

Creating a Life of Your Design & Living the Life You Were Meant to Live

Worksheet

Lorraine Moore
www.lorrainemoore.ca

Creating a life of your design starts with clarity. Be very clear on what you really want to do. It is simple but it is not easy.

You're never given a wish without also being given the power to make it true. You may have to work for it, however. – Richard Bach

You know what feeds you. What brings you the most **joy**? When are you your **best self**?

You know **what drains you**. What does this?

From now on, realize the differences between strengths and weaknesses. Your strengths are those gifts and talents that give you energy. Weaknesses are not shortcomings – they are the activities and tasks that weaken you and draw your energy. You were created to spend as much time as possible in alignment with your strengths. This is when you feel great. This is when the world benefits from your unique gifts and from your story.

Now imagine this. What would your life look like if you set it up to do as much as possible of what serves you and to avoid as much of possible of what drains you?

What do you stand for? What do you believe?

Who do you most like working with and spending time with?

Who gives you energy?

Who drains your energy?

What is your favorite way to spend time?

How do you want to be spending your days?

Where would you most like to live? An apartment in a thriving city? A home by the water? A cabin in the woods?

Ideally, what do you see when you look out the window of your work location?

When you consider your passions, your interests, your experience and your innate talents – what is at the intersection point of all of those? Working with others? Working independently? Design? Engineering? Music? Teaching? Writing? Speaking? Dancing? Coaching? Are you behind a podium? A desk? A cookbook? A laptop? A microscope? Surrounded by people? Working in solitude? When your day begins...do you enter a garden? A glass office tower? A classroom? A medical facility? An orchestra pit? Are you teaching? Leading? Writing? Constructing?

When you visualize yourself living and working in harmony with your values, your talents and your dreams...

What encouraging voices do you hear? What are they saying?

And what limiting messages do you hear?

Write down your responses to those limiting messages. It is highly likely that they are inaccurate!

Money is not an impediment to your dream. Determining “how” is not required. Your DNA is uniquely imprinted with the strengths you require to live the life of your design.

What is required is clarity, trust and belief in yourself and action. Reflecting on discoveries in completing this worksheet...

Complete this statement: In (month) 20—

I am so happy to be working at...

And living in...

And living with...

Now - what is one action you will take now, **today**, to move you closer to your dream? Take this one step before you go to sleep tonight.

Having trouble figuring out what you really want to do with your life? Are you considering a change in career, industry, company or geography? Wondering what the most important factors are in being considered for that next promotion? I have helped many, many professionals achieve greater results, transition to new roles and define a path forward. Contact me for a FREE consultation.

