

## LIFE WORK WEEK 1

This week is focused on discovering, defining and writing your 3-year vision.

- Ask yourself “What would I LOVE?” in each of the four domains – health, love & relationships, vocation/creative expression, time & financial freedom.
- Listen to the recording on how to write your vision statement (in the Power Toolkit section at the bottom of your membership site) and craft your first version of your long as well as travel sized version.
- Start each day in gratitude. Set the intention that the very first thing you will do each day from now on is to think about at least 5 things you are grateful for and spend a few moments in those thoughts until you FEEL GRATEFUL. Commit to yourself that you won’t get out of bed until you feel that gratitude – and notice how that practice changes your day and yourself.