BIS

KINDNESS WORKBOOK



What are the top areas in which you're habitually unkind to yourself? Some good areas to explore include: appearance, relationships, friendships, career, finances, ambitions, interests,
successes, and worthiness.
Why are you unkind to yourself in those areas? Use this space to journal, explore your insecurities and release your trapped feelings.

XESS



	o see improvements? Make the case for yourself here.	
lotice there are a	lot of lines? Fill them in!)	



iterests, succes	sses, and wor	thiness.			
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
ou're already a	rock star. Ye				
Vhy are you kin ou're already a ve're doing a gr	rock star. Ye				



(Come up with ten great benefit	s at least but go for all 15!)
1	
2	
3	
4	
5	
6	
7	
11	
13	
14	
15	
What are the biggest benefits yo	our loved ones will gain as a result of you being kind to yourself?
1	
3	
4	
5	
6	
7	
8	

What are the biggest benefits you will gain as a result of being kind to yourself?



1-2-3 KNOCKOUT — KINDNESS

When it comes to kindness, remember that kindness is how you treat yourself. Don't confuse it with acceptance, which is how you feel about yourself. I've given you loads of space to really explore the ideas here and become a ninja at the 1-2-3 Knockout with Kindness. Use the space liberally and try to complete every area. Dig deep, and really think to find those hidden nasty things you say to yourself.

Take your time and do this exercise for yourself without judgment. It may hurt to dig up some of the painful things you say to yourself, and that's ok. Revealing old pain points is hard, but that's how you heal them. Do it because you deserve joy and love.

Remember, constructive thoughts aren't always affirmations, though they can be. Constructive thoughts are often "telling the truth in advance" and forming new thoughts we may not necessarily believe yet, but that we have a strong desire to adopt. Give it time and practice the new thoughts. They'll feel weird at first for sure.

	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
	The old destructive things you say to (or about) yourself, on your own or with others:	Your instructive coaching; what you gain and your "why" for redirecting (how the destructive is hurting, or the constructive is helping):	Your new constructive thought that pushes you toward the life you want:
Example #1:	I can't do this. I always fail.	I can do anything if I tell myself I can. This is hurting me, so I want to redirect.	I can do this. I am capable of succeeding.
Example #2:	I'm so ugly. Nobody would want me.	Everyone is loveable, and my looks are mine. Confidence is the sexiest thing there is, and I deserve to have it!	I'm beautiful inside and out, and other people are drawn to me for everything that makes me who I am.
Example #3:	I'm such a loser. I don't deserve a raise at work. They don't even see me.	I certainly won't get a raise if I don't advocate for myself, and I know I'm capable of taking my best shot. I need a good frame of mind first. Let's do it!	I am a winner. I deserve a raise at work, and I know they see me. I'm excited to build a case so I can advocate for me. I deserve it!



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My appearance			
My relationship			
My friendships			
My career			



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My finances			
My ambitions			
,			
My interests			
My success			



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My worthiness			
My sex life			
,			
My health			
My habits			



BUILDING THE HABIT OF FORGIVING OTHERS Person you How holding onto Why forgiving this "I choose to can't forgive compassionately forgive your anger is hurting person will make your (yet): life better: this person because...": you: Example: Every time I think of Forgiving him will help Dave is who he is, and I him, I get so angry! me let go of the anger, I choose to forgive him He makes my blood won't have my blood because I will release Dave boil and I want to boiling, and I don't have *my* suffering and be punch a wall! to carry his BS with me happier for it. anymore Name: Name: Name:



SS

Person you can't forgive (yet):	How holding onto your anger is hurting you:	Why forgiving this person will make your life better:	"I choose to compassionately forgive this person because":
Name:			
Name:			
Name:			
Nume.			



