

Lifestyle Design Handout

Take a moment to answer these questions in a quiet place. Allow yourself to unleash what you truly feel inside. To help you along with this process, I've added additional questions and insights to help you really tap into your true self.

1) Who are you?

Who are you underneath the mask?

What is it that makes you unique, and different from everyone else?

* Not what people see from the outside, but what you really are on the inside...

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the questions above. It occupies the lower half of the page.

2) What do you really want?

What is it that you truly want; you need to pause here because the answers need to come from you, NOT from society. Do you want an extravagant house or is such a thing of little importance to you? Have you always wished to live near the beach, or do you secretly long for some time in an abundant rainforest? Be sincere, and strive to tap into that place which you've been keeping all to yourself. There are no boundaries. Your answers can be extraordinarily grand, or even of the simplest of things, but it's absolutely essential that your replies are real, and from the heart.

i.e. "I want to eat caramel apples and sit on a tree swing." These are things that make you smile, and you may not even know why - write them down as they come to you.

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