



## VIP DAY- Lifestyle and Planning

### Your Aligned + Beautiful Life

1. Paint a picture of your life 3 years from now, in an ideal world.
  - a. What does your lifestyle look like?

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- b. How many hours do you work?

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- c. What do you do with your spare time?

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2. What brings you alive? What are you happiest doing? What revives you when you are low?

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3. What could you do all day long that would never feel like work?

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4. What is the legacy you want to leave? What do you want to be remembered for?

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5. What is your "ONE THING"?

Based on your answers here what is the one thing that is of the absolute most importance in your life?

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6. Your "Alignment" - things that feel in complete flow for you...  
Your "Knowledge Alignment" – What do you love to teach/share?

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Your “Delivery Alignment” – How do you enjoy delivering your message? On a stage to a large audience? Behind a computer in your PJ’s all day? Walking around your house recording audio only into your phone recorder?

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7. What is your “ANTI-ALIGNMENT”

What ways do you absolutely NOT enjoy delivering your knowledge? Do you freak out at the idea of speaking on a stage? Does the idea of sitting in front of a computer speaking to slides and recording it make you cringe?

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8. Are there any thoughts coming up for you that are holding you back?

Write them down here, then come back to them when you do the belief shift exercise in this program, so you can change that statement to one that serves you on this journey.

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9. List at least 45 words or phrases to describe you, what you truly value and the legacy you want to leave on the world ...

1	16	31
2	17	32
3	18	33
4	19	34
5	20	35
6	21	36
7	22	37
8	23	38
9	24	39
10	25	40
11	26	41
12	27	42
13	28	43
14	29	44
15	30	45

This is what you are all about. Everything you do should project this and have you feel in flow and full of self love every day. This is your purpose and your legacy. If you embody this every day you know you are on your right path.



**10.** Put a post-it note on your computer that has these 3 words or phrases from above. That way you can keep checking in on yourself to make sure you are LIVING these as your truth.

Take it a step further ... pick ONE ... and make that your ONE THING!