



# REINVENTING YOUR LIFE

## LIFE AUDIT KICKSTART

*Made With Love By Dale*

# **Kickstart Your Life Audit**

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# Begin Your Journey to Rediscovery

Life is full of twists and turns, and sometimes, we find ourselves pausing, wondering how we got here and what lies ahead. If you're at that point - a crossroads where the future feels unclear - this is your invitation to step back, reflect, and chart a new path forward.

The **Kickstart Your Life Audit** is designed to guide you through powerful questions that delve deep into who you are, where you've been, and where you truly want to go. It's a gentle, thoughtful process that will help you reconnect with your authentic self, gain clarity on your desires, and create a vision for the life you want to lead.

This is not about starting over but about starting fresh - using the wisdom of your experiences to shape a future that aligns with your heart's deepest desires. Through journaling prompts and reflective exercises, you'll explore:

## Phase 1: Understanding Your Current Reality

- **Where You Are Now:** Acknowledge your current reality with honesty and without judgment.
- **Who You Are:** Rediscover the essence of your identity and the values that guide you.
- **Who You Want to Be:** Envision the bold, beautiful self you aspire to embody.

## Phase 2: Visioning Your Future

- **What Life Wants From You:** Align your purpose with the opportunities life presents.
- **What You Want From Life:** Define your passions, dreams, and the impact you want to make.
- **What Does Life Want From You?** Life is asking you to be bold and brave.

## Phase 3: Overcoming Barriers

- **What Are You Holding Onto That Needs Letting Go Of?:** Identify and release the burdens preventing growth.
- **Who Is the Awesome, Beautiful, and Brave Self You Have Been Avoiding?** Embrace your full potential with courage.
- **Are You Setting Ego and/or Spiritual Goals?:** Balance ambitions for external validation with inner fulfillment.

## Phase 4: Action and Momentum

- **What Is Your Vision For The Next 12 Months?** What do you want?
- **What Are You Willing to Commit To?:** Reflect on the dedication and steps required to achieve your vision.
- **What Progress Have You Made in the Last Five Years?:** Celebrate milestones and use them as stepping stones for future growth.
- **What Would It Look Like to Dream Bigger?** Challenge yourself to expand your vision and embrace the possibilities.
- **What Would Life Be Like If You Asked For More?:** Dare to articulate and pursue your deepest desires.

## **Phase 5: Connecting to the Future**

- **What Does Your Future Self Know?:** Tap into your intuition and wisdom to seek guidance.
- **What Do You Want to Create For Your Life?** Explore how to design a life that aligns with your values and aspirations.

Each section is designed to spark insights and inspire action, helping you move from feeling stuck to feeling empowered. Whether you're looking for more clarity, purpose, or joy, this journey will help you reconnect with your heart and take the next steps with intention.

### **Grab your journal and start here...**

Take time to answer these kickstart questions. This allows you to start thinking about how you got here and what you want. When you have answered the question, reflect on what you learned.

# Phase 1: Understanding Your Current Reality

Have you ever felt like you're lost in your own life? Like you're moving but not sure where you're going? Let's change that today.

We're kicking off the 'Kickstart Your Life Audit' series by answering one of the most powerful questions: 'Where am I?' This question helps us pause, reflect, and take an honest look at our current reality, which is the first step toward meaningful change. Then we are moving on to 2 other great questions.

- **Where You Are Now:** Acknowledge your current reality with honesty and without judgment.
- **Who You Are:** Rediscover the essence of your identity and the values that guide you.
- **Who You Want to Be:** Envision the bold, beautiful self you aspire to embody.

## Where Am I?

Asking yourself, "*Where am I?*" may seem simple, but it's one of the most profound questions you can pose. It invites you to pause, reflect, and take stock of your life - your inner world, physical environment, relationships, and emotional state. Like a traveller pausing to orient themselves on a journey, it's a moment of grounding, clarity, and honesty.

## The Power of Anchoring Yourself in the Present

When you metaphorically "put a stake in the ground," you commit to being fully present and facing your current reality. This act is a declaration: "*This is where I am right now, and I'm ready to see it for what it is.*" It's not about judgment or criticism but about observing with curiosity and compassion.

### Why It's Important:

#### Clarity:

Understanding where you are allows you to identify what's working and what isn't in your life.

#### Awareness:

It helps you tune into your emotions, thoughts, and energy levels.

#### Direction:

Acknowledging your current state is the first step toward meaningful change.

## Observing Without Judgment

Taking an honest inventory of where you are can bring up a mix of emotions. You might feel content, anxious, sad, or even stuck. These feelings are not your enemy - they're guides. They point to what's aligned and misaligned in your life.

### Reflection Exercise:

Sit quietly and observe your surroundings and inner world. Ask yourself:

- What am I feeling right now?
- What does my physical environment reflect about my life?
- What energy or vibration do I sense within and around me?



# Understanding Your Present Reality

## 1. Your Inner World:

Pay attention to your emotions, thoughts, and mental chatter. Are there recurring patterns or themes?

## 2. Your Outer World:

Assess your physical environment. Is it cluttered or calm? Supportive or draining? Observe the people around you. Do they uplift you, or do they leave you feeling drained?

## 3. Your Energy and Vibration:

Tune into your energy. Are you vibrant and inspired or fatigued and stagnant?

## Reflective Prompts:

Use these prompts to explore your current state more deeply:

### Emotional Check-In:

- What emotions am I experiencing right now, and what might they be trying to tell me?
- What am I longing for? What am I resisting?

### Environmental Awareness:

- What does my current physical space say about my life?
- What small changes could I make to create a more supportive environment?

### Energy Assessment:

- What activities or people energise me? What drains me?
- How can I realign my energy to feel more balanced and inspired?

### Acknowledging Truths:

- What do I need to accept about my current situation?
- What am I avoiding, and why?

## Turning Reflection Into Action

Reflection is powerful, but transformation happens when you use those insights to make intentional changes. After reflecting on “*Where am I?*”, ask yourself:

- What do I want to move toward?
- What small step can I take today to shift closer to where I want to be?

## An Invitation to Be Present

This question isn’t about creating immediate change but about starting from a place of honesty and clarity. Whether you’re at a high point or facing challenges, anchoring yourself in the present allows you to move forward with awareness and purpose.

Take a moment, breathe deeply, and ask yourself: “*Where am I?*” Write it down, reflect, and trust that this pause is the beginning of something meaningful. You are exactly where you need to be to take the next step on your journey.

## Where You Are Now - Journal Prompts:

- What emotions arise when I think about my current situation? Why?

- What aspects of my life feel aligned? Which feels out of sync?
- If I could describe my current state in one word, what would it be? Why?

## Who Are You?

“Who are you?” is a deceptively simple question that cuts to the heart of identity, purpose, and self-awareness. It invites you to explore both the external and internal aspects of yourself - your roles, relationships, and experiences, as well as your thoughts, emotions, and values. No wonder it feels daunting! But instead of getting lost in self-analysis, why not begin with a simple yet revealing exercise?

### The Five-Word Exercise

This exercise strips away overthinking and invites your instincts to answer. By jotting down the first five words that come to mind, you’re allowing the raw, unfiltered aspects of your self-perception to surface.

#### How to Do It:

- Set a timer for 30 seconds.
- Ask yourself, “*Who am I?*”
- Write the first five words that come to mind without judgment or analysis.

### Why This Exercise Works

#### It’s Honest and Immediate:

The words you write often reflect the aspects of yourself you value most or are most focused on in the moment. They reveal what’s top of mind, free from overthinking.

#### It’s Flexible and Evolving:

These five words aren’t static - they can change over time as you grow, shift priorities, or gain new perspectives. Revisiting this exercise regularly can create a timeline of your personal growth and self-perception.

#### It Sparks Deeper Reflection:

Each word becomes a starting point for exploration. For example:

- If you write “kind,” ask yourself: How do I embody kindness? What role does it play in my relationships?
- If you write “adventurous,” consider: Are my adventures physical, emotional, or intellectual? What draws me to them?

### Sharing and Connecting

Sharing your five words with someone else can lead to profound conversations about identity, values, and aspirations. It’s also a powerful way to connect on social media or in-person gatherings - offering a window into who you are at your core.

