

New years is a great time to look at our life and review what is working, missing, or needs improvement on. I created this document for you to reflect and powerfully create the life you really want.

Use this to take some time out and plan out what you want your life to look and feel like.

This document touches on each aspect of life. Spirituality, Health, Relationships, Romance, Finance, and Hobbies. Use this time to reflect deeper on your life, assess where you are, and where you want to go.

I created this document so you can create the life you want and it's just the starting process. Everything in life starts with an idea followed by action and cultivation to create it. Otherwise we just have a bunch of ideas that never grow into their full potential. Now is the time to plant the seed of your new life.

So, let's start with where you are at and then I'll guide you through creating and designing each area of your life the way you want it.



***What You Focus On Grows***

## **Creating Your Life By Design**

We are going to break down each area of life. There are several “main” areas of life. They’re generally defined as:

Spirituality, Health, Relationships, Career, Romance, Finance, Recreational Life (Hobbies and Fun). I like to keep them in that priority order.

Take some time and assess in each area what is working and what isn’t working for you. Write those out below.

*Example from the career area of life.*

### **Career**

#### ***What’s working and what are you grateful for?***

*Grateful I have the skills necessary to get a job, grateful for the time I’ve had at previous jobs, grateful I get to help people with what I do, Grateful for the ability to receive money for doing something I enjoy.*

#### ***What’s not working?***

*What’s not working is a toxic work environment, What’s not working is doing work I don’t enjoy, What’s not working is working in an industry I don’t really care about, what’s not working is starring a computer all day when I really like working with people face to face.*

#### ***What would you like your Career to look and feel like?***

*Write this out as if it’s already happened and you’re telling a friend over coffee about the career you now have.*

*I am working at a company where I love their mission and product, I get to work with great people who respect me and my contribution, I feel like I am growing and learning on a daily basis. I get paid well and earn more than I need. I feel like my work matters and is helping people.*

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it. \_\_\_\_\_

**End Example**

## Creating Your Life By Design

### Spirituality

What's working and what are you grateful for?

What's not working?

Overall what would you like your Spirituality to look and feel like?

Write this out as if it's already happened and you are telling a friend over coffee or tea.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Health

What's working and what are you grateful for?

What's not working?

Overall, what would you like your health to look like?

Write this out as if it's already happened and you are telling a friend over coffee or tea.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Relationships

What's working and what are you grateful for?

What's not working?

Overall, what would you like your Relationships to look like?  
Write this out as if it's already happened and you're telling a friend over coffee.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Career

What's working and what are you grateful for?

What's not working?

Overall, what would you like your Career to look like?

Write this out as if it's already happened and you're telling a friend over coffee.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Romance

What's working and what are you grateful for?

What's not working?

Overall, what would you like your Romance to look like?

Write this out as if it's already happened and you're telling a friend over coffee.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Finance

What's working and what are you grateful for?

What's not working?

Overall, what would you like your Relationships to look like?  
Write this out as if it's already happened and you're telling a friend over coffee.

Rate this area of life on a scale of 1 - 10.  
1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

## Recreational Life - Hobbies and Fun

What's working and what are you grateful for?

What's not working?

Overall what would you like your Recreational life to look like?

