

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #44 Prep Workbook

“2020 VISION”

Part 1

Take time to deeply reflect and answer the following questions in as much detail as possible in your journal.

2010 - 2019: DECADE REFLECTIONS

- A. What went well? Why?
- B. What went *really* well? Why?
- C. What didn't go well? Why? How?
- D. What went really poorly? Why? How?

2019 REFLECTIONS

- E. What went well? Why?
- F. What went *really* well? Why?
- G. What didn't go well? Why? How?
- H. What went really poorly? Why? How?

2020 VISION: 10-YEAR NORTH STAR

Imagine/visualize yourself 10 years from now, living your *thriving*, “Hell YES!” life...

- What does it look like? Feel like? What is happening?
- What does each area of your “Wheel of Life” look like? OR, what do the most important areas of your life look like in this ‘best case scenario’?
- WHO *are* you in 10 years? How does *thriving* manifest in your *being*?

2020 VISION: 1 YEAR FROM NOW

Imagine/visualize yourself 1 years from now, feeling aligned, alive, happy, and connected to your “Flow”...

- What does it look like? Feel like? What is happening?
- What does each area of your “Wheel of Life” look like? OR, what do the most important areas of your life look like in this ‘best case scenario’?
- Who *are* you in 10 years? How does *thriving* manifest in your *being*?

LEVERAGING THE PAST

Now, refer back to the “What went well and *why*” sections from 2010–2019, and 2018–2019...

- What, *specifically* contributed to things going well? How were you showing up? What choices did you make? What traits and characteristics came into play?
- How can you leverage and utilize that in moving toward your Best Self and Life in 2019?
- How can you leverage and utilize that in moving toward your Best Self and Life in the next 10 years?

LEARNING FROM THE PAST

Now, refer back to the “What did NOT go well and *why/how*” sections from 2010–2019, and 2018–2019...

- What, *specifically* contributed to things not going well? How were you showing up? What choices did you make? What traits and characteristics came into play? What stories, beliefs, or attitudes? Patterns? Habits? Limitations?
- Now knowing this, what would need to change in order to be in alignment with creating your Best Self and Life in 2019?
- Now knowing this, what would need to change in order to be in alignment with creating your Best Self and Life in the next 10 years?

PART 2 COMING NEXT WEEK!