

HOW TO DESIGN THE LIFE OF YOUR DREAMS

There are many things you have in your mind at the same time, but it is in the moment that you capture them that you become aware of them, and ideally, do something about them. So, write down your answers to the following questions. Please include any awareness or discoveries you had during this course. Just know that there is no right or wrong answer. This self-reflection is just for you.

Who are you?

Who are you NOT?

What do you have control over?

What skill(s) or quality(s) do you master?

What skill(s) or quality(s) do you need to develop or improve for you to take your life to the next level?

From the skills and qualities, you learned during this course, choose 5 that you would like to develop even more, and why?

- 1.
- 2.
- 3.
- 4.
- 5.

When do you feel most alive?

What are the biggest challenges and obstacles that are on your way and keeping you away from creating the life of your dreams?

What are you grateful for?

MODULE ONE - SKILLS FOR SELF-EVALUATION

Place an X in the box where you feel it reflects your level of understanding and ability to apply the following skills.

#	SKILL / QUALITY	ABSENT	NEEDS IMPROVEMENT	MASTERED	ACTION STEPS TO IMPROVE AND SUCCEED
1	DREAM				
2	PERSISTENCE				
3	LEADERSHIP				
4	EMOTIONAL STATE				
5	DECISIONS				
6	BOUNDARIES				
7	BELIEFS				
8	INTENTION				
9	NEEDS				
10	FOCUS & CONCENTRATION				
11	ROUTINE				
12	AWARENESS				

With the vision of your ideal life in mind, choose 5 things you are going to commit to do every day in order to move towards the creation of the life of your dreams.

#	ACTIVITY	DESCRIPTION	SCHEDULE
1			
2			
3			
4			
5			

Congratulations! You have done an outstanding job! Keep working on designing the life of your dreams.

Yes You Can!