

Big Sexy Goal
21-DAY CHALLENGE

MY

*Complete
Dream*

WORKSHEET

DESIGN A LIFE YOU LOVE

with MICHELE *Rohde*

Instructions:

Step #1

Take a few quiet minutes to yourself (sit quietly in a closet if you have to!)

Step #2

Let yourself become the intentional designer of YOUR life. Let your imagination open up, and write about the life you dream of having. Include everything you desire (the successes, the adventures, the creativity, the love and the fun!) Visualize your reality to be what you want - a life where you are experiencing joy, health, success, abundance, fulfillment and more!

Step #3

Don't limit yourself or allow doubt or guilt to sneak in. You are meant to fully flourish & THRIVE so that you can then have the power & inspiration to make an even greater impact. Allow whatever thoughts and ideas come to you and write them down without hesitation.

Step #4

Let it all flow from your pen onto the paper. Write out your ideal reality for each area of your life, listed below.

Think BIG, Sexy Goals!

If you could have a life beyond your wildest dreams,
what would it look like?!

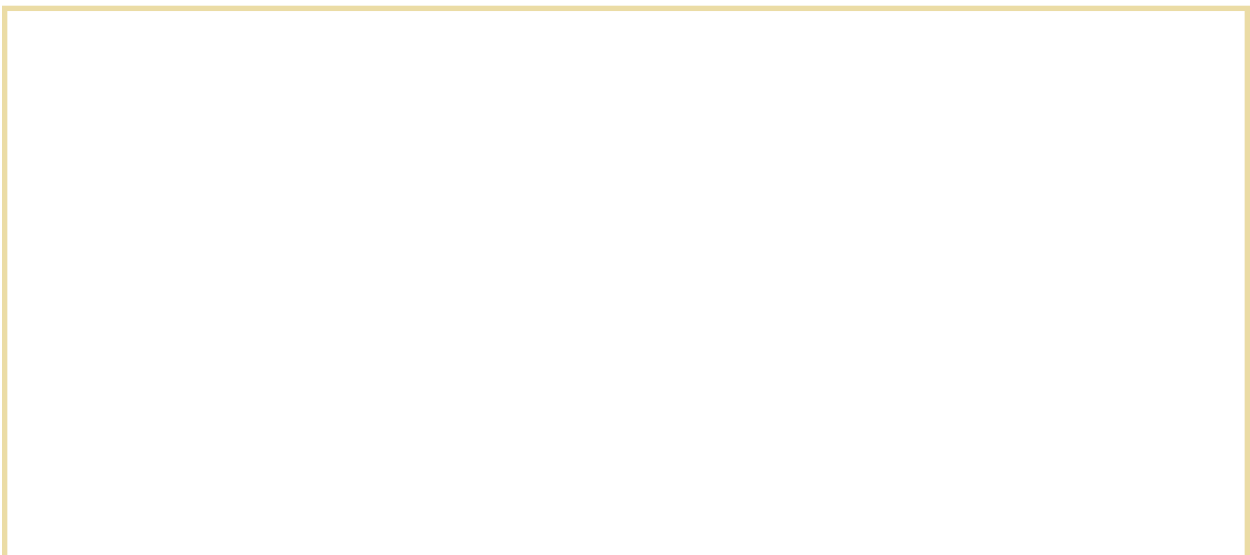
DREAM EMOTIONAL EXPERIENCES

What do you want to feel MOST? Why do you think that is?



DREAM RELATIONSHIPS


What do you want MOST in a relationship?
Why are those traits, emotions, or experiences important to you?



DREAM CAREER, BUSINESS & INCOME

What do you want MOST in your career, and why?

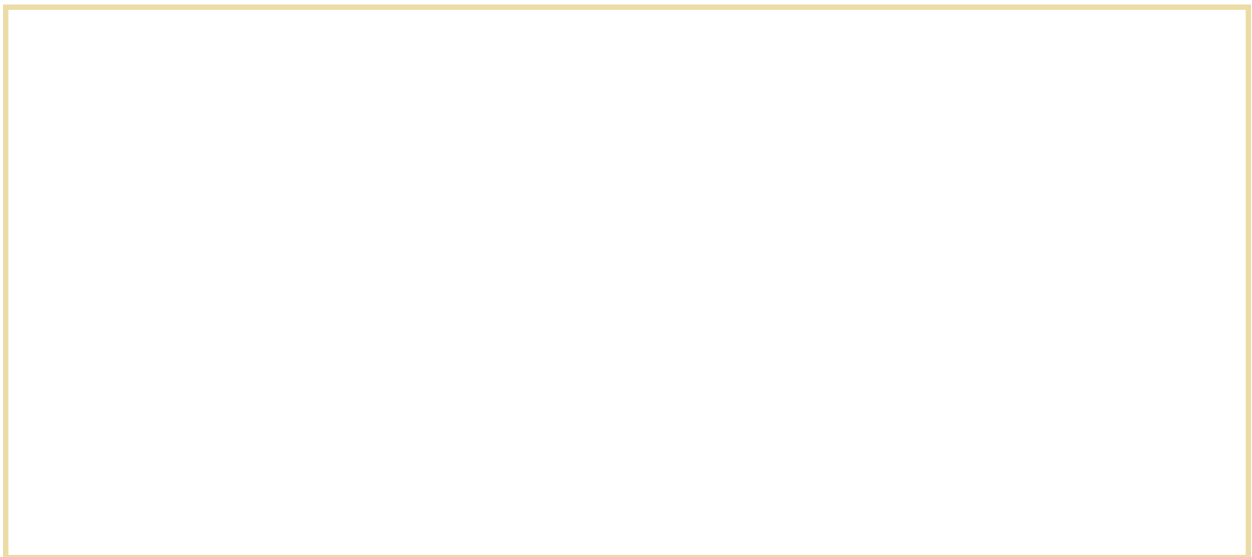
What do you want your financial situation to look like, in your ideal world?



DREAM SOCIAL & EXPERIENCE

What do you want to experience MOST in this world, and why?

This could be “bucket list” vacations, friend reunions, etc.



DREAM LIFE MANIFESTATIONS

What do you want to manifest the MOST in your life? Why?



DREAM PERSONAL GROWTH

What do you MOST want to achieve for yourself, intellectually, emotionally, and spiritually? What are the deeper reasons for wanting those things?

