

Dream it. Design it. Live it.

Start Creating What's Next. **Right Now.**

PLAYBOOK



A moment's insight is sometimes worth a life's experience.

- Oliver Wendell Holmes

HELLO.

I'm so happy that you're HERE, taking the time to settle down and take stock of where you are, what you would most love to create for yourself and to implement 3 key actionable mindset strategies that will move you closer. This work is about playing bigger in a way that is less noise, less external influence. More affirming. More meaningful. More YOU.

I'm all about redefining success on your terms, creating real work-life balance and building the lifestyle and the work that is authentic to your and your values, your strengths and your dreams.

What I want for you is more time for what lights you up. More purpose and focus. Less stress. A clear vision of where you're headed and why. To feel inspired, capable and motivated to get what you really want. This playbook will get you thinking in that direction. I promise.



Celebrate + Savor

The value of appreciation and gratitude is well-proven. It's a practice increasingly backed up by science, and one of the easiest and most consistent ways to transform your daily experience.

Starting with celebration—rather than “saving it” for a conditional reward—is a practice that pays dividends for your wellbeing as well as your ability to pursue your most challenging goals.

Savoring and seeking out appreciation helps to rewire our neuropathways towards positivity and growth mindset, opening up more room for taking aligned action towards your goals.

Let's start the practice of honoring what going right and embracing the lessons you learn when things go “wrong.” Celebrate and savor generously what is working, what you accomplish, where you are today and who is on the journey with you.

What are you celebrating today?

What can you do to make that sense of celebration a regular daily practice? How can you share it with others?

20 Celebrations

“Right now, I am celebrating that I... “

(Please be creative and challenge yourself with this. What have you accomplished or experienced? Where have you grown? What is wonderfully working in your life? What dreams are you progressing towards? What do you celebrate about yourself?)

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Show a little gratitude... to YOU.



Be thankful for what's IN your life... but which of your choices and actions got you there?

What are you most grateful for doing, choosing and being?

Own what you want

Have the courage to trust in what you desire. It truly is an act of deep courage to own what you really want. Building trust in your desires is not for the faint-hearted. It's also essential to your sustainable success and fulfillment over time. Creating space for what matters most can only happen when we're clear on what that is and we've given ourselves permission to dream.

If you can imagine it, I believe that you can create the essence of what you want. Consider what would truly fulfill you, what would be fun, what seems impossible. When you've created what's next for you, who you will be? Where do you want to go? What becomes possible for you then?

Throw open the windows and the doors and allow yourself yourself to think expansively about what could be, and which of your dreams and desires would feel amazing to bring into reality.

Want what you want

When I think about what's next for me, I want to feel...

I want to experience...

And it's time that I finally...

These goals are aligned with my values because...



Your values are your own personal 'YES' list.

Be honest. What really matters to you, right now?

Set Real-Life Intentions

Looking at what I want and what I value, these are my intentions. Be as specific and focused as you can here.

Work/Career

Physical Environments

Fun, Recreation + Creativity

Personal Growth / Spirituality

Set Real-Life Intentions

Finances

Health + Well-Being

Family / Relationship

Community

Category of Your Choosing

If my intentions had a “theme” it would be...



Intentions = “I intend to...”

They are not a wish, but a statement.

Clear Space

Busy is not a badge of honor. Hustle culture has given us an epidemic of burnout.

The thing is, all those things that we've convinced ourselves are necessary— many of them are not. Challenge yourself to courageously press the reset button by removing unnecessary commitments, events, or projects from your plate.

It is time to selectively choose what gets onto your schedule, but also what's getting your energy and attention. This starts with identifying your criteria for what will make the cut and what will not and setting strong boundaries. Let go of old stories that aren't serving. Work out your physical energy—move.

Replace worry with inspired action. Let go of the attitudes, beliefs, habits and ideas that do not align with what you have intended for your life.

Use that white space to focus on what you intend to create. The choice is yours. Always.

Aligned Actions

- ✓ Commit. Break your intentions into actions. Put them on the calendar. Act.
- ✓ Post your theme where you will see it every day.
- ✓ Practice honest self care so that you are showing up at your best.
- ✓ Make the science of motivation work for you.
- ✓ Choose a talisman to remind you of your intentions. It can take any form that is meaningful for you.
- ✓ If what you truly want isn't happening, clear your plate by taking off something less important. Prioritize.
- ✓ Work with a coach. I specialize in empowering my clients to achieve more fulfillment, meaning and authenticity in their life & work. If you want to reinvent in a more sustainable way, I can help.

www.wholelifestrategies.com

Whole Life Strategies Coaching is all about empowering you for sustainable success. It's about saying yes to reinventing your life and your work, your way. (Warning: This also means saying no so that you can continually say YES.)

If it's time to get unstuck, build clarity and confidently create the life & work that you're intending, let's talk.

[Schedule an exploratory conversation with me here.](#)



Inspired people inspire others.

Spread a little good around the world by helping someone you know get moving on what they really, really want, too.

[Share the link to this playbook.](#)