BUILDING THE HABIT OF BEING HONEST WITH OTHERS Person you How withholding your Why being totally "I choose to can't be true thoughts is honest with this communicate totally honest hurting you and the person will make your effectively and honestly with (yet): other person: and their lives better: because...": Example: I'm avoiding her and We can get the big I love my friend, and I we're not spending issue out of the way, choose to communicate Jennifer *much time together* hug and make up and honestly with her because I don't want get it over with. I miss because I care about her to have "the talk" and her – that's my biggest and our friendship. get her upset reason! Name: Name: Name:



Person you can't be totally honest with (yet):	How withholding your true thoughts is hurting you and the other person:	Why being totally honest with this person will make your and their lives better:	"I choose to communicate effectively and honestly because":
Name:			
Name:			
Name:			
Name:			

BITS

ACCEPTANCE WORKBOOK



ACCEPTING YOURSELF

What are the top 25 things you like about yourself? Dig deep and try to answer every single one!

1.	
2.	
4.	
5.	
7.	
8.	
9.	
15.	
19.	
20.	
21.	
22.	



ANGE ACC

Wha	t are the top 10 accomplishments you're most proud of in your life?
1	
2	
5	
7	
8	
9	
10	
	t are the top 5 talents you have? Don't be shy – brag! Nobody is peeking.
1	
_	
_	
Wha	t are the 10 most powerful things you stand to gain from accepting yourself?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



DDY

	ed to forgive yourself for? Some areas to explore are dreams, ambitions,
stakes, failure	es, missed opportunities, sins of the past and things you've said or done.
Vhat are the to	p 3 biggest ways your life will improve when you finally forgive yourself?
Vhat unfulfilled	I dreams do you need to let go of and forgive yourself for not acting on?



VCC

. ,	benefit from letting go and forgiving yourself for those unfulfilled dreams?
ow does no	t accepting yourself create a barrier to what you want in life? Dig deep!
ow will acco	epting yourself improve your life? Think big, small, personal, professional, spiri
1	



WHAT YOU NEED TO HEAR TO ACCEPT YOURSELF

What do you most deeply want and need to remind yourself of on a daily basis, so you can be your best, most fulfilled self? Some examples might include, "I am good enough," "I am worthy," "I am a good parent," "I am really great at my job," etc. What are yours? Dig deep! I dare you to do all 20!

1.	_	
2	_	
3	_	
4		
5		
6.		
7		
8.		
9		
10.		
11		
12.		
13.		
14		
15		
16		
17		
18.		
19		
20	-	
	-	

When you're done creating this list, go back and mark off your top 5 (using the right column of short lines). You'll use those in the next section to build your custom affirmations.



ACCEPTING BY AFFIRMING: FILL IN THE BLANKS

You can use this section to get you in the habit of using the right syntax, to get inspiration to build your own, or just skip straight to building your own later (next page). This is no wrong approach.

AFFIRMING YOUR WHOLE SELF:

I am so (positive feeling) and (positive feeling) that I am (positive adjective describing myself), (positive adjective describing myself), and (positive adjective describing myself). I love myself and I feel (positive feeling) about who I am!

AFFIRMING YOUR APPEARANCE:

I am so <u>(positive feeling)</u> and <u>(positive feeling)</u> that I look <u>(positive adjective describing myself)</u>, <u>(positive adjective describing myself)</u>, and <u>(positive adjective describing myself)</u>. I am healthy and <u>(positive adjective describing myself)</u>! I love my body, what I look like and I feel <u>(positive feeling)</u>!

AFFIRMING THE MANIFESTATION OF YOUR GOALS:

I have done <u>(accomplishment)</u>, <u>(accomplishment)</u>, and <u>(accomplishment)</u> – and I'm proud of myself for what I've done! I am <u>(present-tense verb to describe what you're doing to create)</u>
<u>(your big goal described succinctly, relating to your accomplishments)</u> and I am successful!

AFFIRMING YOUR RELATIONSHIP:

I (positive verb - feeling) my relationship and I'm so (positive feeling)! (Significant other's name) and I have such a (positive adjective) relationship, and I'm (positive feeling), (positive feeling), and (positive feeling) for what we have. We're (positive adjective) together!

AFFIRMING YOUR WEALTH:

I am <u>(positive adjective describing your ideal you)</u> and am building wealth for myself, and I feel <u>(positive feeling)</u>! I work <u>(adverb describing your work)</u> for what I want and persevere through my challenges. I deserve my wealth, and success comes easily to me!



