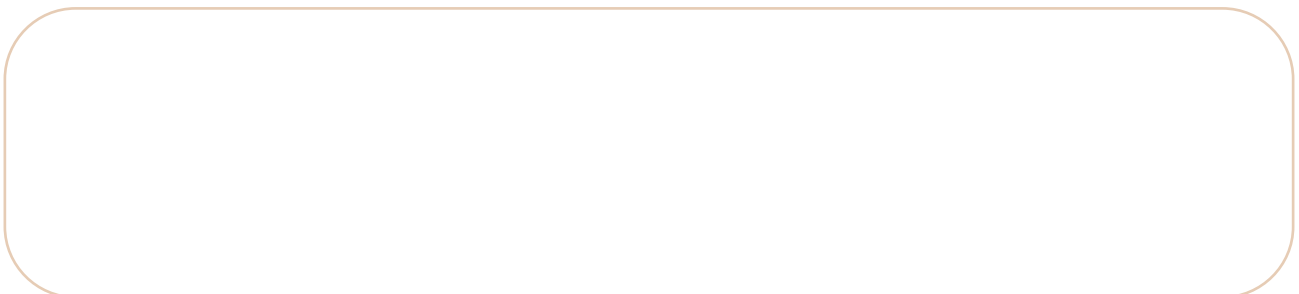
How will I celebrate progress along the way?



Who will hold me accountable?



What support or resources do I need to succeed?







# About the Author

Christi Cossette is a sought-after executive coach, transformational speaker, and International Best-selling Author dedicated to empowering high-achieving women to reconnect with their purpose and redefine success on their own terms. As the founder of Cossette Transformation Coaching, she helps ambitious women navigate career transitions, elevate their leadership, and create more fulfilling lives through strategic executive coaching and transformative frameworks. Drawing on over two decades of experience in business transformation and leadership, Christi has guided powerhouse women through pivotal career shifts, entrepreneurial ventures, and life-changing breakthroughs.

Christi is also the founder of The Powerhouse Women Network. In this private community, ambitious women cultivate deep connections while navigating executive leadership challenges. Designed for six-figure entrepreneurs and senior executives, members gain access to expert insights, authentic support, and high-impact relationships with women who understand their ambitions and challenges.

Christi's mission is to inspire women to reach their full potential without losing themselves in the process. In *Fulfilled & Limitless*, Christi blends personal stories, actionable strategies, and her signature Fulfilled Life Formula to inspire women to design lives of impact, freedom, and lasting fulfillment. She lives in Minnesota with her husband, Andy, and their three sons.

Learn more about Christi at <https://christolcossette.com>