



RECIPE FOR SUCCESS

7-KEY INGREDIENTS

Values and Heart

Nowadays, what has the most heart and meaning to my life ?

Presence and Energy

Who do I need to become and what qualities must I grow in order to succeed?

Purpose and Gifts

What am I meant to do, called to do, next in the world that only you can do?

Mindset and Why

What is the motivation or reason behind the dream I have for my life?

Embodied Action

Where do I need to take action, uncomfortable action, to stretch myself ?

Vision and Benchmarks

Based on my values, what do my short and long term dreams look like ?

Momentum and Timeline

When do I start, how do I get started and how do I keep on moving?