ACCEPTING BY AFFIRMING: BUILD YOUR OWN

When talking about something you want to do, talk about it in the present tense:

- Do: I am eating healthy and taking care of my body
- Don't: I want to stop eating garbage, start eating healthy, and take care of my body

When talking about something bad for you, reframe it to take the evil out:

- Do: I am eating healthy and taking care of my body
- Don't: I want to stop eating garbage, start eating healthy, and take care of my body

When talking about something you're changing, make sure to only use positive words:

- Do: I am eating healthy and taking care of my body
- Don't: I want to *stop* eating garbage, start eating healthy, and take care of my body

When adding in your feelings on the matter, talk about how you want to feel:

- Do: I am eating healthy, taking care of my body and I feel amazing!
- Don't: I want to stop eating garbage, start eating healthy, and take care of my body so I can feel better.

When building something you'll stick with, keep it short:

- Do: I am eating healthy, taking care of my body and I feel amazing!
- Don't: I am eating healthy, taking care of my body, going to the gym, lifting weights, checking in with my trainer, measuring my body fat on a weekly basis and seeing progress all the time. I've never felt better! I feel inspired, uplifted and incredibly capable. I can do anything, and I am a skinny badass!

Example: I am ecstatic and grateful that my incredible bakery is open, grossing \$2M per year, customers love what I create, and I'm having the time of my life!

Let's try and build an amazing practice one here, and then we'll build the real ones you want to

use on the next page. It's ok to mess up! There are plenty of lines so you can make mistakes and scribble out if need be – not so you write a full paragraph-long affirmation (that would be useless!).				



powerful affirmations! Use your top 5 from the "What You Need to Hear to Accept Yourself"					
section to inspire you to say the most powerful stuff on the planet! Be awesome and be brief:					
1					
2.					
3.					
4.					

What do you most powerfully and lovingly want to stay to yourself every day? These are your

When you're done:

- Write them on a small piece of paper for you to put in your wallet or purse, so you can always have them on you, -or-
- Write one affirmation on one post-it note each and stick them to your bathroom mirror or on your fridge where you can see them, -or-
- Take a picture of your finished affirmations with your phone and flag it as "favorites" so it's always easily accessible to you – and –
- Return to your affirmations periodically and as needed to update, amend, and embellish
 with what your soul most needs to hear at that time.
- Are you doing the <u>90 Day Habit Mastery</u> program? Flag this page so you can come back to it if you decide to you're ready to do your 90 days. You'll want to write these daily, change them up, restate them, and introduce new ones! Go grab a sticky and get sticking!



BUILDING THE HABIT OF ACCEPTING OTHERS

ROMANTIC PARTNER

Who is someone you can't accept yet?
What unmet expectations do you have of this person?
Are your expectations fair and reasonable? Why or why not?
, ,
Can you change the current situation 100% alone?
What will you do: Accept? Disconnect? Continue to be angry and helpless?
Create a new solution? Write out your action plan for acceptance and explain why.
create a new solution. Write out your action plan for deceptance and explain why.



DOM

FAMILY RELATIONSHIP

Who is someone you can't accept yet?				
What unmet expectations do you have of this person?				
Are your expectations fair and reasonable? Why or why not?				
Can you change the current situation 100% alone?				
early or change the current struction 100% dione.				
What will you do: Accept? Disconnect? Continue to be angry and helpless? Create a new solution? Write out your action plan for acceptance and explain why.				



FRIEND

Who is someone you can't accept yet?
What unmet expectations do you have of this person?
Are your expectations fair and reasonable? Why or why not?
Can you change the current situation 100% alone?
What will you do: Accept? Disconnect? Continue to be angry and helpless? Create a new solution? Write out your action plan for acceptance and explain why.

ACCEPTAN



Who is someone you can't accept yet? What unmet expectations do you have of this person? Are your expectations fair and reasonable? Why or why not? _____ Can you change the current situation 100% alone? _____ What will you do: Accept? Disconnect? Continue to be angry and helpless? Create a new solution? Write out your action plan for acceptance and explain why.

