

Where are you now?

What are the top 3 challenges in your life right now and how are they impacting you? Think about how they're preventing you from having the life that you want in each of the areas of your life - health, relationships, career, money etc

Challenge One:

Challenge Two:

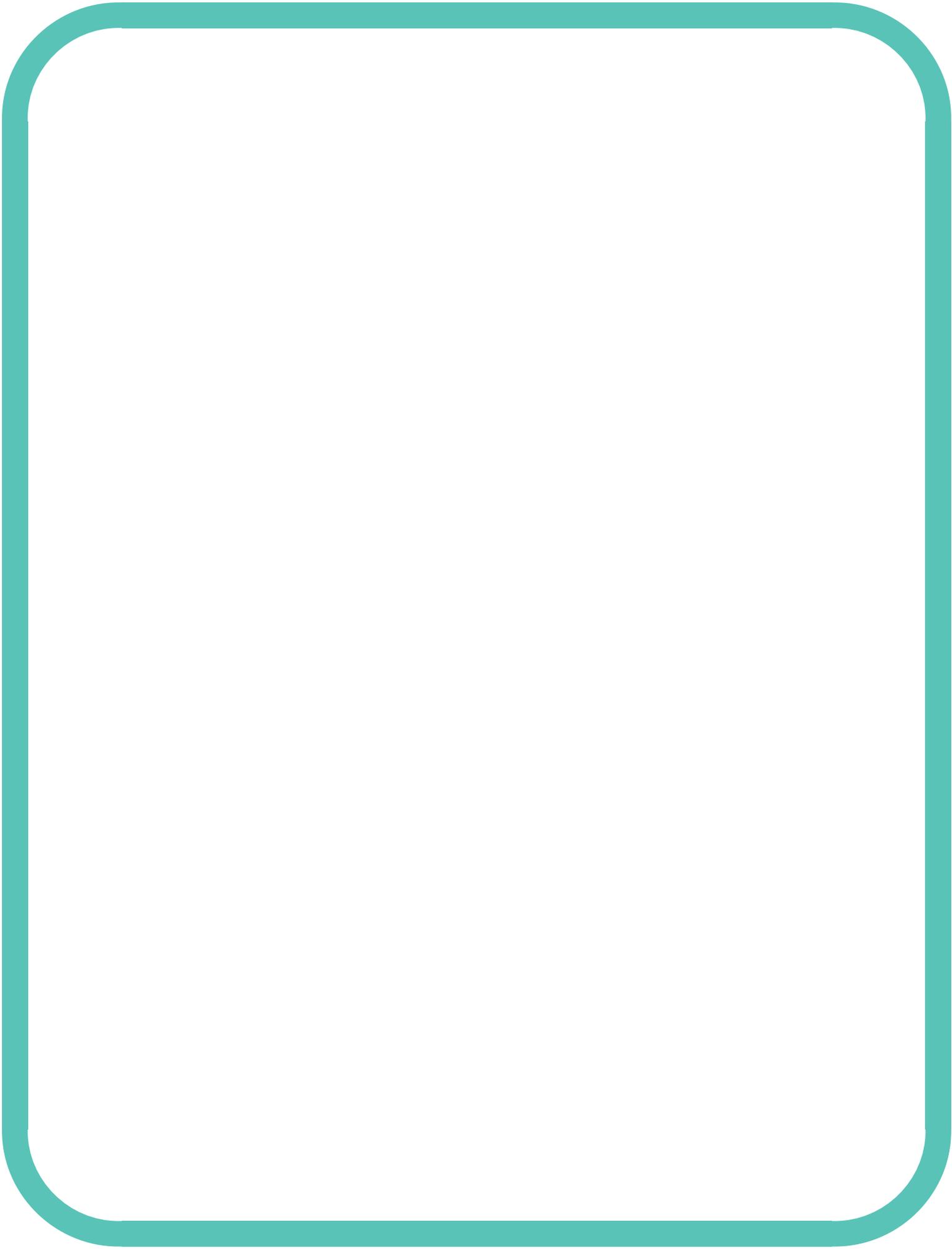
Challenge Three:

What will happen if you don't do anything about these challenges? How will they continue to impact your life and what will the ultimate impact be?

Get real and dig deep for this one - you may end up in a pretty sad place, but it's a very real place if you don't take action so it's very important for you to be aware of the consequences

E.g. If I continue to work long hours I will put on more weight, my health will decline, I could end up with a serious illness and even die early. If I've put on more weight I will have less confidence and less energy, so this will effect my work - I will be less proactive and miss opportunities, which will mean I won't have the money I need/want. This will all put a lot more pressure on my relationship and could ultimately cause it to break down, therefore ultimately I will be very unhappy and unfulfilled.





Now let's flip things

I want you to imagine you have a magic wand and when you wave it everything can be exactly how you want it to be.

Write in as much detail as possible below what that ideal image of your future looks like - remember to include all the areas of your life again.

So now that you know where you're currently at and where you want to be, are you ready to close that gap and start living more?

Before we do that I want you to think about one more thing...

What barriers will get in the way of you doing what you need to do, to live the life you want ?

Document below each of the barriers that might hold you back and what you can do to prevent them. I've put an example in to get you started

Barrier	Preventative Action
E.g. I don't have enough time	Carve out non-negotiable time in my schedule each week to dedicate to working on my Uppyness and moving my life forward. Remind myself that by spending a little time now it will save me an abundance of time in the future. Talk with my loved ones and let them know about the journey I'm embarking on - ask them to help and support me so I can allow myself the time to do this.

Barrier

Preventative Action

Barrier

Preventative Action

Ok, so now you know what actions you can put into place to give yourself the best start possible on this truly life-changing journey, the final step is to **ACTION THAT SHIT!!**

If you need to schedule things in your diary, talk to your loved ones or buy yourself a sparkly new notebook, commit to getting all of that in place **THIS WEEK.**

Remember, it's the simple things that when actioned and done consistently make the biggest impact.

YOU'VE GOT THIS x

Extra Notes

