



3. What is your purpose in life? Do you currently know? If not, spend time to find out.  
(If you don't know where to start, try finding what sparks joy in your heart.  
What would you do everyday for free if you could?)

4. Does your purpose in this program align with your purpose in life? If not, which one needs to be reassessed?

5. What is currently stopping you from having that result in your life right now?  
Ex. Time, money, etc.

6. What is this costing you? What are the negative impacts that this has had in your life? Where will you be if you don't make a change in 5 years?

7. What habits do you have that aren't serving your purpose anymore?

Ex. I spend a few hours a day on Facebook mindlessly scrolling... (which is only reinforcing scatter brain and restlessness!)

8. What fears and limiting beliefs do you hold that aren't serving your purpose anymore?

Ex. I am too restless.. I will never be able to do this.

Once you have answered each of these questions to the best of your ability, commit to living in alignment with them during this entire program and into the future. Commit to taking full responsibility for where you are in life right now and take the reins with full force. Don't be afraid to fail! There is truly no such thing as failure, there is only success and learning. Not reaching your goal is 10 steps above never having tried at all. Give this program your all and have some fun with it!