PROFESSIONAL RELATIONSHIP



BUILDING THE HABIT OF EMPATHY

Person you struggle with	How are you experiencing this person in your frustrated moments with them?	What possible scenarios might this person have experienced that made them this way?	Describe your new attitude of acceptance toward this person, and why you're deciding to empathize:
Example: Ken	He's always treating me like I'm going to steal from him, do something wrong, and he micromanages me and refuses to pay me according to my terms.	Maybe he had a really bad experience with a vendor before. Maybe he was stolen from, lied to, and told work was being done when it wasn't. Maybe he's been taken advantage of by lots of people.	I choose to empathize and understand whatever it is that he went through, and not take it personally. I know it's not about me. I will help him to feel like he can trust me by telling him more information than he usually asks for, before he asks for it.
Name:			
Name:			



VCC

Person you struggle with	How are you experiencing this person in your frustrated moments with them?	What possible scenarios might this person have experienced that made them this way?	Describe your new attitude of acceptance toward this person, and why you're deciding to empathize:
Name:	moments with them:	them this way:	cinpatinze.
Name:			
ivaille.			
Name:			



1-2-3 KNOCKOUT — ACCEPTANCE

Like with kindness, it may hurt to dig up some of the painful things you feel about yourself, and that's ok. Revealing old pain points is hard, but that's how you heal them. You can do this!

Constructive thoughts aren't always affirmations, though they can be. Constructive thoughts are often "telling the truth in advance" and forming new thoughts we may not necessarily believe yet, but that we have a strong desire to adopt. Give it time and practice the new thoughts. It will feel less weird with time and practice.

Success tip: If you've just completed the kindness exercise, take a break before doing this part, otherwise your brain will be tempted to repeat it from the kindness perspective instead of acceptance, and you'll miss all that tasty growth and goodness!

	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
	The old destructive things you feel about yourself (hint: "I should be/do/have, I can't, I didn't, etc."):	Your instructive coaching; what you gain and your "why" for redirecting (how the destructive is hurting, or the constructive is helping):	Your new constructive thought that pushes you toward the life you want:
Example #1:	I should have gone for a Master's degree.	I made the choices I made, and I can love myself anyway. I choose love.	I did the best I could with what I knew at the time. My life turned out exactly as it should, and I love myself no matter what.
Example #2:	I need to lose 20 lbs. Then I'll look good, and then I can feel good about myself.	I can choose to love myself now, and I stand to gain more in life if I do. Let's do this!	I feel great about myself the way I am. If I lose weight, great. If I don't, great. My weight is no reflection of my value.
Example #3:	I wish I was more successful. I'm so ashamed.	Wishing isn't doing, and I can always change anything. I'm going to start with love, which is the most potent motivator. I've got this.	I can push myself if I choose to, and until now, I haven't wanted to, and that's ok! I love me just the way I am. If I choose to push, it's out of self-love and pride.



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My appearance			
My relationship			
My friendships			
My career			



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My finances			
My ambitions			
,			
My interests			
My success			



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My worthiness			
My sex life			
My health			
My habits			

ACCEPTANCE TOOL KIT



THESIXHABITS.COM

Ask what someone is going through and seek to get into their world

Remove yourself from the equation and understand the person would be acting this way to anyone in your position (no matter what you said, or what you did—even for just breathing)

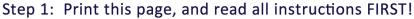
Look at yourself through their eyes, and ask if you're proud of who you're being in response

Lovingly detach from the person out of love for yourself and them Deeply listen with compassion if they choose to share

Respond with love and kindness, and know in your heart it's not about you Imagine they've been through something, and remind yourself that you don't need to know what it is to offer compassion and love

Reflect on how you might think, feel, or act in that situation if the tables were turned

INSTRUCTIONS:



Step 2: Cut along the red dotted lines only.

Step 3: Fold in half along the green dotted line

Step 4: Fold in half again along the blue dotted line.

Step 5: Optional: trim rounded corners and tape edges

Step 6: Place in your wallet

Step 7: Refer to this when you struggle to accept someone else's choices or behavior.

Step 8: Take a breath, review the options, and choose the one that fits that situation.



when done correctly, your Tool
Kit should look like this

Copyright © 2020 Laura DiBenedetto, Inc. All Rights Reserved Worldwide. No part of this document may be distributed without prior express written permission

B O N U S M A T E R I A L

BIA

GRATITUDE WORKBOOK



3RATITUDE

THE BASICS

To build the habit of gratitude, we want to get the brain accustomed to looking for the good in all kinds of ways.

