



REFLECT
REFINE
ALIGN

design the life experience you desire



Welcome!

◆◆ ~ DISCERN THE WINS AND LOSSES OF LAST YEAR, THE LESSONS LEARNED AND OVERLOOKED

◆◆ ~ TAP INTO THE LIFE EXPERIENCE YOU DESIRE TO CREATE

◆◆ ~ AWAKEN THE FEELING, THE IMPACT, AND THE IMPORTANCE OF YOUR HEART'S DESIRES

◆◆ ~ EMPOWER YOUR PATH TO MAKE THE VISION A REALITY, AND ALIGN TO YOUR TRUE POSSIBILITIES.



GET READY TO WALK THROUGH YOUR
BIGGEST CELEBRATIONS AND CHALLENGES
OF LAST YEAR (AND PULL OUT THE GEMS).

AND GET REAL ABOUT THE CHALLENGES
STEPPING FORWARD.



DRAW OUT YOUR DREAMS AND AMPLIFY
THEIR VALUE TO HONOR THE
IMPORTANCE OF WHAT YOU WANT AND
MASSIVELY INCREASE YOUR POWER TO
ACHIEVE IT



CLARIFY THE KEY, ESSENTIAL ASPECTS YOU
NEED IN PLACE TO MANIFEST THOSE
DREAMS.



GET HONEST ABOUT WHAT NEEDS TO
CHANGE SO YOU CAN ALIGN WITH WHAT
YOU'RE CALLING IN



ARTICULATE THE PRIME PIECES THAT
SUPPORT YOUR NEW POINT OF
ATTRACTION
AND
THE VITAL ACTION STEPS FOR ULTIMATE
SUCCESS IN CRAFTING YOUR IDEAL LIFE
EXPERIENCE.



Reflect

1

WHAT ARE YOUR
BIGGEST WINS
AND FAVORITE
EXPERIENCES
FROM LAST YEAR?





2

WHAT WERE YOUR
BIGGEST
CHALLENGES
FROM THIS PAST
YEAR?



3

HOW DID THOSE WINS AND LOSSES OFFER YOU AN OPPORTUNITY TO LEARN AND GROW?





4

WHERE DID YOU NOTICE YOU
WERE OUT OF INTEGRITY?

How did you make choices or take action that wasn't
in alignment with what you knew to be best?



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STEPPING FORWARD, IN THIS NEXT CHAPTER,
WHAT WILL BE YOUR BIGGEST CHALLENGES?





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IF THESE CHALLENGES HAVE
BEEN PRESENT FOR A LONG TIME:

- what helps you get closer to overcoming them?
 - ie: what works?
 - what doesn't work?
- where do you feel in the dark?



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WHAT SUPPORTIVE METHODS, TOOLS, TEACHINGS,
OR SKILLS CAN YOU USE TO OVERCOME THESE
CHALLENGES?





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WHAT DOES IT FEEL LIKE TO BE
ON THE OTHER SIDE OF THESE
CHALLENGES?

If you overcome these challenges, how will you FEEL?

What's different?

What does it feel like in your Body?

Mind? Emotions? Spirit?



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IN YOUR WILDEST DREAMS, WHAT
DO YOU DESIRE MOST FOR THIS
CHAPTER AHEAD?

what is your soul's longing?
what does your heart call forward?
what's most important to you?
how do you want to FEEL?
what experience do you want?



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WHAT DOES YOUR LIFE LOOK LIKE WHEN
YOU ACCOMPLISH YOUR GOALS OR
MANIFEST YOUR DREAMS?

Does it impact the people around you?
Your work? Your home? Your family? Your community?

Does it impact the positive influence you have?

How does it support your soul's mission?

How do you show up?



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HOW WILL YOU HAVE TO CHANGE YOUR LIFE TO ALIGN WITH WHAT YOU DESIRE?

- daily rhythm
- daily habits
 - people
- places (environment)
 - your beliefs
 - your vibrational field
- your element of trust, faith, or hope



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WHAT OR WHO ARE THE KEY PLAYERS THAT WILL HELP YOU GET THERE?

Who can support you?

Who inspires or draws forward this evolving version of you?





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WHAT'S YOUR PLAN?





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WHAT'S YOUR PLAN?

what strengths, skills, accomplishments, gems or lessons learned will you leverage?

how can you ground that into your daily routine or habits?



Example:

You want to wake up feeling energized, to be activated yet relaxed, and express yourself more creatively.

STRENGTHS AND HABITS TO SUPPORT YOU:

1. going to bed early (getting good rest and waking up early)
2. daily meditation
3. start the day right



Example:

You want to live more at your ideal weight, feel more happiness and joy, and connect deeper to your intuition

STRENGTHS AND HABITS TO SUPPORT YOU:

1. eat more vegetables and quality fats
2. daily meditation
3. nourishing evening routine with time for journaling and quiet reflection



MICRO HABITS TO PUT INTO ACTION:

1. create a weekly meal plan
2. find a time to consistently sit in silence for 5 minutes
3. set an alarm on your phone for 9pm to turn off electronics and take out your journal for 10 minutes



FREE SESSION

schedule a free 20 minute coaching session

talk about your plan

talk about the life experience you desire

get the key points you need to support your success



SOUL BODY BLISS

go deeper!

identity evolution

daily rhythm + daily habits

community uplevel

guided support