

I Do. I Did. I'm Done!

MODULE FOUR LIFE BY DESIGN

THREE EASY STEPS TO CREATE YOUR LIFE BY DESIGN!

STEP ONE: PRACTICE PERSONAL DEVELOPMENT AND SELF LOVE

Some much inside of you needs to come out. To conquer your fears you have to be there for yourself, and develop habits so that you can never self-abandon again. Taking good care of yourself is going to allow you to take better care of others around you.

WHAT AREAS DO YOU FEEL YOU NEED TO WORK ON MOST (FEARS, EMOTIONAL ISSUES, CONFIDENCE?)

WHAT WILL YOU DO TO IMPLEMENT THE WORK THAT YOU NEED TO DO?

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WHAT WILL BE YOUR NEW MANTRA?

WHAT ARE YOU GOING TO DO TO ENSURE YOU NEVER SELF ABANDON YOUR BEAUTIFUL SELF AGAIN?

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STEP TWO: GROW YOUR WEALTH CONSCIOUSNESS METER.

Times are tough, likely emotionally and financially? What if you never had to worry about money again? How nice would it be to have all the money to do the things you desire. There's enough out there for everybody and you need to believe that, start acting like it and get out of survival mode. Don't come from a place of lack. That's like focusing on your shortcomings. Changing your mind to not think of the "lack mindset" is easy. For example, instead of saying I can't afford to buy that dress, instead, say I will buy that dress in a few weeks, or I chose to not buy that dress at this time.

Money is currency and currency is energy. And that money will come to you tenfold if you attract it for the right reasons.

WHAT DOES YOUR CURRENT RELATIONSHIP WITH MONEY LOOK LIKE?

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BE HONEST, ARE THOSE YOUR BELIEFS, OR BELIEFS YOU HAVE INHERITED FROM YOUR PARENTS?

AND HAVE THOSE BELIEFS AFFECTED HOW YOU FEEL ABOUT MONEY, DEBT, SAVINGS? ARE THEY HOLDING YOU BACK?

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WHAT DO YOU THINK YOU NEED TO DO TO CHANGE THAT?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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STEP THREE: IF THERE WERE NO CONSEQUENCES...

We all imagine living that perfect life. Travel, dream man, money, beautiful face, and body. Well, guess what? You really can have all the things that you desire. You just have to get crystal clear, imagine all the details of that dream life. Putting that energy out to the universe will start the process. Oh, it's not going to fall into your lap, overnight, but thinking about it, visualizing it, writing about it, will bring it one step closer.

You have to be open to receive and take time to treat your mind and body with some love and care as well. It's not selfish, it's vital. But most importantly, you must believe.

DO YOU BELIEVE THAT WHAT YOU DESIRE IS ATTAINABLE?

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IF YOUR ANSWER IS NO, TO THE QUESTION ABOVE? WHY?

IF THERE WERE NO CONSEQUENCES OR ROADBLOCKS, WHAT WOULD YOU REALLY, REALLY LOVE TO DO?

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DO YOU HAVE A VISION BOARD?

IF YES, WHEN WAS IT LAST UPDATED?

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CAN YOU MAKE THE PROMISE TO YOURSELF TO CREATE A VISION BOARD AND PUT IT WHERE YOU CAN SEE IT EVERY DAY, TO HELP CEMENT THOSE DREAMS AND DESIRES.

**WILL YOU IMPLEMENT A DAY A WEEK OF SELF-LOVE AND SELF-CARE?
(SPA, WALKS, EXERCISE, YOGA?)**

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ANY LAST THOUGHTS...

Now after you have written in all the answers, revisit this same worksheet in a few weeks. I think you will be pleasantly surprised to see that some things have changed and that you actually have made improvements in yourself and your circumstances. The proof is in the pudding. Now go live that life that you were born to live. Believe it, create it and go live it.

Much Love, *Maria*