

Day 1: Get clear on your why

CREATE THE SPACE TO INSPIRE

"Tell me, what is it you plan to do with your one wild and precious life?" --Mary Oliver

Below are questions to help you connect to your true desires and purpose in life. The answers to these questions may come easily or they may take time. If this exercise is hard for you, that means it's an important one that will help you connect to your deepest desires. Without clarity around *where* you want to go, there's no way to get there.

Settle in with a cup of something tasty and enjoy the gift of time, clarity and direction you are giving yourself right now with these reflections.

- 1. What am I longing for most in my life?*
- 2. If I knew I had one year left to live, how would I spend this year?*
- 3. When I am at the end of my life, what do I want to have accomplished?*
- 4. What am I ready to let go of that is not serving me?*
- 5. Whose expectations might I be trying to live up to? (living or no longer)*
- 6. What might I be striving for (or feeling guilty for not pursuing) that isn't my own desire, or that no longer reflects what I want?*
- 7. What do I want to explore more deeply?*
- 8. What would make life feel ridiculously fun?*
- 9. If I had a "month out of time" to do whatever I wanted, during which no time would pass in the real world, how would I use this time?*
- 10. What feels really nourishing in my life?*
- 11. Of all the things I've done or accomplished in my life, what has given me the deepest sense of fulfillment?*
- 12. Where do I find myself not being "present" in my life, or not participating fully?*
- 13. Do I care to have impact in the world or to leave some kind of legacy when I die? If so, what?*

From all the questions above, boil things down to the following responses:

Where am I now in my life?

(Be honest with yourself - recognize the ways you want your life to be different.)

What do I want my ideal life to look like, no holds barred?

(Let go of the how. Dream big)

*How do I want to **feel** in my life. Boil it down to a feeling (or a few) and write them below.* Ex: calm, inspired, present.

Are there any ways in which I already feel this way, with life just the way it is? Write below occasions/situations/experiences where you feel those ways (however small). Focus on those feelings. Let them expand and you align yourself with your future reality.