

## **NOW WHAT?**

**We all deserve to live the life that we want, and for many of us, getting diagnosed with cancer has been a clear wake-up call around changes we want to make in our lives.**

**Whether you're ready to create your dream life from scratch, or you are just ready to make a few small changes here or there, it can be hard to know where and how to begin. So let's get you started with this simple worksheet.**

**We'll get some ideas flowing, and some action steps in place. Because you absolutely deserve to live the life that you want and with true intention magical things can absolutely happen.**

**\*\*This worksheet is designed to get you started on your journey, not as a one-size-fits-all solution. If you need further help please contact me for a free consultation and together we'll figure out the next best steps for you\*\***

## Clarity

- Specifics are our friend!
- The more specific we are, the clearer the path to our desires becomes (like a “road map” - the clearer the directions, the easier it is to get to the desired destination).

What am I really wanting, specifically?

What do I feel like I'm missing, specifically?

What am I wanting to learn or change?

What is calling to me?

## Support from Your Areas of Value

- If your new goals/desires aren't being supported by your personal areas of value, then attainment and long term success of the new goal will be more difficult to achieve and maintain.
- I consider areas of value to be the areas that are the most important to you in your life. Examples are family, health, finances, joy, spirituality, travel etc.
- This is different for everyone so just listen to your inner self.

**Write down  
your Areas of  
Value (roughly  
between 5-9)**

## Support from Your Areas of Value

- Look at each new desire (from above Clarity step) and see how your new desire is currently being supported by each value.
- If your new desire is not currently supported by an area, ask yourself what can you shift to make it so the value supports the new desire?
- Is it a timeline shift?
- A value shift?
- Time to get outside help?

**Be creative  
and keep at it  
until you have  
found a  
solution that  
works.**

## Action Steps

- Action steps can be physical or mental.
- It can sometimes be helpful to move backwards. Have a big desire? What are the smaller steps of action that you can take? Even smaller? Even smaller.... and so on.
- Keep asking yourself “what else?” and be specific.

What action steps will you take to get closer to your new desire?  
Physically?

Mentally?

How are you going to put these steps into reality?  
(scheduling, getting a goal buddy etc) And don't forget to be, you guessed it, specific!

## Maintenance

- Effective progress and change takes maintenance.
- There are two forms of maintenance - maintaining motivation and checking in to make sure all is still feeling right and working in your favor.

What are some strategies you can implement to help you stay motivated? Goal buddy? Hired help? Weekly self commitments - like journaling or meditating?

What are some strategies you can implement to be sure you check in with yourself from time to time? What specifically does that look like for you?

**\*\*tip\*\*** Sometimes goals need to be shifted. Totally ok! Just make sure you spend some time checking in with yourself to see if you are still feeling like you're on the right track and make adjustments where needed. This too is an important part of maintenance.

**Living a content and happy life looks different for everyone. There is no one definition so just do what feels right for you!**

**Leave self-judgment at the door - always.**

**Small gestures smatter as much as big ones, so take it easy on yourself. You may have many things you want to work towards, try and take them one at a time if possible.**

**Everyone deserves to thrive - you deserve to thrive.**

**Get help when needed.**

**You're doing great, you can do this. I'm here for you if you ever need.**

**XOXX**

**~Adriana**