



Preparation Work for the Ultimate Life ahead

<http://www.practical-wellness-guide.com>

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Prelude

Below you will find questions to help you establish where you are and where you want to be. This includes reflecting on what are you grateful for, what are you proud of, what are your values and talents, and what resources do you have available.

At <http://www.practical-wellness-guide.com/preparation-work-and-the-next-step.html> I am providing you with a few ideas and examples to help you get going. In your version, try to use as exact names and precise descriptions as possible.

While thinking and reflecting, keep in mind that this is all about you, your dreams, your deepest desires, your happiness and your life - not anybody else's. You have to be happy yourself first before you can help others be happy. Just like on the airplane during an emergency; you are instructed to put your own mask first and then help other people. So be honest - no one has to see your work.

In fact, I wouldn't recommend disclosing your self-improvement journey to people unless you really trust them - at least not at first. Let them experience the new you for themselves. Many people will not like the new stronger you. Remain peaceful and humble, and ignore all remarks while you are in progress of change.

When the time is right, you will handle those situations more effectively automatically, ie. with confidence and wisdom. That's of course assuming that you will still be seeing those people at that time. Most of the negative or exploiting people will simply drop off from your life... automatically. Or at the very least they'll stop bothering you; at the very best they'll respect you.

Use the list online as a GUIDE and create your own list below. Take your time in creating it (even few days). Think about it as you go through your day and make notes. Refer to it once in while when you need a boost of motivation or you feel stuck. Keep updating and revising it often as you go through your life steps. Keep in mind the big idea is to become your best self (high self-image and self-worth).

After you're done with this exercise, you will most likely have clear idea where you need to start. Your next step could be (and if needed should be) to clean up your house, office, computer, environment and take care of little annoyances (squeaky doors, phone ringer too loud, etc.). Follow this with basic money cleaning, mind cleaning and social cleaning (see corresponding practical wellness sections for more information).

Let's get started!



Gratitude – What am I grateful for?

ME – What do I love about myself?

Body:

Mind:

Personality:

Social:

Career:

Other:

Biggest likes:



Things I would like to improve:

Body:

Mind:

Personality:

Social:

Career:

Other:

Must do first:

Inspiration – What inspires me?

Take your time in shopping around on the internet by searching images with [google](#). Compile all your findings in one directory, print them out and pin them where you will be able to see them everyday.

Best Me:

Home:

Places:

Things:

People:

Partner:

Fun:

Work:

Purpose:



Energy – What nurtures me?

Food:
Joy:
Music:
Work:
People:
Things:
Nature:
Other:

Things that drain and tire me:

Food:
Joy:
Music:
Work:
People:
Things:
Nature:
Other:



Strength – What makes me strong?

<p>Body:</p> <p>Mind:</p> <p>Soul:</p> <p>People:</p> <p>Other:</p>
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Things that make me weak, small and bashful:

<p>Body:</p> <p>Mind:</p> <p>Soul:</p> <p>People:</p> <p>Other:</p>
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Resources – What helps me?

<p>Time:</p> <p>Money:</p> <p>Image:</p> <p>Efficiency:</p> <p>Other:</p>
--

Things that set me back:

<p>Time:</p> <p>Money:</p> <p>Image:</p> <p>Efficiency:</p> <p>Other:</p>
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Values – What is important to me?

*update often (every 1-3 months) as your priorities change

<p>Self:</p> <p>Body:</p> <p>Heart:</p> <p>Money:</p> <p>Giving:</p> <p>Other:</p>
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Talents – What is naturally easy for me?

<p>Life:</p> <p>Money:</p> <p>Computer:</p> <p>Education:</p> <p>Learning:</p> <p>Personal:</p> <p>Giving:</p> <p>Other:</p>
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Expertise – What is my value to others?

Contacts – Whom do I know professionally?



Friends – Who supports me?

A large, empty rectangular box intended for writing or drawing, occupying most of the page below the title.



What are my Definite Goals and the Next Step?

Ultimate life:

2-5 years:

This year:

3-6 months:

This month:



This week:

Tomorrow:

Today:

Now:

Read your Inspiration list and visualize your ultimate life as vividly as you can as often as you can. For example, in the morning after you wake up and every night before sleep.

Say positive affirmations to yourself based on all the lists you did today. Really realize all the things you are grateful for, your resources, values, talents, contacts and friends. Realize that you are already fantastic and have so much you can start with.

Then all you have to do is get up and just do it!

AWESOME WORK!

When you're done, go ahead and take a break. You deserve it :)