#### These Are Mine:

*“Who are you in five words? Here are mine: curious, resilient, creative, compassionate, and bold.”*

# Journaling Prompts for Deeper Reflection

## Exploring Your Words:

- What do these five words reveal about how I see myself right now?
- Are there words I expected to write but didn't? Why?
- How do these words reflect my identity, values, and aspirations?

## Revisiting Over Time:

- How have my five words changed compared to the last time I answered this question?
- What does this shift tell me about my growth or current focus?

## Balancing Internal and External Identity:

- How do my five words reflect the roles I play in the world (e.g., job, relationships)?
- What words reflect my inner world, the parts of me not tied to external expectations?

## An Invitation to Embrace Evolution

Your answer to "*Who are you?*" will never be complete - it's meant to evolve as you do. By pausing periodically to reflect on this question, you're creating a living timeline of your self-awareness and growth.

Take a moment today to jot down your five words. Then, ask yourself: What do these words tell me about the life I'm living and the life I want to create?

**Who are you, in five words, right now?** Write them, explore them, and let them guide you.

## Who Are You? - Journal Prompts:

- Write the first five words that describe me right now. What do they reveal?
- How do my actions, decisions, and interactions reflect my true self?
- When I consider who I am, what values stand out as most important?

## Ways That Show You Who You Are

Every person, through their actions, decisions, and interactions, presents a reflection of their character, values, and beliefs. How do you show up?

- Are you showy and show off?
- Do you use your hardships and vulnerability to demonstrate your inner resources?
- How do you treat others, even when they give you nothing in return, or no one else is watching?
- What about how you take ownership of your mistakes or perceived failures? The way you approach challenges and issues
- The choices you make and why
- How you live by your values

Understanding yourself isn't solely about introspection; it's also reflected in daily actions, interactions, and decisions. Observing oneself in these areas provides insights into one's true nature, motivations, and character.

Here are tailored journal prompts for this section, designed to help explore how you show up in the world and uncover insights for growth:

## **Reflective Prompts:**

### **Self-Expression:**

- How do I express myself in social settings? Am I confident, reserved, showy, or balanced? Why do I think this is my default approach?
- When I reflect on my interactions, what impression do I believe I leave on others? Is it aligned with who I want to be?

### **Resilience and Vulnerability:**

- How have my hardships shaped the way I navigate life?
- In what ways do I use my experiences and vulnerabilities to inspire strength in myself and others?
- Are there times when I hide my struggles instead of using them as a resource for growth? Why?

### **Kindness and Generosity:**

- How do I treat people when I expect nothing in return?
- How would someone describe me based on how I treat others, even in difficult or unnoticed moments?
- What are some recent examples of me extending kindness or generosity? How did it make me feel?

### **Accountability:**

- How do I handle mistakes or failures? Do I take responsibility, or do I tend to deflect blame?
- What lessons have I learned from a recent challenge or mistake?
- How can I approach future challenges with greater accountability and grace?

### **Decision-Making:**

- What do my recent choices say about my priorities and values?
- Have I made decisions out of fear, convenience, or alignment with my authentic self?
- How can I ensure my choices reflect my long-term goals and values?

### **Living by Values:**

- What are my core values, and how do they guide my daily actions?
- Can I think of a recent situation where I compromised my values? What led to that, and how did I feel afterwards?
- How can I more consistently live in alignment with my values?

## **Reflective Summary Prompts:**

- What patterns emerge when I review my answers to these prompts?
- What do these patterns reveal about my motivations, strengths, and areas for improvement?
- What is one action I can take today to align more fully with the person I aspire to be?

These prompts encourage deep reflection while guiding you toward actionable insights for showing up as your best self. Let me know if you'd like additional refinement or examples!

## **Pull it all together - who are you?**

Review the three sections above and create a simple sentence describing who you are.

# Who Do You Want To Be?

The question “*Who do you want to be?*” is not just a call for introspection - it’s an invitation to dream, explore, and shape your most authentic self. While the answer may feel elusive, it’s not about arriving at a single, unchanging definition. Instead, it’s about engaging in an ongoing dialogue with yourself, one that evolves as you grow, transform, and discover new facets of your being.

## A Journey, Not a Destination

Becoming who you want to be is an iterative process. With each chapter of your life, your understanding of yourself deepens, and your aspirations may shift. For example, you may have once wanted to inspire others in one way, only to discover a greater calling to help them uncover their own truths and live fulfilling lives. This evolution reflects the beauty of growth and the richness of life’s possibilities.

### Reflective Prompts:

- How has my idea of who I want to be changed over time?
- What have past transformations taught me about my true self?

## Who Are You Now, and Who Do You Aspire to Be?

Before imagining your future self, take a moment to examine your current self. What resonates with you right now? What parts of your identity feel aligned, and where do you sense a desire for growth?

### Envisioning Yourself:

- Do you want to be a source of support for those you love, offering strength and kindness?
- Do you aspire to lead with integrity, empowering others to grow and succeed?
- Or perhaps you seek to cultivate qualities like compassion, resilience, and creativity that allow you to show up fully in all areas of your life.

### Reflective Prompts:

- What qualities do I admire in others that I’d like to embody?
- If I could describe my ideal self in three words, what would they be?
- What current aspects of myself feel ready to grow or evolve?

## The Dialogue Within

Defining who you want to be is not about perfection - it’s about authenticity. This is an ongoing conversation between your present self and your evolving self, one that requires honesty, curiosity, and patience.

### How to Engage in This Dialogue:

- **Check In Regularly:** Periodically ask yourself, Who am I becoming? Does this align with who I want to be?
- **Embrace Change:** Accept that your aspirations may shift as you gain new experiences and insights.
- **Set Intentions:** Use the qualities you aspire to embody to guide your actions and decisions.

## **Actionable Steps to Becoming Visualise Your Ideal Self:**

Close your eyes and picture yourself one year from now. How do you carry yourself? How do you interact with others? What values guide your actions?

### **Reflective Prompt:**

Describe a day in the life of your future self. What does it feel like to be this person?

## **Identify Qualities to Cultivate:**

Choose 2-3 qualities or traits you'd like to develop, such as patience, confidence, or empathy.

### **Reflective Prompt:**

- What small, consistent actions can I take to embody these qualities?

## **Align Your Actions:**

- Let your vision of who you want to be inform your daily choices.
- Ask yourself before making decisions: Does this align with the person I'm striving to become?

## **Reflect and Adjust:**

Revisit your aspirations regularly to ensure they align with your evolving values and desires.

### **Reflective Prompt:**

- What progress have I made toward becoming who I want to be? What lessons have I learned along the way?

## **An Ongoing Blueprint**

Your vision of who you want to be is not a static blueprint but a dynamic, living guide. It evolves as you grow and gain new insights into yourself and the world around you. By continually engaging with this question, you create a pathway to living more authentically, purposefully, and joyfully.

Ask yourself today:

- Who do I want to be in this season of my life?
- What small, meaningful step can I take to move closer to that vision?

You are not bound by the past or limited by the present. You are the architect of your future self and every choice you make shapes the person you are becoming. So, who do you want to be? The answer lies in your hands.

## **Who Do You Want to Be? - Journal Prompts:**

- If I could embody my best self, what qualities would I have?
- How do I imagine my most fulfilled and authentic self showing up in the world?
- What small steps can I take today to align with the person I want to become?

# Phase 2: Visioning Your Future

- **What Life Wants From You:** Align your purpose with the opportunities life presents.
- **What You Want From Life:** Define your passions, dreams, and the impact you want to make.

Have you ever wondered if life is trying to tell you something? What if life is inviting you to step into your purpose and become the bold, brave version of yourself?

We're diving into how to align your purpose with the opportunities life presents. This is part of Phase 2 in our 'Kickstart Your Life Audit' series, where we start envisioning your future.

## What Does Life Want From You?

With all its complexities and demands, life often feels like an uphill climb. Yet, when we pause to reflect, we see that life isn't just about enduring challenges; it's about rising to meet them with authenticity, courage, accountability, and resilience. Life calls us to live with intention and purpose, to connect deeply with ourselves and others, and to leave a meaningful imprint on the world.