What can your body do, that would be difficult or impossible to live without? What parts of your physical existence can you be grateful for? Why?

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
18.	
21.	
25	



GRATITUDE 68

THE ADVERSITY

What negative situations in your life did you learn the most from? How did you become better? Even though you suffered, what did you gain, and why are you grateful for the hardship?

1.	
2.	
3.	
J.	
4.	
5.	
6.	
7.	
•	
8.	
9.	
J.	
10.	



GRATITUDE GRATITUDE

THE LAYUPS

What good things happened today, even if they were small? Did someone do something nice for you? Did something go your way? Did you get to avoid something stressful? Yes, there's fifty! I double dog dare you to go hard here and do all fifty. Yes, you definitely can!!

Τ.	
2.	
20.	
21.	
25	



GRATIUDE GRATIUDE

THE LAYUPS CONTINUED... (YOU CAN DO IT!)

26	
41	
42	
45	
46	
47	
49	
Ε0	



GRATITUDE GRATITUDE

LOOKING EVERYWHERE

Who makes you smile? Why is your life better because of that person? What is it about that person that makes your life better just by being themselves?

2.		
3.		
4.		
5.		
	whave you been blessed in your life? What makes your life something that a stranger wou "wow" to? Do you have something others dream of (like a child, a home, a spouse, etc)?	ld
1.		
2.		
3.		
4.		
5.		
Wh	at is an example of some #firstworldproblems you've caught yourself complaining about? y can you be grateful instead? Example: "My apple headphones are staticky! I can be grate ave the means to replace them if I want to."	efu
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Need help? Email me any time at $\underline{\text{laura@lauradibenedetto.com}} \text{ and tell me what's going on.}$

BIS

GOODNESS WORKBOOK



REDUCING NEGATIVE ENERGY

hat upsets you	the most about the world we live in, and the news? Let it all out.

GOODNESS STATES

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.



In what ways will you benefit by stopping or limiting your exposure to the negative things in the news and social media that upset you and interfere with your own happiness? How? How is their presence in your life hurting you?

How does all this negative input affect your happiness and your ability to feel positive, hopeful things about the world? Take a moment and really think about its collective impact on your psyche, your day, your relationships, your worldview, and your mental and spiritual energy.

GOONESS Salvantos



GOONESS BY

low ca	n you gracefully eliminate	or limit your e	exposure to t	hese people?	?	
Vhen v	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen v	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen v	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen	vill you eliminate or limit	your exposure	to these peo	ple?		
Vhen					n 2	
Vhen		your exposure			0?	
Vhen	SOCIAL Eliminate it entirely?	MEDIA: W	/HAT WIL		0?	
Vhen	SOCIAL Eliminate it entirely? Scrub all content and cle	MEDIA: W	/HAT WIL		0?	
Vhen	SOCIAL Eliminate it entirely? Scrub all content and cle Create an entirely new p	MEDIA: W	/HAT WIL		0?	
Vhen	SOCIAL Eliminate it entirely? Scrub all content and cle	MEDIA: W	/HAT WIL		0?	

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.



YOUR ACTION PLAN

Thinking back to the section in Goodness, called "The Goodness Lifestyle," (list below to the right) - what good things will you add to your life in place of the news and social media.... and how/when/why? (At least one, no more than five.)

WHAT YOU WILL ADD AND HOW/WHEN/WHY

1	☐ Affirmations
	☐ Art
	☐ Blogging
	☐ Books and Audiobooks
2	☐ Clean Your House
	☐ Eating Right
	☐ Exercise
3	☐ A Full Night' Sleep
	☐ Meditation
	☐ Podcasts
4	☐ Retreats
	☐ Seminars, Workshops & Conferences
	\square Sharing the Sacred Vault
5	☐ Take a Class
	☐ TED Talks
	☐ Treat Yo' Self
	☐ Visualizing & Vision Boards
	☐ Volunteering & Random Acts of Kindness

GOODNESS Salvania



CREATING HEALTHY BOUNDARIES

ROMANTIC PARTNER

Who stresses you out?
How? What are they doing? When?
Why are they stressing you out so much?
What is the ideal boundary that's mutually respectful?
What language do you need to use to create this new boundary with respect?
What is your deadline for establishing this boundary?

