

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #54 Workbook

## A MID-SUMMER'S DREAM

# INTRODUCTIONS

(20ish Mins, 2-3 mins each)

*Fawn will lead intros*

1. Name
2. Location
3. Gratitude for LIFE
4. An example of how you're living in alignment with one of your Core Values, and how that feels...

## 2020 REFLECTIONS (SO FAR)

- A. What have you learned about *yourself*?
- B. What have you learned about *life* or your *experience* of life?
- C. What went well? Why?
- D. What didn't go well? Why? How?

## WHAT IS BETWEEN YOU AND THRIVING?

YOU -----> \_\_\_\_\_ -----> THRIVING  
(Now) (Natural State)

# OPTIMAL SELF

## "BE"

- WHO and HOW do you want to BE, including your *way of being*?
  - Attitudes
  - Mindsets
  - Worldviews
  - Default settings?
  
  - Think of multiple situations + scenarios
- How do you want to **FEEL** as you experience life?
- What are the core aspects of who you want to BE and BECOME, that are *independent* of whatever happens in the next 5 months?
- What ways of being do you need to LET GO OF to align with this?
  - Write down, put in a jar

# OPTIMAL BEHAVIORS + ACTIONS

## “DO”

- **HOW** do you want to **BEHAVE, TAKE ACTION, and “SHOW UP”**?
  - Motivations
  - Actions
  - Choices
  - Core Values
  - Practices / Habits
  - Expressions or reservations
  
- What external actions do you want to take?
  - Projects
  - Progress / Advancements
  - Contributions
  
- What are the core aspects of how you want to **BEHAVE, TAKE ACTION, and SHOW UP, regardless / independent of what happens in life/in the world?**
  
- What do you need to **LET GO OF** to align with this?
  - Write down, put in a jar

D.O.S.:  
DANGERS  
OPPORTUNITIES  
STRENGTHS

**DANGERS:**

- What “Dangers” / obstacles / challenges might get in the way and how can you prepare for them and overcome them?

**OPPORTUNITIES:**

- What opportunities can you say YES to, NO to, or CREATE that will help you align with your 2020 VISION?

**STRENGTHS:**

- What strengths can you focus on, exercise, or prioritize to *each day* that will help you create your 2020 VISION?

# PUTTING IT TOGETHER: OPTIMAL RESULTS

## 2020 VISION: DEC 31ST

### “HAVE”

Imagine/visualize that it's December 31st, 2020, and you are feeling **ALIGNED**, in **INTEGRITY**, and **LIVING OPTIMALLY** (aka “Thrive Mode”):

- What does it look like? Feel like? What is happening?
- Looking back, what has happened in the past 5 months, personally and professionally, that has you feeling **OPTIMAL**?
- How are **YOU** more aligned with **OPTIMAL SELF**?

