Living YOUR Empowered Life

Starts with Courageous, Empowered Action



| Step 1: What do you want? | Step | What do y | you want? |
|---------------------------|------|-----------|-----------|
|---------------------------|------|-----------|-----------|

| What do you want in your life? Have you ever sat down and really allowed you your value, your strengths, and asked, "What do I want?" You are worthy of th your life, career, relationships? Keep asking until you feel complete: | |
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| Step 2: How do I desire to feel? When you create what y We have a really insidious way of keeping ourselves from feeling the way v a certain way to "give us the feelings." The waiting game is over because li to feel. We have to get clear on how we desire to feel so that we can feel in us to take inspired, courageous, and empowered action to create our reali | ve desire until our life has lined up in fe will never give you what you desire first. The desired feelings then lead |
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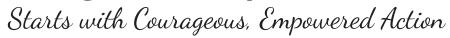


Step 3: Take the next right, courageous, and empowered action step that supports how you desire to feel.

| Career: What do you want in your career? |
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| When those things come to fruition, I will feel:,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |
| _· Relationships/Family: What do you want in your relationships/ family? |
| • |
| • |
| |
| When those things come to fruition, I will feel:,,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |
| Money/ Finances: What do you want in relation to money/ finances? |
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| • |
| When those things come to fruition, I will feel:,,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |



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| Health/ Physical Fitness: What do you want in relation to your health/ physical fitness? |
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| When those things come to fruition, I will feel:,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |
| Fun/ Play: What do you want in your life in relation to fun and play? ● |
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| When those things come to fruition, I will feel:,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |
| Emotional/ Spiritual Well Being |
| |
| • |
| M/han thasa things same to fruition I will facili |
| When those things come to fruition, I will feel:,,,, |
| What empowered action can I take today to support my desired feelings? |
| I give myself permission to: |