GOODNESS



FAMILY MEMBER

Who stresses you out?
How? What are they doing? When?
Why are they stressing you out so much?
What is the ideal boundary that's mutually respectful?
What language do you need to use to create this new boundary with respect?
What is your deadline for establishing this boundary?

GOODNESS



FRIEND

Who stresses you out?
How? What are they doing? When?
Why are they stressing you out so much?
What is the ideal boundary that's mutually respectful?
What language do you need to use to create this new boundary with respect?
What is your deadline for establishing this boundary?

GOODNESS



PROFESSIONAL RELATIONSHIP

Who stresses you out?
How? What are they doing? When?
Why are they stressing you out so much?
What is the ideal boundary that's mutually respectful?
What language do you need to use to create this new boundary with respect?
What is your deadline for establishing this boundary?

GOODNESS

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.

THE BIS

PRESENCE WORKBOOK



AWARENESS AND PLANNING

LIFE AT HOME

What situation do you frequently struggle to be present in and why?
What is this costing you?
What will you gain when you are more present?
What can you do to redirect yourself to be present?



LIFE AT WORK

What situation do you frequently struggle to be present in and why?	
What is this costing you?	
What will you gain when you are more present?	
What can you do to redirect yourself to be present?	

PRESENCE PRESENCE



SOCIAL LIFE

What situation do you frequently struggle to be present in and why?
What is this costing you?
What will you gain when you are more present?
What can you do to redirect yourself to be present?

PAESENGE PRESENCE



ROMANTIC LIFE

What situation do you frequently struggle to be present in and why?
What is this costing you?
What will you gain when you are more present?
What can you do to redirect yourself to be present?

PRESENCE PRESENCE



BUILDING A LIFE OF PRESENCE

What do you most often think about? Circle one:

PAST POSITIVES

PAST NEGATIVES

FUTURE POSITIVES

FUTURE NEGATIVES

low do these	the control of the co
	shape your goals and dreams of what you want to create for yourself?
Vhat are you	r five best opportunities to be present every day?
<u>.</u>	
j	
	vant to be present? What's your motivation?

PAESENGE PRESENCE



PRESENCE.

What do you gain b	by being present?
	PLANNING
ife. Fair warning – and it seems almos vou're going to set	nd yourself to be present? Think of some specific strategies that fit into your this section is difficult. You're not used to planning to be present (few are!), at like it's defeating the purpose to plan to be present. However, this is how yourself up for success. Eventually, it'll be automatic. For today, please tak deep so you can build your new life of presence.

BIS

INTENTION WORKBOOK



DETERMINING HOW YOU WANT TO FEEL

Sometimes our goals are less tangible than things we want to do or experience, and instead they are all about how and what we want to feel or experience. This is a great place to start to inform you of who you wish to become in life, and to kick-start your dream-building. Fully fill out the "desired feeling" column first before moving onto the next column, for your actions.

DESIRED FEELING:	TO GET THAT FEELING, YOU NEED TO TAKE *WHAT* ACTIONS?
Example: Fulfilled	Example: I need to pursue more things that fill me with joy, at least 2-3/wk



360° LIFE GOALS

Life has categories, and you might discover that you have goals for what you most want in several different categories, and perhaps in different ways (for example, a promotion could fall under career, as well as financial, if you want a raise). This is a good tool to help you get clear about what you want for the big picture.

Fully fill out the "what would you like to see happen" column first before the actions.

CATEGORIES:	WHAT WOULD YOU LIKE TO SEE HAPPEN?	WHAT ACTIONS DO YOU NEED TO TAKE TO MAKE IT HAPPEN?
Example: Career	Example: I want to be promoted to District Manager	Example: I need to make a case for myself, and request a meeting
Health		
Wellness		
Spirituality		
Relationships		
Money/Wealth		
Career		
Future		
Family		
Love life		
Self-care		
Adventures and/or Passions		
Fill in the blank:		
Fill in the blank:		

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.



