



YOU ARE HERE: PART I

How would you describe your current self?

What do you feel is currently lacking in your life?

What do you think has held you back from achieving your goals, and how does it impact your life?



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What is an area of your life you would like to improve upon?

What have you tried previously to reach your goals?

What do you feel you need to change to achieve your goals?



YOU ARE HERE: PART II

In an ideal world, what would your life look like?

What aspects of your future life would bring you the most joy?

How can you bring more of what you desire into your life now?



YOU ARE HERE: PART II

How would you describe the ideal version of yourself?

What can you do to start embodying her now?

If you achieved everything you desired, what would your future self tell your current self to help support you on your journey?
