



The Key to Meeting an Amazing Man (Lessons from My NYC Trip)

Step 1: Shake Up Your Routine

If you keep doing the same things, you'll keep getting the same results. It's time to create *new energy* in your life.

➡ List 3 new activities, places, or experiences you're excited to try this month:

1. _____
2. _____
3. _____

➡ What's one habit you've fallen into that might be keeping you stuck in your comfort zone?

➡ What's one small way you can disrupt that pattern this week?

Step 2: Practice Hindsight Ahead of Time

Imagine you're five years into the future, looking back on this season of your life. How would Future You describe it? How would she *want* to remember it?

➡ Write down at least 5 things that make your life great right now (even if your brain wants to tell you it's not "enough"):

1. _____
2. _____
3. _____
4. _____
5. _____

➡ If Future You could talk to Present You, what would she say about this season?

Step 3: Love Your Life Like You Chose It

When you *own* and *love* where you are now, you become magnetic. Let's shift your perspective.

➡ What's one thing in your life right now that you *wish* were different?

➡ Reframe it: If you were to love this part of your life as if you had *chosen it*, how would you see it differently?

➡ Write down one way you can bring more joy and appreciation to your current life, starting today:

Step 4: Take Inspired Action

This isn't just about mindset—it's about movement. Now, let's make a plan.

➡ What's one new experience you'll commit to this week to shake things up?

➡ Who's one person you can reach out to for connection or support (friend, coach, accountability buddy)?

➡ What's one thing you can do daily to bring yourself back to gratitude and joy?

Bonus: Join Me for More Support!

If you loved this worksheet and you're ready to go even deeper, join me for my **FREE training**, **"Non-Sucky Valentine's Day" on Feb 11**. I'll show you exactly how to shift out of waiting and start *loving* your life *now*—which is *exactly* how you attract the love you want.

✨ [Sign Up HERE](#) (Replay available if you can't make it live.)