DISCOVERING YOUR DREAM (YOUR HEART'S DESIRE!)

These questions could take an hour, an entire day, or few weeks. Set a time limit and create a goal around answering these questions fully, NOT analyzing your answers for practicality, feasibility, or limitation. Allow your mind to be free and answer without judgment.

Although it can take a while, don't allow the process to drag on. Dive yourself a deadline. Dig deep, do the work, and answer the questions fully. Once you've answered them, whatever other helpful questions pop into your head, and you've arrived at your answer, only then should you move on to analysis, with Step 2.

What's your deadline for completing step 1?

STEP 1: UNRESTRICTED DREAMING

If you knew that it was 100% impossible to fail, what would you do? Be bold!

-	 				
-	 				
/hat do you love s	 	(J ,	- 1212 para 61	
ner way)?					
ner way)?					
ner way)?					
ner way) r					
ner way) r					
ner way)?					
ner way) r					
ner way)?					
ner way)?					
ner way)?					
ner way)?					
ner way):					
ther way)?					



What do you enjoy (doing, and are always drawn to? What do you return to time after time?
What is the big drea	am you've always had that you've never found a way to pursue (yet)?
Whose life and/or c cat. You pick.	areer do you admire the most, and why? It could be a friend, stranger, or
f you had the chanc	ce to volunteer anywhere and learn anything, what would you do?



What would make you leap out of bed every day? Visualize it and get clear. Write it here.
What inspires you more than anything? This can absolutely be an abstract concept, or a tangible idea. The clearer you are, the more this will serve you.
What problem do you want to solve? What's bugging you? This could be in the world, in yoneighborhood, work, or at home.
How do you want to spend your time? What do you love doing? Are there any notable attributes?



What do you dislike about your current circumstance? What opposing ideas would your dream need to include? Based on all these exercises, what is your dream – neatly boiled down to its core elements? Write as much as you need to for detail, but make sure it's one solitary concept. (For Step 2)



DISCOVERING YOUR DREAM (YOUR HEART'S DESIRE!)

What's your deadline for completing step 2?

STEP 2: ANALYSIS OF THE DREAMS

STEP 2. AMALTOIS OF THE DILAMS
(For Step 2, continued) Why do you want this?
What problem will your dream solve (for you)?
Is your dream attainable, even if it's difficult? Why or why not?



nuch?	
How will you nappier?	r life be better if you reach for your dream? How do you win? How will you be
low will you	r family's life be better when you reach for your dream? How do they benefit

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.



ow will you loo				

Need help? Email me any time at laura@lauradibenedetto.com and tell me what's going on.



hat resource	s do you need?	Money? Pe	ople? Knowl	edge? Time?	
nat skills do y	you need to acc	quire?			



			y are likely to ag		
	-				
low much money	will this require	e up front? Or	ngoing?		
Vhen is reasonab	le to plan to do	this right? W	nat is your time	line?	
Vhen is reasonab	le to plan to do	this right? Wh	nat is your time	line?	
Vhen is reasonab	le to plan to do	this right? Wh	nat is your time	line?	
Vhen is reasonab	le to plan to do	this right? WI	nat is your time	line?	
Vhen is reasonab	le to plan to do	this right? Wh	nat is your time	line?	
Vhen is reasonab					



If so, how can you get started on creating your plan?	
If not, who can help you create your plan?	
Do I have the courage to take action?	(hint: yes!)
Will I take action?	(hint: yes!)
When?	
With whom?	
How?	
Your big goal (your heart's desire), framed in affirming lan	guage is:
(Are you doing the 90 Day Habit Mastery program? Hang	onto this you'll need this!)



TODAY'S DATE:					
What's my big goal (the big dream I'm working to create)?					
What two actions can I take today that will move me closer to my big goal? 1.					
2					
What is the most pressing thing I need to accomplish today so other things will be easier accomplish tomorrow?	to				
3.					
4					
What critical thing do I need to accomplish today to help me be my best, happiest self?					
5					
IDEAS/NOTES REMINDERS					

Success Tip: Fill this out the night before! You'll wake up energized, motivated, and clear!