

Ana-Maria Georgieva (Transformational Coach & NLP Expert)
Lunavoda.com/lifepurpose
206-530-6256

CLARITY = POWER

First, decide what you want and where you want to go.

Free-write about your desires in as much detail as you possibly can. Focus on what you want, not what you don't want. Make sure you choose goals that are realistic (not to say easy!), measurable and attainable within a delegated timeframe.

Even if you are not completely sure what do you want, specifically, you can think about the kind of life you'd like to live, the kind of job that will make you feel fulfilled and alive, the kind of income you'd like to earn, the kind of relationships you'd like to have, the kind of health you'd like to experience, and the kind of person you'd like to become one year from today.

Don't worry about knowing how you would get there, or if you will change your mind down the road. Clarity comes from engagement, not thought. The first step is to give yourself permission to stretch your thinking, practice curiosity and trust your inner voice.

Questions to consider:

How exactly will you use your time and resources to achieve the success you want?

What are the specific career and personal results you're working to achieve? What do you need to let go of to make this happen?

Add as much detail as you can, including: **desired outcomes, time frames and the feelings and emotions you'll generate along the way.**

Ana-Maria Georgieva (Transformational Coach & NLP Expert)

Lunavoda.com/lifepurpose

206-530-6256

Paradigm shift to get you started: *"I am the creator of my experiences, and I get to experience anything that I want."*