## What Life Is Asking From You

### 1. Authenticity: Being True to Yourself

Life asks you to embrace who you are at your core - your passions, strengths, and even your vulnerabilities. Authenticity means making choices that align with your values and aspirations rather than conforming to societal expectations.

#### Reflective Prompts:

- What does being true to myself look like in my daily life?
- Where am I living authentically, and where am I not?
- What is one small step I can take to honour my authentic self?

### 2. Courage: Stepping Into Vulnerability

Courage isn't just about grand gestures - it's about the willingness to be vulnerable, connect with others, and face challenges with an open heart. It means being kind, generous, and accepting of yourself and others.

#### Reflective Prompts:

- What fears hold me back from living courageously?
- How can I practice vulnerability in my relationships?
- Where can I show more kindness and generosity in my life?

### 3. Accountability: Owning Your Impact

Life calls you to take responsibility for your actions and their consequences. Accountability means considering how your choices affect yourself, others, and the world around you. It's about living ethically and striving to contribute positively to the greater good.

#### Reflective Prompts:

- What impact do my actions have on others and the environment?
- How can I make more ethical and sustainable choices?
- What steps can I take to contribute to the greater good?



## 4. Resilience: Embracing Growth Through Challenges

Resilience is the ability to keep moving forward, even when faced with difficulties. Life asks you to view setbacks not as failures but as opportunities for growth and development.

### Reflective Prompts:

- What challenges have shaped me into who I am today?
- How can I reframe failures as opportunities to grow?
- What practices help me build resilience in tough times?

## An Invitation to Rise

When you respond to what life asks of you - authenticity, courage, accountability, and resilience - you align with your purpose and step into the best version of yourself. By embracing these qualities, you create a life that is not only meaningful but also deeply fulfilling.

### Action Steps:

**Daily Reflection:** Take five minutes each day to ask yourself:

- Am I living authentically?
- Have I acted with courage and kindness today?
- How can I be more accountable for my choices tomorrow?

**Set Intentions:** Start your morning by setting a small, actionable intention aligned with one of life's asks.

*Example: "Today, I will speak my truth in a conversation that matters."*

**Celebrate Resilience:** At the end of each week, reflect on a challenge you faced and how you showed resilience.

## Living With Purpose

Life doesn't demand perfection - it invites you to show up as your true self, take responsibility, and rise to the challenges that shape your growth. When you answer life's call, you create a ripple effect of positivity, touching your life and the lives of those around you.

Ask yourself today:

- Where can I be more authentic, courageous, accountable, or resilient?
- How can I align my actions with what life is asking of me?

By answering these questions, you step into a life that is not only beautiful but also richly rewarding.

## What Life Wants From You - Journal Prompts:

- What recurring themes or opportunities seem to appear in my life?
- How can I be more authentic, courageous, accountable, and resilient in my daily choices?
- What does living with purpose mean to me?



# What Do You Want From Life?

Life is a journey - a winding, ever-changing path filled with opportunities, challenges, and moments of wonder. At times, the road may feel uncertain, but the power to navigate it lies entirely in your hands. You are the author of your story, and each choice, dream, and intention is a word on the page. The question is: *What do you want to write?*

## Uncover What Truly Matters

At its heart, life calls us to reflect on what gives our days meaning. It's about discovering the passions that set our souls alight and pursuing them wholeheartedly. Ask yourself: *What makes me come alive? What feels so essential that it becomes the foundation of my happiness and purpose?*

### Reflective Prompts:

- What moments in my life have brought me the most joy and fulfilment?
- What passions or dreams have I set aside, and how can I reignite them?

When you align with what you love, life rises to meet you, creating opportunities that reflect your truest desires.

## Make a Positive Impact

Living a meaningful life isn't just about personal joy; it's also about the imprint you leave on the world. Making a difference doesn't require grand gestures - it's often found in simple, heartfelt acts: offering kindness, extending compassion, or simply listening when someone needs to be heard. These small actions ripple outward, touching lives in ways you may never fully see.

### Reflective Prompts:

- How can I use my talents and strengths to make a positive difference?
- What simple act of kindness can I offer today to brighten someone's life?

## Grow and Evolve

Life is a constant invitation to grow. Each twist in the road offers new experiences, perspectives, and lessons. Growth often requires stepping out of our comfort zones, embracing uncertainty, and even learning from mistakes. These moments of expansion bring you closer to your truth and help you become the best version of yourself.

### Reflective Prompts:

- What challenges have taught me the most about myself?
- What new opportunities can I explore to expand my horizons?
- What would it look like to embrace growth with courage and curiosity?

## Build Meaningful Relationships

The journey of life is enriched by the people we share it with. Meaningful relationships provide support, joy, and inspiration. Seek connections rooted in authenticity, mutual respect, and love. Surround yourself with those who uplift and inspire you, and cherish the moments of connection that make life so rewarding.

### Reflective Prompts:

- Who in my life brings me the most joy and support? How can I nurture those relationships?
- What kind of connections am I longing for, and how can I create space for them?

## Cultivate Resilience

Resilience is the strength to weather life's storms and the grace to emerge stronger. It's not about avoiding challenges but facing them with courage and determination. Every obstacle holds the potential for transformation, teaching you how to adapt, grow, and persevere.

### Reflective Prompts:

- How have I shown resilience in the face of challenges?
- What practices can I adopt to strengthen my ability to overcome adversity?
- What would my life look like if I approached each challenge as an opportunity for growth?

## Your Story Awaits

To live fully is to embrace all these facets of life:

- Align with your passions.
- Touch the lives of others with kindness.
- Continuously learn and grow.
- Nurture meaningful relationships.
- Develop the resilience to overcome challenges.

Each day, you have the chance to write a new chapter. The pen is in your hand. Ask yourself: *What do I want from life, and how can I create it?*

You are the author of your story. What will you write on the next page?

## What You Want From Life - Journal Prompts:

Take a moment to pause and reflect:

- What do I truly want from life?
- How can I align my choices with my heart's deepest desires?
- What steps can I take today to create a more purposeful and beautiful existence?
- What are my passions, and how can I incorporate them into my life more fully?
- If I could make a positive impact on the world, what would it look like?
- What new experiences would help me grow and feel fulfilled?

# Phase 3: Overcoming Barriers

- **What Are You Holding Onto That Needs Letting Go Of?:** Identify and release the burdens preventing growth.
- **Who Is the Awesome, Beautiful, and Brave Self You Have Been Avoiding?** Embrace your full potential with courage.
- **Are You Setting Ego and/or Spiritual Goals?:** Balance ambitions for external validation with inner fulfilment.

What if the only thing standing between you and the life you want is something you're holding onto - old beliefs, relationships, or fears? Let's uncover and release what's holding you back.

This is part of Phase 3 in the 'Kickstart Your Life Audit' series, where we focus on overcoming barriers. Today, we're diving into the emotional and mental clutter that might be preventing your growth and success. By letting go, you'll make space for the bold, beautiful self you're meant to be."

## What Are You Holding Onto That Needs Letting Go Of?

Holding onto things that no longer serve us can feel like carrying an invisible weight - one that saps our energy, limits our potential and keeps us stuck in the past. Whether it's unresolved emotions, outdated beliefs, or unhealthy relationships, these burdens often prevent us from living fully in the present. Yet, letting go of what no longer serves us is one of the most liberating steps we can take toward self-discovery and growth.

### The Power of Awareness

The journey to release begins with awareness. It's essential to tune in to the thoughts, emotions, and reactions that surface in your daily life. Are there recurring feelings of doubt, fear, or anger? These emotions often point to the things you're holding onto.

#### Reflective Prompts:

- What emotions keep surfacing when I'm alone or in quiet moments?
- What thought patterns are repetitive, and how do they make me feel?
- Am I holding onto old stories or memories that no longer align with who I want to be?

### Challenging Beliefs

Our beliefs shape the lens through which we view the world. But not all beliefs serve us. Some may have been adopted to protect us during difficult times, but now act as barriers to growth. Ask yourself: *Is this belief helping or hindering me?*

#### Reflective Prompts:

- What beliefs about myself or the world feel limiting?
- Am I clinging to beliefs that no longer align with my current values?
- What would my life look like if I replaced a limiting belief with an empowering one?

## Confronting Trauma and Pain

Trauma is often buried deep within us, influencing our actions and emotions in ways we might not fully understand. Confronting it doesn't mean reliving the pain - it means acknowledging it, understanding its impact, and finding ways to heal. Looking for support from a therapist, coach, or trusted guide can be invaluable.

### Reflective Prompts:

- What past experiences still hold emotional power over me?
- How has this experience shaped my actions, beliefs, or relationships?
- What small step can I take toward healing today?

## Releasing Grudges and Resentment

Holding grudges is like drinking poison and expecting someone else to suffer. Resentment binds us to the past and perpetuates negative emotions that drain our energy. By releasing grudges, we free ourselves to live fully in the present.

### Reflective Prompts:

- What am I holding onto that is no longer serving me emotionally?
- Who do I need to forgive, not for them, but for my own peace?
- What would forgiveness feel like in my body and mind?

## Letting Go of Unhealthy Relationships

Relationships that drain us undermine our confidence, or fail to respect our boundaries can prevent us from flourishing. While letting go can be painful, it's often a necessary act of self-love and preservation.

### Reflective Prompts:

- Which relationships make me feel less than or unsupported?
- Am I holding onto a relationship out of obligation, fear, or guilt?
- How would it feel to release this relationship and make space for connections that uplift me?

## A Step Toward Freedom

Letting go isn't about erasing the past - it's about freeing yourself from its grip. It's a declaration that you're ready to move forward with clarity, lightness, and intention.

### Actionable Steps:

- **Acknowledge What You're Holding Onto:** Identify the emotions, beliefs, or relationships that weigh you down.
- **Create a Ritual of Release:** Write a letter to what you're letting go of, expressing gratitude for what it taught you, and then symbolically release it (e.g., by burning the letter or tearing it up).
- **Seek Support:** Whether through journaling, therapy, or trusted confidants, allow yourself to be guided in this process.
- **Embrace the Present:** Focus on what brings you joy and meaning today, allowing the past to fade into the background.

# **Your New Beginning**

Letting go creates space for something new: new ideas, new opportunities, and a renewed sense of self. Each release is an act of courage and self-compassion. Take your time, be patient with yourself, and celebrate each step forward.

Ask yourself:

- What will my life feel like when I'm no longer carrying this weight?
- What do I want to invite into the space I'm creating by letting go?

This is your journey. Trust that letting go is not the end - it's a beautiful new beginning.

# Who Is The Awesome, Beautiful And Brave Self You Have Been Avoiding?

Deep within each of us lies an extraordinary self - a vibrant, courageous, and authentic version yearning to shine. Yet, we often hide this part of ourselves, shielding it behind layers of fear, self-doubt, or the need to conform. While this may feel safe in the short term, it often leads to frustration, unfulfillment, and the aching question: *What if I could be more?*

## Why Do We Hide?

### Fear of Judgment and Rejection:

Past experiences of criticism or exclusion may create a fear of vulnerability, causing us to present only the “acceptable” parts of ourselves. *What will people think?* Becomes a limiting mantra, keeping us from showing up fully.

### Limiting Beliefs and Negative Self-Talk:

Thoughts like *I'm not good enough* or *I'm not worthy of success* hold immense power, acting as barriers to confidence and authenticity. These beliefs can stem from societal expectations, personal experiences, or cultural narratives.

### Fear of Success:

Success brings change, responsibility, and the challenge of maintaining momentum. For many, this can feel daunting. Thoughts like *What if I can't sustain this?* Or *will I lose myself in the process?* These can lead to self-sabotage.

## The Cost of Hiding

Hiding our true selves not only limits our potential but also disconnects us from joy, purpose, and meaningful connections. It keeps us from sharing our unique talents, exploring our passions, and creating the impact we're capable of.

### Reflective Prompts:

- What part of myself have I been hiding, and why?
- How does hiding limit my happiness and fulfillment?
- What would my life look like if I embraced my full potential?

## How to Show Up as Your Best Self

### 1. Honest Self-Reflection:

- Begin by acknowledging and accepting who you are without judgment. This includes your strengths, vulnerabilities, and areas for growth.
- Ask yourself: What makes me unique? What am I afraid to show the world?

### 2. Challenge Limiting Beliefs:

- Identify thoughts and beliefs that hold you back. Question their validity: *Is this belief true, or is it a story I've been telling myself?*
- Replace negative self-talk with affirmations that align with your values and aspirations.

### **3. Embrace Vulnerability and Take Risks:**

- Vulnerability isn't weakness - it's the courage to show up authentically.
- Step out of your comfort zone, even if it's one small step at a time. With each step, resilience grows.

### **4. Surround Yourself with Supportive People:**

- Seek out individuals who uplift, inspire, and encourage you. Positive connections can help you stay aligned with your best self.
- Consider mentors, friends, or communities that foster growth and authenticity.

### **5. Celebrate Your Progress:**

- Recognise and honour each moment you step into your true self. Progress, not perfection, is what matters.

## **An Invitation to Reclaim Your Power**

Imagine this:

- You are no longer bound by fear.
- You express your talents freely, chase your dreams with courage, and live authentically.
- You inspire others simply by being yourself.

This is the potential of embracing the awesome, beautiful, and brave self you've been avoiding.

## **Who Is the Awesome, Beautiful, and Brave Self You Have Been Avoiding? - Journal Prompts:**

- What fears are stopping me from stepping into my full potential?
- What would it look and feel like to show up as my boldest, most courageous self?
- How can I start embracing my true self today?
- Write a letter to the version of yourself you've been hiding. What would they say to encourage you to step into your power?
- List three ways you can start showing up as your most authentic self today.
- Describe what your life will look and feel like when you fully embrace your strengths, dreams, and passions.

You are already everything you aspire to be. The journey is simply about letting that truth come forward. Take a breath, step into your light, and let your brilliance shine. The world needs you exactly as you are.

# Are You Setting Ego And/Or Spiritual Goals?

When setting goals, understanding the distinction between ego-driven and spiritually driven aspirations can guide you toward a more balanced and meaningful life. Ego and spiritual goals may seem like opposites, but they can coexist and even complement each other when approached with self-awareness and intention.

## Understanding Ego Goals

**Ego goals** are typically outward-facing and rooted in external validation. They often focus on achievements that enhance self-esteem, status, or recognition. Examples include:

- Career advancement
- Financial success
- Acquiring possessions (e.g., a home or car)
- Gaining power, influence, or prestige

While ego goals can be motivating and lead to significant accomplishments, they may become detrimental if pursued excessively or without a deeper purpose. However, ego goals can also carry spiritual undertones. For example:

- Wanting a larger home could reflect a desire to create a nurturing environment for your family.
- Looking for career advancement might be tied to a calling to lead and inspire others.

### Reflective Prompts:

- Why do I want this goal? Does it align with my deeper values?
- Am I pursuing this goal for external validation or internal fulfilment?
- How can I connect this goal to a greater purpose?

## Understanding Spiritual Goals

**Spiritual goals** focus on inner growth, connection, and fulfilment. They emphasise self-discovery, mindfulness, and living authentically. Examples include:

- Developing self-awareness
- Cultivating compassion for yourself and others
- Practising mindfulness and gratitude
- Looking for inner peace and purpose

Spiritual goals help ground and balance you, offering clarity and contentment that external achievements alone cannot provide.

### Reflective Prompts:

- What values and beliefs guide my life?
- Where in my life do I feel the need for deeper connection or growth?
- How can I create space for reflection and self-discovery?

## Striking a Balance

Balancing ego and spiritual goals ensures that your ambitions are not solely externally driven but also enrich your inner world. Combining both types of goals allows you to achieve outward success while maintaining a sense of grounding and fulfilment.



## **Steps to Strike a Balance:**

### **Examine the Why:**

- For every ego goal, ask: What deeper purpose does this serve?
- For every spiritual goal, ask: How does this help me show up more fully in my outer life?

### **Align Goals With Values:**

Ensure that your goals, whether ego or spiritual, align with your core values and beliefs.

### **Set Complementary Goals:**

For every ego goal, set a spiritual counterpart. For example:

- Ego Goal: Advance in your career.
- Spiritual Goal: Cultivate self-awareness to lead with empathy and authenticity.

### **Reflect Regularly:**

Schedule regular check-ins to assess whether your goals are bringing fulfilment or imbalance.

## **How to Set Ego Goals**

### **Be Clear and Specific:**

- Define exactly what you want and why it matters.
- Use the SMART framework: Specific, Measurable, Achievable, Relevant, Time-bound.

### **Break It Down:**

- Divide your goal into smaller, actionable steps to maintain focus and motivation.

### **Stay Grounded:**

- Ensure that pursuing ego goals doesn't overshadow your inner well-being.

## **How to Set Spiritual Goals**

### **Identify a Focus Area:**

Choose an aspect of your life (e.g., relationships, personal growth, health) where you seek greater balance or connection.

### **Incorporate Daily Practices:**

Dedicate time to activities like meditation, journaling, or gratitude practices that nurture inner growth.

### **Seek Inspiration:**

Read books, attend workshops, or engage with communities that encourage mindfulness and spiritual exploration.

### **Set an Intention:**

Rather than focusing solely on outcomes, create an intention to guide your actions. For example:

*Intention: To practice kindness and compassion daily.*

## **An Invitation to Reflect**

Ask yourself:

- Am I setting goals that reflect both my external ambitions and my inner aspirations?
- What steps can I take to create harmony between achieving outward success and cultivating inner peace?

By balancing ego and spiritual goals, you create a life that feels both purposeful and fulfilling. It's not about choosing one over the other - it's about integrating both to honour all aspects of who you are.

## **Are You Setting Ego and/or Spiritual Goals? - Journal Prompts:**

- What current goals feel driven by external validation? Why do I want to achieve them?
- What goals feel aligned with my inner values and sense of purpose?
- How can I balance external ambitions with internal fulfilment?

# Phase 4: Action and Momentum

- **What Is Your Vision For The Next 12 Months?** What do you want?
- **What Are You Willing to Commit To?:** Reflect on the dedication and steps required to achieve your vision.
- **What Progress Have You Made in the Last Five Years?:** Celebrate milestones and use them as stepping stones for future growth.
- **What Would It Look Like to Dream Bigger?** Challenge yourself to expand your vision and embrace the possibilities.
- **What Would Life Be Like If You Asked For More?:** Dare to articulate and pursue your deepest desires.

If you could design your ideal life for the next 12 months, what would it look like? Let's create a vision that inspires you and gets you moving toward the life you truly want.

In Phase 4 of our 'Kickstart Your Life Audit' series, we're diving into action and momentum. Today, we'll focus on creating a clear, inspiring vision for the next 12 months. This vision will guide your decisions and help you focus on what truly matters.

## What Is Your Vision For The Next 12 Months?

A vision for the next 12 months is like a compass, guiding you through life's uncertainties toward a meaningful and fulfilling destination. It serves as a bridge between your dreams and your actions, giving you clarity, direction, and a sense of purpose. Crafting your vision is not just an act of goal-setting - it's a declaration of your values, aspirations, and commitment to growth.

## Why a Vision Matters

Without a vision, life can feel unmoored. Days blend together, driven more by routine than intention. A clear vision:

- Anchors you in what truly matters.
- Provides focus, helping you prioritise what aligns with your values.
- Inspires action, giving you a compelling reason to overcome obstacles.

When you create a vision, you reclaim your power to shape the life you desire.

## Building Your Vision: Key Components

### 1. Purpose and Passion

What ignites your soul? What would make your heart feel full at the end of these 12 months? A vision rooted in your purpose ensures you're not just busy but fulfilled.

#### Reflective Prompts:

- What is one thing I want to achieve that truly aligns with my deepest passions?
- How will my daily actions reflect my purpose?

### 2. Personal Growth

Growth doesn't just happen - it's a choice. Incorporate goals that push you to learn, develop skills, and step out of your comfort zone. Whether it's nurturing self-awareness, starting a creative project, or adopting healthier habits, growth fuels transformation.

### **Reflective Prompts:**

- What skill or knowledge do I want to master in the next 12 months?
- How will I take care of my mind, body, and spirit as I grow?

## **3. Relationships and Connection**

Humans are wired for connection. Meaningful relationships enrich our lives and support us in our goals. Your vision should include fostering existing relationships and welcoming new ones that uplift and inspire you.

### **Reflective Prompts:**

- What relationships do I want to deepen, and how will I nurture them?
- How can I create space for new connections that align with my values?

## **4. Resilience and Well-Being**

Challenges are inevitable. Your vision should include strategies to build resilience and sustain your energy through adversity. Self-care, mindfulness, and gratitude are key to maintaining a balanced approach.

### **Reflective Prompts:**

- What practices will I adopt to strengthen my resilience?
- How will I prioritise my physical and emotional well-being?

## **Creating Your Vision: A Guided Exercise**

### **Imagine Your Future Self:**

Picture yourself 12 months from now. What have you achieved? How do you feel? What has changed? Write a detailed description of your future self, focusing on your emotions, accomplishments, and environment.

### **Write Your Vision Statement:**

Write a one-paragraph statement that encapsulates your aspirations.

*Example: "In the next 12 months, I will create a life where my creativity flourishes, my relationships are strong and supportive, and I feel physically and emotionally aligned. I will embrace opportunities for growth, practice self-care, and pursue goals that bring me joy and purpose."*

### **Set Intentions:**

Break your vision into specific, actionable goals.

*Example: If your vision includes improving your health, set goals like "Walk 10,000 steps daily" or "Incorporate 2 new creative meals a week."*

## **Your Vision in Action**

Living your vision requires consistent reflection and adjustment. Here's how to keep it alive:

- **Weekly Check-Ins:** Revisit your vision regularly. Are your actions aligning with your aspirations?
- **Celebrate Wins:** Acknowledge every step forward, no matter how small.
- **Adapt When Needed:** Life evolves, and so should your vision. Flexibility keeps it relevant.

## **What Is Your Vision for the Next 12 Months? - Journal Prompts:**

- What does my ideal day-to-day life look like one year from now?
- What relationships, achievements, and experiences will define the next 12 months for me?
- How will I feel when I achieve this vision?
- What would make the next 12 months extraordinary for you?
- How can your vision inspire the courage to step into your potential?

Your vision is a declaration to the universe. When you set it with intention, life has a way of rising to meet you. Let this year be one of growth, connection, and purpose - a year where you move closer to the life you're meant to live.

# What Are You Willing to Commit To?

Vision, goals, and intentions are the seeds of a meaningful life, but commitment is the sunlight and water that help them grow. Without commitment, even the most inspiring dreams remain abstract ideas. When you commit, you make a promise to yourself - a bold declaration that you are ready to align your actions with your aspirations.

## The Importance of Commitment

Commitment is more than a decision; it's a mindset. It fuels the determination to persevere, the resilience to overcome obstacles, and the focus to stay the course even when challenges arise. When you commit, you create momentum, giving yourself the energy to transform intentions into reality.

## Key Benefits of Commitment

### 1. Clarity of Purpose

Committing clarifies what truly matters. It forces you to prioritise and focus on the goals and intentions that align with your values and aspirations.

#### Reflective Prompts:

- What do I deeply value, and how do my goals reflect this?
- What goals resonate most with my long-term vision?

### 2. Consistency and Momentum

When you commit, you build consistency in your actions. This creates progress over time, even when results feel slow or uncertain.

#### Reflective Prompts:

- What daily habits or routines can I commit to that align with my goals?
- How can I celebrate small wins to keep myself motivated?

### 3. Accountability and Responsibility

Commitment fosters accountability. By committing, you take responsibility for your choices and the impact they have on your life.

#### Reflective Prompts:

- How will I hold myself accountable for my progress?
- Who can I share my commitments with for added support?

### 4. Alignment with Authenticity

Commitment ensures your actions align with your true self. It helps you stay grounded in your values, avoiding distractions or outside pressures that don't serve your growth.

#### Reflective Prompts:

- Does this commitment reflect who I want to be?
- What short-term temptations might pull me off track, and how can I resist them?

