



Bodies and Soul By

**BENDER**

Dynamic Life Coaching, Mind Body Fitness

## 30 Day Your Best Life Challenge!

A circular image showing a man and a woman embracing outdoors. The man is wearing an orange shirt and the woman is wearing a grey top. They are both smiling and looking towards the right.

Relationship

A circular image showing a group of four business professionals in an office setting. A man and a woman in the center have their arms raised in celebration. They are all smiling.

Career

A circular image showing a woman with her arms raised in a field of tall grass under a blue sky with clouds. She is wearing a grey top and dark pants.

Free Time

A circular image showing a woman in athletic wear sitting on grass. She is wearing a light green tank top and black shorts. She is smiling and looking towards the camera.

Health

# *last* 30 *days*

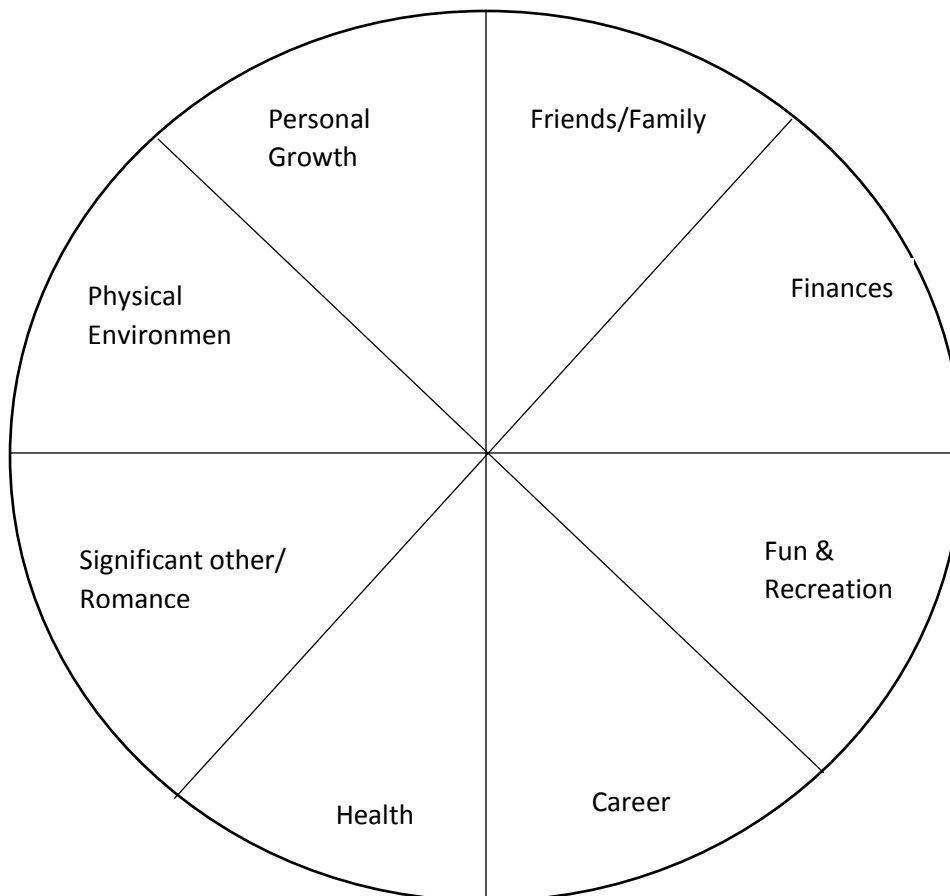
Start 2019 Living the Life of Your Dreams

## Week Three

### Designing the Dream

Now that you have cleared the decks and have started a daily ritual of mindfulness you are now ready to define the life that you would love to live. Let's begin by identifying your current level of fulfillment.

1. Evaluate your current level of fulfillment in each area 1=low, 10=high.
2. Write the number in each section.
3. Don't over think this, try using your intuition.
4. This is not permanent; it's just where you are now.



# Step 1: Finding Point A

## Identification Process

1. How do you feel about your current state in each domain of your life? List those feelings below. List at least one feeling for each domain.

- Personal Growth: \_\_\_\_\_
- Friends/Family: \_\_\_\_\_
- Finances: \_\_\_\_\_
- Fun & Recreation: \_\_\_\_\_
- Career: \_\_\_\_\_
- Health: \_\_\_\_\_
- Significant Other/Romance: \_\_\_\_\_
- Physical Environment: \_\_\_\_\_

2. Replace any negative emotions you wrote in question one with the emotions you would prefer to experience in each area of your life and list them below.

- Personal Growth: \_\_\_\_\_
- Friends/Family: \_\_\_\_\_
- Finances: \_\_\_\_\_
- Fun & Recreation: \_\_\_\_\_
- Career: \_\_\_\_\_
- Health: \_\_\_\_\_
- Significant Other/Romance: \_\_\_\_\_
- Physical Environment: \_\_\_\_\_

*Now it is time to take action!*

*Visit [www.bodiesbybender.com](http://www.bodiesbybender.com) and sign up for a free strategy session!*