SMART COOKIES

WORKBOOK

AUTHENTIC VISION + ALIGNED GOALS







YOUR RICHEST YEAR

PART ONE: ANCHORING IN MEANING

As a child what did you LOVE to do and would fully immerse yourself in without giving a thought to if you were good enough or if you were “doing it right”? How did it feel??

What do you find yourself day dreaming about?

If we glimpsed inside your Pinterest board or screenshot file, what images would we see?

Think back to a time in your life when you felt like your most magnetic, glowing, high worth true whole self.

How would it feel to be able to fully own and express this part of yourself??

PART TWO: HOW TO WRITE THE STORY OF THE LIFE YOU REALLY WANT TO LIVE

The story you create for your life is yours to design and is a deeply powerful predictor of what you'll experience and manifest.

You're about to uncover and write in detail the story of A Day Well Lived in the year ahead- a typical day, but a magnificent and beautiful typical day.

Include as much sensory detail as possible as you let this flow - you want to feel, see, smell, taste it!

I recommend using the included space to jot some initial notes, just let your answers flow without judgment, you can always revisit and edit, let it be messy and imperfect. Let this process be meaningful, make it yours, have fun and always leave a little room for magic.

TIPS

Write Your Day Well Lived in the present tense as if you're already living it

I imagine my Day Well Lived as a Friday. Because who doesn't love Fridays, and it's the perfect day to weave in purpose/ work related activities with social and lifestyle bits too.

Don't get bogged down worrying and wondering how it will all possibly unfold. It's time to put your true desires in the driver's seat and trust that what you really want is already yours, because guess what? It is.

MORNING

What is the light like outside ? Who are you with as you open your eyes? How are you feeling, what are you thinking about and looking forward to most? What does your bed feel like?

As you open your eyes and begin your day, where are you? Are you at home? Describe the space, what does it look like and feel like both inside and outside?

What are you smelling, what do you hear and notice as you go about your morning?

What is your morning routine like? Who is with you? What are you doing as you get ready for your day? How do you take care of yourself in the morning?

MY DAY WELL LIVED

DAYTIME

As you settle into what you'll accomplish today, what do you look like and feel like?

What kind of work are you doing? Who do you work with, how do you feel around these people?

Where do you work, what does the space look and feel like?

What do you love doing most during the hours of the day?

MY DAY WELL LIVED

DAYTIME

What do you do today that makes you feel most proud and accomplished?

What are your ideal clients, customers and team members saying about you?

What are you celebrated for and looking forward to the most?

AFTERNOON + EVENING

When you're done with what needs to get done for the day, what do you do? Who are you with?

What is your evening like? Who are you with, what are you eating and drinking?

As you climb into bed how do you feel and what are you looking forward to?

"If our desires and intentions are truly aligned, we can begin to manifest the life we want by engaging all of our senses in the imagining and visualization of it - saying it, hearing it, visualizing what it looks, feels, and tastes like. In this way our dreams begin to feel tangible in our brain"

- Dr. Tart Swart

VISION CANVAS TEMPLATE



PART FOUR: ALIGNED WEALTH + ABUNDANCE GOAL

What's the one brave, needle moving goal I would be so excited to achieve in the next 90 days?

My 90 Day Compass Goal Is

What false belief would stop me from taking action?

What are three mini actions I will take in the next month to move through this false narrative + story and create momentum?

PART FOUR: ALIGNED WEALTH + ABUNDANCE GOAL

What do you need to remind yourself of to keep moving forward?