# Overcoming Barriers to Commitment

## Fear of Failure:

What if I can't achieve my goals? This fear often prevents us from fully committing. Reframe it: What if I learn and grow, even if the path isn't perfect?

## Procrastination:

Procrastination is often rooted in overwhelm. Break goals into smaller, manageable steps and focus on starting, not finishing.

## Fear of Success:

Success can feel intimidating. Remind yourself that growth is a journey, and you are capable of navigating the changes it brings.

## How to Commit Fully

### Define Your Why:

Write down the deeper reasons behind your vision. Why is this goal important to you? How will achieving it impact your life?

### Set Clear Goals and Actions:

Break down your vision into specific, measurable steps. Commit to one small daily action that moves you closer to your goal.

### Create Accountability:

Share your commitments with someone you trust. Accountability partners can offer encouragement and keep you on track.

### Track Your Progress:

Regularly review your progress and adjust your plans as needed. Celebrate your wins, no matter how small.

### Practice Self-Compassion:

Commitment doesn't mean perfection. Forgive yourself for setbacks and focus on returning to your path with renewed determination.

## An Invitation to Commit

Take a moment to reflect on your vision for the next 12 months. Ask yourself:

- What am I willing to commit to today that will bring me closer to my goals?
- What habits, relationships, or beliefs do I need to let go of to honour my commitment?
- How will I hold myself accountable for showing up, even when things get tough?

Write a statement of commitment to yourself. For example:

*"I commit to prioritising my health, growth, and meaningful connections. I will take daily steps toward my vision with courage, resilience, and self-compassion."*

Commitment isn't about being perfect; it's about showing up, day after day, for the life you want to create. By making a promise to yourself and honouring it, you open the door to transformation, fulfilment, and lasting success. This is your moment to step into your power and make it happen. Let's commit together.

## **What Are You Willing to Commit To? - Journal Prompts:**

- What actions or habits am I ready to adopt to achieve my goals?
- What sacrifices or changes am I prepared to make in pursuit of my vision?
- How will I stay accountable to my commitments?



# Progress Over The Last 5 Years

Reflecting on the last five years is a powerful exercise that allows you to appreciate your growth, acknowledge your achievements, and learn from the experiences that shaped you. It's a moment to pause, take stock, and celebrate how far you've come - not just in accomplishments but also in the intangible ways you've grown.

## Why Reflection Matters

### Celebrating Achievements:

Life's pace often makes it easy to overlook the milestones you've reached. By consciously reviewing them, you give yourself the space to appreciate your efforts and perseverance.

### Learning From Mistakes:

Reflection isn't just about successes - it's about understanding the challenges and missteps that taught you valuable lessons. Mistakes are part of the journey and serve as stepping stones for future success.

### Gaining Perspective:

When you step back and look at the bigger picture, you gain a deeper understanding of your journey. This perspective helps you see patterns, trends, and areas of growth that might not be obvious in the moment.

### Inspiring Future Growth:

By recognising your progress, you set the stage for even greater transformation in the next five years.

## How to Review Your Progress

### 1. Celebrate Your Wins

Start by listing the accomplishments and milestones you're most proud of. These could be personal, professional, or even emotional victories.

- What is the first thing you want to celebrate?
- What smaller, less obvious wins might you have overlooked?

### Example from My Journey:

- Healing from a fractured spine and associated complications.
- Recovering from burnout and learning to slow down.
- Establishing boundaries and finding peace within yourself.

### 2. Acknowledge Personal Growth

Reflect on how you've changed over the last five years. Growth isn't always tied to external achievements - it can be found in how you've evolved emotionally, mentally, and spiritually.

- Where did you grow as a person?
- What habits, beliefs, or patterns have you shifted?

### Examples From My Journey:

- Letting go of toxic people and behaviours.
- Gaining confidence to overcome limiting beliefs, such as in your journey toward writing a novel.

### 3. Reflect on Challenges

Identify the obstacles you've faced and how you overcame them. These moments often hold the most valuable lessons.

- What challenges shaped you the most?
- What did these experiences teach you about yourself and your resilience?

### 4. Look for Missed Wins

Often, we dismiss or forget progress that doesn't feel "big enough." Take a moment to think about smaller victories that might have slipped under the radar.

- Is it possible you've missed anything worth celebrating?

Reflective Prompt:

- Think about moments of courage, acts of kindness, or times you simply kept going despite difficulties.

## Tools to Record and Celebrate Progress

### Journaling:

Dedicate a journal to recording your milestones, reflections, and lessons learned.

### Success Jar:

Write down small wins on slips of paper and add them to a jar. At the end of the year, revisit them to see how much you've accomplished.

### Vision Board or Scrapbook:

Create a visual representation of your progress and aspirations. This can serve as a powerful motivator and reminder of your journey.

### Share Your Progress:

Discuss your achievements with trusted friends, family, or a mentor. Sharing not only reinforces your accomplishments but also invites encouragement and accountability.

## Looking Ahead

Your progress over the last five years has been incredible (It has...). The next five years hold just as much potential, and by building on the lessons and momentum of the past, you can create an even more fulfilling and transformative journey.

Action Steps for the Next Five Years:

- **Set Intentions:** What do you want to achieve or experience in the next five years?
- **Address Limiting Beliefs:** What barriers can you actively work on overcoming, such as your journey toward writing a novel?
- **Celebrate as You Go:** Create regular check-ins to appreciate your progress and adjust your path if needed.

Your growth is a reflection of your strength and commitment. Take pride in how far you've come, and dare to dream boldly for the road ahead. What will your story look like five years from now?

## **What Progress Have You Made in the Last Five Years? - Journal Prompts:**

- What milestones have I achieved in the past five years? What am I most proud of?
- How have I grown as a person during this time?
- What lessons from the past five years can guide my next steps?
- What is the single most significant transformation I've experienced in the last five years?
- How did I grow emotionally, mentally, or spiritually?
- What habits or practices contributed to my progress?
- What would I like to carry forward into the next five years?
- Could I transform as much in the next five years? If so, how?

# The Bigger Vision

*What Would It Look and Feel Like If You Made Your Vision Bigger?*

Dreaming bigger can be both thrilling and terrifying. It pushes us out of our comfort zones and into a space of uncertainty where possibility and growth reside. It invites us to imagine a life far beyond the one we think is possible, daring us to aim higher and embrace our fullest potential. And while the journey may seem daunting, the rewards - greater fulfilment, purpose, and alignment - are worth every moment.

## Why Dreaming Bigger Matters

When you expand your vision, you:

- **Commit to Growth:** Bigger dreams demand you step into the best version of yourself, stretching your abilities, mindset, and resilience.
- **Unlock Potential:** Aiming higher often reveals hidden strengths and talents that might have remained dormant if you stayed within your comfort zone.
- **Align With Meaning:** Larger visions often reflect your deepest values, leading to a life that feels purposeful and aligned.

## The Emotional Rollercoaster of Dreaming Bigger

Let's acknowledge it: dreaming bigger isn't all excitement. It comes with its share of self-doubt, fear, and overwhelm. You might think, *Can I really do this? What if I fail? Am I capable?* These feelings are natural - they signal that you're stepping into uncharted territory. But instead of backing away, lean in.

### Reflective Prompts:

- What fears come up when I imagine making my vision bigger?
- What does this fear teach me about my comfort zone and where I need to grow?
- How would my future self encourage me to keep going?

## What Changes When You Dream Bigger?

### 1. Focus and Motivation:

Bigger dreams sharpen your focus and energise your efforts. They provide a clear "why" that keeps you moving forward, even in the face of challenges.

- What would I do differently today if I were fully committed to a bigger vision?

### 2. Resilience and Strength:

Challenges become stepping stones, not roadblocks. With a larger vision, you develop the grit and stamina to overcome obstacles.

- How can I reframe challenges as opportunities for growth?

### 3. Meaning and Alignment:

Bigger visions often align with your core values, pulling you toward actions and goals that feel deeply meaningful.

- How does dreaming bigger align with the life I truly want to live?

# Steps to Dream Bigger

## 1. Look Within:

Take time to connect with your passions, purpose, and strengths. Ask yourself: *What do I truly want? If fear weren't holding me back, what would I aim for?*

### Reflective Prompts:

- What makes me come alive?
- What's one bold dream I've been afraid to acknowledge?
- What would my life look like if I pursued this dream?

