



COACHING

CLEAR AND COMPELLING FUTURE

“Shoot for the moon. Even if you miss, you'll land among the stars.”
Norman Vincent Peale

“Shoot for the moon. When you do, you'll discover a whole new galaxy of possibility, and it's one heck of a FUNNNNN ride!”
Jenn Walker

Free write **EVERYTHING** you want/desire/need/dream of in the 5 Categories below (Go BIG - Be REAL - Get SPECIFIC):

1) HEALTH AND WELLNESS: Body, Mind, Spirit
(Examples: ideal body weight, fitness and activity level, how do you nourish your body/mind/spirit, morning routine, evening routine, outdoor time, gym time, what you look like, how you feel, mindset, meditation, belief)

2) RELATIONSHIPS: Intimate, Family, Friends, Colleagues, Clients, and Community
(Examples: description of ideal partner/relationship, bonds you have with close friends, support/connection with colleagues and clients, what kind of communities are you involved with, how do you feel having your ideal relationships)



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3) CAREER/FINANCIAL: Dream Career and Finances

(Examples: What is your dream business, what does your ideal day look like, what career would you do if money was no concern, what would you give/how would you serve, what problems do you solve for people, do you want financial security, freedom or abundance, what specific amount of money do you want to make per month, per year, how does it feel to work your dream job and get paid your dream salary)

4) QUALITY OF LIFE: Home, Car, Toys, Trips, Adventure, Creative, Courses, Material Assets, FUNNNNN!!

(Examples: Dream home, what car do you want to drive, what material things do you want to have – clothes, furniture, standup paddle board, mountain bike, etc., trips you want to take, music lessons, learn Spanish, how does it make you feel to have everything you want/need)

Dive Heart First

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5) LEGACY: Contribution and Service

(Examples: How will people remember you, when your physical body is no longer here what have you left behind, how have you impacted people, what difference have you made in the world, what change were you part of influencing, how does knowing that you made a difference make you feel)

Amazing! FUN lil exercise right?! Here's the thing, 90% of people don't know WHAT they want in life. Out of the 10% of people that do know what they want, only 80% take action to make their dreams a reality. Here's where you're different. You're already decided to get CLEAR, join COMMUNITY, and take ACTION to make your dreams YOUR LIFE! For that reason – YOU ARE BADASS, and you've already earned my utmost respect and admiration! You're a "social disruptor", making waves, and creating a new standard for yourselves and this world, and for that I love you, and I'm excited to be apart of this together.

Here's where the party gets started:

- Now, go back to each item and assign a timeline for everything you wrote, and when you want to accomplish it by. (E.g. 6 weeks, 2 month, 9 years, etc.)
- Then, in each category choose THE ONE THING that if it were to happen THIS YEAR, it would absolutely LIGHT you up!! Circle it! (Dive into your intuition on this, where does you're energy go/what do you get drawn to? What's a "FUCK YEAH"?)
- Now what's the THE ONE THING out of all the categories that if it were to happen this year it would absolutely LIGHT YOU UP?

The wheels are set in motion! By focusing on THE ONE THING, ENERGY will FLOW into the other areas of your life. FOCUS and PRIORITY is KEY! By writing out what we want in the other categories, our subconscious will already start to get to work on those as you take care of your ONE THING. 😊

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- **NOW! VERY IMPORTANT!! TAKE ACTION TOWARDS YOUR ONE THING!**
 - What's the first step towards attaining that goal? Do that NOW!!
 - Count 5, 4, 3, 2, 1 and DO IT!!
 - It could be reaching out to a Mentor to set up a meeting to ask for advice, it could be declaring it to EVERYONE to hold you accountable, it could be hiring an amazing coach... I 'might' know one. ☺ Etc.
 - Whatever it is, do it RIGHT NOW!! DO NOT put this off!! Waiting for the "right time" is BS! JUST GO! ACT!! YOU'RE BADASS!! BAM!!
 - Once that ACTION is taken, be open to the next opportunity that arises aligned with your goal, and take that action, and so on....
 - This SIMPLE EXERCISE WILL TRANSFORM EVERYTHING! I do this baby once a quarter... that's how BADASS and POWERFUL it is!!

Be conscious and aware of everything that is opening up now from that ONE simple action!! Bring your AWESOME SUCCESSES and SHARE in THE PASSION AND PURPOSE PROJECT Facebook Group!! LET US CELEBRATE YOU!! If you're not part of this FREE Private Group yet, request access here: bit.ly/ThePassionAndPurposeProject

 - See you on the inside!! WOOT WOOT!!
 - PS: More CLARITY comes with ACTION not more THINKING
- Write down the successes that you have started from that one simple ACTION and SHARE with THE PASSION AND PURPOSE PROJECT FACEBOOK GROUP:
