

THRIVING LIFE DESIGN

HEALTH AND WELLNESS

How do you want to feel in your skin? Do you have particular fitness goals? What kind of movement at what cadence works for you to have optimal energy and vitality?

INTELLECTUAL LIFE

What stimulates your mind and piques your curiosity? What or how many books would you like to read this year? What seminars would you like to attend? What skills would you like to attain? What classes would you like to take?

EMOTIONAL LIFE

Where would you like your energy and happiness levels to be? How do you want to navigate and leverage emotional charges that arise? How would you like to feel throughout your day? What are your emotional hygiene practices?

CHARACTER

What do you want to stand for? What DON'T you stand for? What level of integrity would you like to operate at?

SPIRITUAL LIFE

What personal spiritual practices would you like to maintain or begin to put you in touch with a sense of spiritual vitality and connection? How often do you want to pray or meditate?

LOVE RELATIONSHIPS

Who do you want to be with? What kind of partner do you want to be? What type of life do you want to live with your partner? What kind of intimacy would you like to share? What do you need to do to regularly to invest in this person/people?



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