## 2. Take Risks, One Step at a Time:

Dreaming bigger requires stepping out of your comfort zone, but it doesn't mean taking massive leaps all at once. Start small and build momentum.

### Reflective Prompts:

- What's one risk I can take this week that moves me closer to my bigger vision?
- How can I celebrate each small step as a victory?

## 3. Commit and Put in the Work:

Dreaming bigger isn't just about imagining - it's about doing. Consistency, persistence, and effort are the keys to turning dreams into reality.

### Reflective Prompts:

- What actions can I take daily to move closer to my bigger vision?
- What sacrifices am I willing to make to prioritise my dreams?

## Visualising the Bigger Picture

Take a moment to close your eyes and imagine your bigger vision realised. Picture the joy, fulfilment, and pride you feel. Visualise the lives you've touched, the challenges you've overcome, and the success you've achieved.

### Guided Visualisation Exercise:

- Where am I in this vision? What does my day look like?
- How do I feel knowing I dared to dream bigger?
- What's one thing my future self would thank me for starting today?

## Your Invitation to Expand

Dreaming bigger doesn't mean striving for perfection or doing everything at once. It's about giving yourself permission to envision a life that aligns with your deepest desires and taking intentional steps toward it.

Ask yourself:

- What would it look like to make my vision three times bigger?
- What's one action I can take today to begin expanding my dreams?

You don't need to have it all figured out. Start with one step, one commitment, and one belief: *You are capable of more than you imagine.* The journey to a bigger vision is a journey to a fuller, more authentic life. Let's dream boldly, act courageously, and create something extraordinary.

## **What Would It Look Like to Dream Bigger? - Journal Prompts:**

- If I expanded my vision threefold, what would I aim to achieve?
- What fears arise when I think about dreaming bigger? How can I reframe them?
- How would my life change if I pursued an even bolder vision?

# What Would Life Be Like If You Asked for More?

Asking for more of what we truly desire can feel intimidating, even indulgent - like Oliver Twist holding out his bowl, unsure if he deserves another serving. But unlike the fictional orphan, you *do* deserve more. Life often reflects back on what we're willing to ask for, and when we dare to voice our needs and dreams, we set ourselves on a path toward a richer, more fulfilling existence.

## What Happens When You Ask for More?

### 1. Alignment With Your True Self

When you ask for more of what you want, you align your life with your deepest values and aspirations. You honour your inner truth and make decisions that resonate with your authentic self.

#### Reflective Prompt:

- What would my life look like if I were living fully in alignment with my values and heart's desires?

### 2. Excitement and Opportunity

Asking for more invites new opportunities, experiences, and even adventures into your life. It encourages you to take risks, step out of your comfort zone, and try things you might never have considered.

#### Reflective Prompts:

- What opportunities might arise if I dared to ask for more?
- What adventure or experience have I secretly wished for but haven't voiced?

### 3. Personal Growth and Success

Success - whatever it means to you - often requires you to aim higher and step into your potential. Asking for more pushes you to stretch, grow, and strive for heights you may not have thought possible.

#### Reflective Prompts:

- What does success look like to me, and how can asking for more help me achieve it?
- What's one small, "scary" step I can take today to move closer to my dreams?

### 4. Joy and Positivity

When you ask for more, you create space for joy and positivity to flow into your life. You're more likely to surround yourself with supportive people, engage in activities you love, and cultivate a mindset that attracts happiness.

#### Reflective Prompt:

- What brings me joy, and how can I ask for more of it?

## How to Ask for More

### 1. Get Clear About What You Want

Clarity is the foundation for asking for more. Take time to reflect on your passions, desires, and strengths. Be honest about what you truly want - not what you think you "should" want.

#### Reflective Prompts:

- What do I truly want more of in my life, and why?
- What would it feel like to say, "This is what I want," with confidence?

## 2. Find Your Voice and Speak Up

Articulating your needs and desires can feel vulnerable, especially if you're used to staying silent. But finding your voice is key to asking for more.

### Tips for Speaking Up:

- Practice self-assertiveness: "This is what I need to feel fulfilled."
- Start small: Ask for small things that build your confidence.
- Reframe rejection: View it as redirection, not failure.

### Reflective Prompt:

- What is one thing I need to ask for today that would move me closer to my dream life?

## 3. Be Open to Opportunities

Asking for more often means stepping out of your comfort zone. Be willing to say yes to unexpected opportunities, even if they feel a little scary.

### Reflective Prompt:

- What risks have I avoided, and how might taking them open new doors?

## 4. Put in the Work

Dreams don't materialise overnight. Once you've asked for more, commit to consistent and focused efforts to make it happen. Stay persistent, even when progress feels slow.

### Reflective Prompts:

- What daily habits or actions will support my bigger vision?
- What sacrifices am I willing to make to prioritise my goals?

## Reframing Gremlins

When the inner critic pipes up with doubts like "*Who am I to ask for more?*" or "*What if I fail?*" acknowledge it, thank it for trying to keep you safe, and then reframe it.

### Reframe Examples:

- "Who am I to ask for more?" becomes "Who am I not to? I deserve to thrive."
- "What if I fail?" becomes "What if I learn, grow, and come closer to my dreams?"

### Reflective Prompt:

- What is one gremlin thought holding me back, and how can I reframe it with love and compassion?

## Your Invitation to Ask for More

Life expands in proportion to what you're willing to ask for. Take a moment to imagine what your life could look like if you dared to ask for more:

- More love.
- More joy.
- More opportunities.
- More success.



## **Reflective Prompts:**

- What would my life feel like if I asked for more of what I want?
- What's one thing I can ask for today that aligns with my vision?

Asking for more isn't selfish - it's a declaration of self-worth and a step toward living the life you were meant to live. Take that step. The world is waiting to meet your boldness with open arms.

## **What Would Life Be Like If You Asked for More? - Journal Prompts:**

- What do I want more of in my life? Why haven't I asked for it yet?
- How can I express my needs and desires more confidently?
- What steps can I take to align my life with my heart's desires?

# Phase 5: Connecting to the Future

- **What Does Your Future Self Know?:** Tap into your intuition and wisdom to seek guidance.
- **What Do You Want to Create For Your Life?:** Explore how to design a life that aligns with your values and aspirations.

What if your future self already holds the wisdom and answers you're searching for today? Let's learn how to connect with her and unlock that guidance."

In the final phase of the 'Kickstart Your Life Audit' series, we're focusing on connecting with your future self and designing a life that reflects your values and aspirations. We are going to tap into your intuition to seek clarity and guidance for the journey ahead.

## What My Future Self Knows

Your future self is a treasure trove of wisdom - a wiser, more evolved version of you who has navigated life's challenges, celebrated its joys, and gained perspective from every experience. Tapping into the wisdom of your future self isn't just imaginative journaling; it's a powerful tool for self-reflection, intuition, and guidance. This exercise allows you to bridge the gap between who you are now and who you aspire to be.

## The Power of Asking Your Future Self

Asking your future self a question creates a direct connection to your innate wisdom. It's a way of saying *I trust that the answers I need already exist within me*. By engaging with this practice, you bypass fears and doubts, tapping into the clarity that resides in your subconscious and intuition.

## How to Connect With Your Future Self

### 1. Frame a Clear Question

Begin by identifying a specific area where you need guidance or insight. Ask an open-ended question that invites exploration.

- "What do I need to focus on right now to achieve my goals?"
- "How did you navigate this challenging situation?"
- "What advice would you give me about living a more meaningful life?"

### 2. Set the Intention Before Sleep

- As you prepare for bed, reflect on your question. Say it aloud or write it down, signalling to your subconscious that this is where you want clarity.
- Visualise your future self. Imagine them as calm, confident, and wise, ready to share their insights.

### 3. Place Your Journal Under Your Pillow

- This symbolic act reinforces the intention. It acts as a gentle reminder to your subconscious that you're open to answers and guidance.

### 4. Capture Morning Insights

- Upon waking, before your day's distractions set in, grab your journal and write. Don't overthink - let the words flow freely. This is often when your thoughts are most unfiltered and insightful.
- Reflect on what you've written. Does it offer clarity, encouragement, or a new perspective?

