



The fundamentals of creating your ideal life!!

Why did you make the decision to attend tonight? _____

What are you hoping to achieve by attending this program? _____

List your top 6 ideal priorities/commitments in order from the most important to least important. (i.e. God, family, health, work, community, friends) _____

Now evaluate what you spend most of your time doing. Does your time commitment match the importance you place on these priorities? YES OR NO? _____

How is the life you're living support your priorities? _____

How is the life you're living neglecting or sabotaging your priorities? _____

What has kept you from having your ideal life? (lack of discipline, poor self esteem, loss of focus, etc.) _____

How has your past affected who you are today? What beliefs/habits have you adopted from your mother, father, teacher, preacher, television, friends, and books that have made you a better person? _____

What beliefs/habits have you adopted from your mother, father, teacher, preacher, television, friends, and books that may have limited your potential? _____

What events in your life have helped create who you are today? Good or bad. _____

Have you used your past experiences as an excuse to become better or as an excuse to allow for failure, self sabotaging behavior, and lack of effort or limited beliefs in yourself? _____

What is your life going to look like in 10 years? Will you be healthier, happier, more organized, less stressed, more active, more flexible, more giving, more loving, more kind, more centered, wealthier, more involved, more secure, etc.? _____

If there were no limitations to your life and you could do anything, be anything, or feel a certain way how would it be different than it is now? _____

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Direction and download: How To Set Goals,
Wellness Quotient, Purpose Statement Must,
Goal Setting Examples, and The Fundamentals
of Creating Your Ideal Life