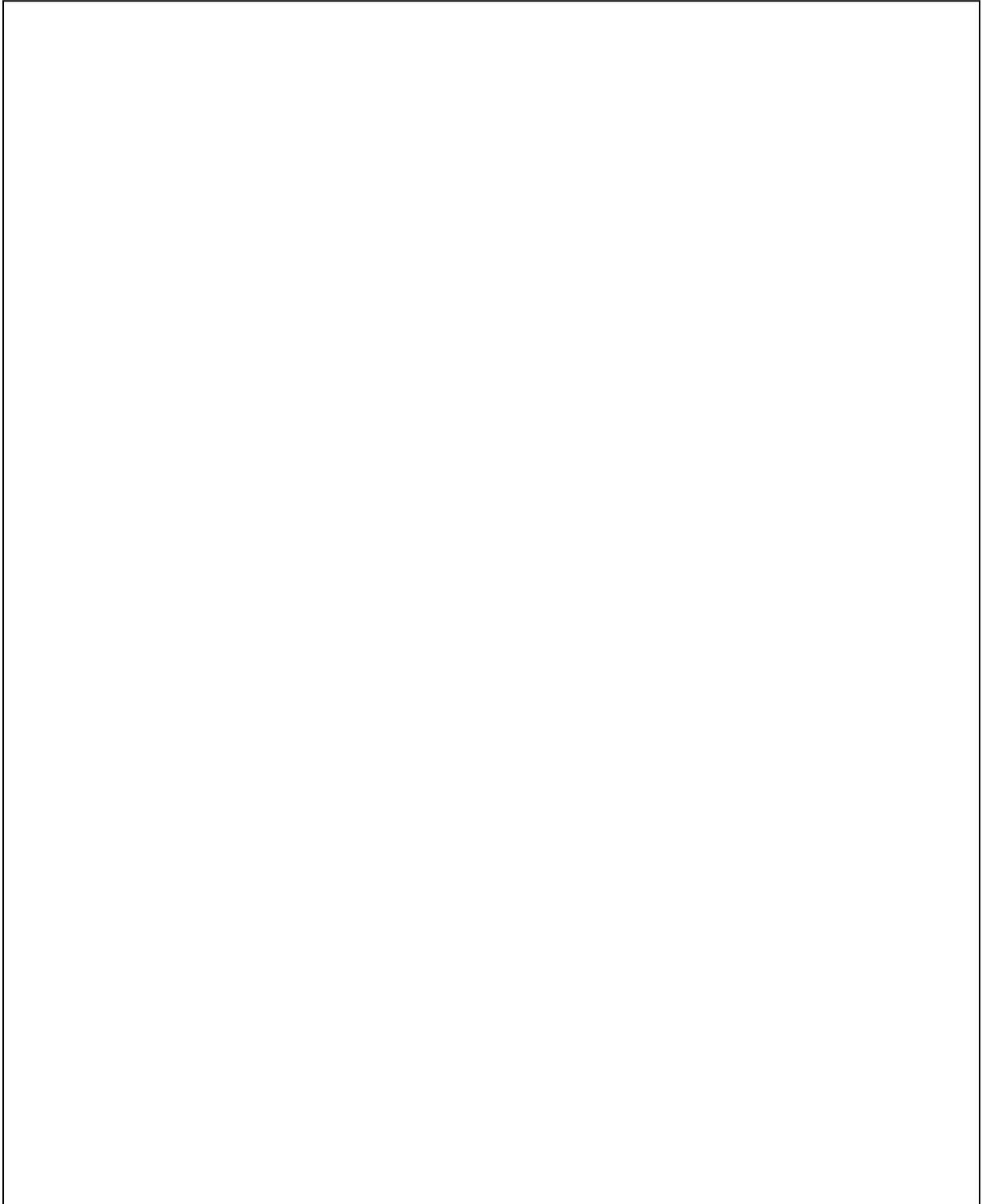
Write this out as if it's already happened and you're telling a friend over coffee.

Rate this area of life on a scale of 1 - 10.

1 being completely dissatisfied and 10 being you love it.

\_\_\_\_\_

Now, that you've gone through this exercise what do you see for yourself? What is present in your thinking/feeling about what is it you really want for your life. There's no wrong or right here. Journal below.

A large, empty rectangular box with a thin black border, intended for journaling or writing reflections.

Use this document as your guide throughout the year and keep coming back to it and adjusting along the way.

## Part 2.      **How are you going to get there?**

Now, that you've taken the time to see what's working, what's not and where you want to go in your life, how are you going to get there?

Here are some questions that will help you to start the intention process of creating this life.

Who is going to support you along the way?

Who will help hold you to your vision and plan?

What resources are needed to reach your goals?

What habits will you need to create to be successful?

Any habits you will need to let go of?

What normally stops you from reaching goals?

What milestones do you need to create to reach your vision?

What actions do you need to create to get there?

If you had the life you wanted now, what would be possible that is NOT possible now?

Who are you going to have to be in order to create and have your vision?

**Do you want help in creating your new life? Yes?** Go here and setup a time and we can chat. [www.bradfinkeldei.com/meeting](http://www.bradfinkeldei.com/meeting)

I hope this has been helpful in creating the life you want.

Brad Finkeldei - Career and Life Coach