# Connecting With Your Future Self:

## The Question:

Write at the top of the page: “Dear Future Self, what advice do you have for me about [specific area]?”

## Visualisation Exercise:

Close your eyes and imagine meeting your future self. What do they look like? How do they carry themselves? Visualise their calm and wise demeanour.

## Automatic Writing Upon Waking:

Write as though your future self is speaking directly to you. Use prompts like:

- “Here’s what I’ve learned...”
- “You don’t need to worry about...”
- “Trust me because...”

## What Your Future Self Might Share

### Perspective on Current Challenges:

What feels overwhelming now is simply a stepping stone. You’ll look back and see how it shaped you into someone stronger and more compassionate.

### Encouragement to Stay the Course:

Keep going. The small steps you’re taking today are building a foundation for incredible *things*.

### Reminders of Your Strengths:

You already have everything you need within you. Trust your instincts, and don’t be afraid to shine.

### Guidance on Letting Go:

Release what no longer serves you. The freedom you’ll feel is worth it.

## Practical Tips for Connecting Consistently

- **Make It a Ritual:** Engage with this exercise regularly, perhaps weekly or monthly, to track your growth and realign with your aspirations.
- **Reflect on Past Entries:** Revisit past writings from your future self to see how their wisdom has guided you.
- **Ask Bold Questions:** Don’t shy away from asking bigger, deeper questions that stretch your imagination.

## An Invitation to Trust Your Inner Wisdom

Your future self already knows the answers to your deepest questions. Trust this process and allow their wisdom to guide you. Every time you connect with this wise version of yourself, you bridge the gap between who you are now and who you are becoming.

### Reflective Prompts:

- If I could sit with my future self right now, what would I most want to know?
- What is one piece of advice my future self would give me about my life today?

The guidance you are looking for is already within you - waiting patiently for you to listen. Write, reflect, and embrace the journey.

## **What Does Your Future Self Know? - Journal Prompts:**

- If I could ask my future self one question, what would it be?
- What advice would my future self give me about my current challenges?
- How can I align my present decisions with the wisdom of my future self?

# What Do You Want To Create For Your Life?

Creating the life you want is an act of self-discovery and empowerment. It's an opportunity to design a life that aligns with your values, aspirations, and authentic self. This process is about more than just setting goals; it's about envisioning a life that feels purposeful, fulfilling, and uniquely yours. By exploring what you truly want, you take control of your destiny and unlock the potential to live a more meaningful and successful life.

## Why It's Important to Explore What You Want to Create Alignment With Values and Aspirations:

Knowing what you want allows you to make decisions that reflect your true self. Living in alignment with your values leads to fulfilment and a sense of purpose.

### Reflective Prompts:

- What are my core values, and how do they guide my vision for my life?
- What aspirations have I been holding back, and why?

## Focus on What Truly Matters:

By identifying what's important, you avoid wasting time on distractions that don't serve your goals. Focus brings clarity and helps you prioritise effectively.

### Reflective Prompts:

- What activities or commitments no longer align with my values?
- What would happen if I focused solely on what brings me joy and meaning?

## Creative Problem-Solving:

Designing your life requires thinking outside the box and developing innovative solutions. Creativity empowers you to overcome challenges and tailor your journey to your unique needs.

### Reflective Prompts:

- What creative approaches can I take to overcome current obstacles?
- If I could design my ideal day, what would it look like?

## Authenticity and Ownership:

Taking ownership of your life means breaking free from societal expectations and living authentically. Living authentically not only enhances your happiness but also inspires others.

### Reflective Prompts:

- What expectations or norms am I ready to let go of?
- How can I live more authentically, starting today?

## Success and Fulfilment:

Clarity about what you want increases your likelihood of achieving your goals. Success becomes more meaningful when it's aligned with your true aspirations.

### Reflective Prompts:

- What does success mean to me, and how can I pursue it on my terms?
- What small steps can I take today to move closer to my vision?

# How to Begin Designing Your Life

## 1. Reflect on Your Desires and Strengths

Explore your passions, talents, and the things that bring you joy. Be honest about what you truly want, even if it feels bold or unconventional.

### Reflective Prompts:

- What excites me most when I imagine my future?
- What strengths and skills can I build upon to create the life I want?

## 2. Visualise Your Ideal Life

- Close your eyes and imagine your dream life. What does it look, sound, and feel like?
- Consider all aspects: relationships, career, health, hobbies, and personal growth.

### Visualisation Exercise:

Write a detailed description of your ideal life. Be as specific as possible:

- Where are you?
- What are you doing?
- Who are you with?
- How do you feel?

## 3. Set Clear, Aligned Goals

Break down your vision into achievable steps. Focus on goals that align with your values and long-term aspirations.

### Reflective Prompts:

- What are three goals that align with my vision?
- What habits or routines can I adopt to support these goals?

## 4. Embrace Creativity and Flexibility

Be open to new possibilities and creative solutions. Life rarely unfolds exactly as planned, so adaptability is key. Allow room for experimentation and learning along the way.

### Reflective Prompts:

- What new opportunities can I explore to expand my vision?
- How can I embrace uncertainty as part of the creative process?

## 5. Take Consistent Action

Consistency, not perfection, is the foundation of progress. Celebrate small wins and milestones to maintain motivation.

### Reflective Prompts:

- What's one action I can take today that moves me closer to my vision?
- How will I celebrate progress, no matter how small?

## An Invitation to Create Your Life

Take a moment to reflect:

- What do I truly want to create for my life?

- What would it feel like to live in full alignment with my values and aspirations?

Your life is a blank canvas, and you are the artist. Every choice, action, and intention is a brushstroke that shapes the masterpiece of your existence. Allow yourself to dream boldly, design authentically, and create with purpose.

This is your life - make it uniquely, beautifully yours. What will you create?

## **What Do You Want to Create for Your Life? - Journal Prompts:**

- What do I want to build, achieve, or experience in my lifetime?
- How will I feel when I live a life that reflects my deepest values?
- What first steps can I take toward creating the life I envision?

# Meet Dale



Hi, it's great to meet you. I'm Dale Darley. I've always believed words have power – not just to communicate, but to transform. What I didn't expect was how much my own life would prove that theory, again and again.

Life, of course, decided to play with me (how dare it). Health challenges taught me that health comes before wealth. If I want cake, I have to bloody well make it myself.

Writing saved me. Not polished professional writing, but raw, honest writing that helped me make sense of who I was becoming. Journaling has always been my lifeline. Words are my way home to myself. I have written till I bled on more than one occasion... and cried a lot.

I guide midlife women through the messy middle – that uncomfortable, transformational space where you've outgrown who you were but haven't fully stepped into who you're becoming.

I help them recognise where their creative energy has been leaking (people-pleasing, perfectionism, playing small, constantly putting themselves last) and redirect that same powerful energy toward what truly matters: their Heart Project.

A Heart Project is the creative work that wants to be born through you at this stage of life. It might be a book. It might be a course, a business, a movement, or an art form. What matters is that it's yours – unapologetically, wildly, beautifully yours.

I encourage my clients to tap into their wild hearts to discover not just the person beneath the layers of conditioning, but also the project that's been lying dormant, waiting for permission to emerge.

## My Own Heart Project

My heart project? To write the novel I couldn't write because of negativity and conditioning from others. Everything changes when we reclaim our wild. That's what this work is about: betrayal to becoming. Using all of my experiences – the health challenges, the self-betrayal patterns I've navigated, the years of writing and coaching – to support other women through this transformation.

## The Daily Bits

I live in the hills of Almería, Spain, with three elderly rescue dogs – Marley Moo, Angel, and Tommy – who ensure I walk, breathe, and keep perspective.

As a 3/6 emotional projector and INFJ, I see patterns others miss. I sense when someone is ready for transformation, when they're hiding from their truth, and when they're finally prepared to claim their voice. My journey taught me that our stories, especially the messy middle parts, are often our greatest gifts. Not because they're dramatic or unique, but because they're deeply human. They connect us. They heal us. They give others permission to stop betraying themselves, too.

To learn more about my work, visit [www.daledarley.com](http://www.daledarley.com).