

Create
the Life
YOU
Want

With
KATHRYN PRICE

Hello... I'm so glad you're here!

IT'S TIME TO Create the Life **YOU** Want

IMAGINE WHERE YOU COULD BE ONE YEAR FROM NOW

To help you on your journey, I've put together this free workbook. It's designed to help you get clear about what you want, make a plan, and get on with it.

This workbook will be most helpful if you:

- Print it out.
- Complete each page honestly.
- Watch my YouTube videos.
- Follow me on social media.
- Share your progress.
- Celebrate your success.

I'm here to help, so get in touch at kathryn@kathrynprice.co if you have a question.

With love,
Kathryn x

PART 1

Self-Reflection

Understanding your current situation is the cornerstone to being able to not only move forward in the direction you want to go, but to realise a dream.

It's vital that you know where you are now, how you feel about where you are, and where you've been.

We're going to take a look at what you've already achieved (there will be plenty), what's been challenging, and most importantly, what you've learned from it.

*“Awareness is the key
to unlock the answers
that lie within.”*

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QUESTION 1:

What are you **most** proud of achieving in your life?

Fill the page with your accomplishments, big or small. Be sure to include all areas—family, friends, career, spirituality, community, financial.

QUESTION 2:

What has been **most challenging** in your life?

Think of the big challenges here—your losses, frustrations, and the biggest disappointments.

QUESTION 3:

What have **you learned** from these challenges?

Perhaps it's patience, kindness, trust, to get in touch with your emotions or something else.

QUESTION 4:

How **satisfied** are you with your life currently?

Circle the number which accurately represents how you feel now.

	BLAH	SO SO	GREAT!
HEALTH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAREER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FRIENDS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FAMILY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HOME LIFE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SPIRITUALITY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF-LOVE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FUN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HOBBIES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HAPPINESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

QUESTION 5:

What **surprised** you about the above exercise?

QUESTION 6:

Which areas would you like to prioritise to **work on**? Pick 3.

PART 2

Visioning

Powerful scientific evidence proves that visualisation is a key component in creating what we desire. With the advances in neuroscience, studies have shown that thinking about and imagining what we want has a massive contribution towards our success.

Now, let's have some fun with this whilst planting the seeds to realise our dreams.

“Visualisation activates neural pathways in the brain for success.”

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QUESTION 1:

What would your **ideal life** look like?

Using all of the areas from your satisfaction survey, write a detailed statement using present tense language. Start with... *I am...*

QUESTION 2:

Using the following instructions, spend 3-5 minutes

visualising your ideal life.

1. Read your vision statement out loud three times.
2. Sit quietly and close your eyes.
3. Take three full deep breaths.
4. Bring to mind a visual representation of your ideal life—including all of the colours, smells, tastes, emotions, and images.
5. When you feel ready to finish, take another full deep breath, and open your eyes.

QUESTION 3:

What **came up for you** during that visualisation?

Maybe you had doubts, joy, fear, excitement, apprehension, shame, guilt. These are the emotions you may experience as you work towards your ultimate dreams. This is normal. The most important thing is that you are now aware of those emotions. Go onto the next page if you need to. Start with... *I felt...*

PART 4

Habits

Your habits, both conscious and unconscious, are either holding you back or moving you forward. We want good, healthy, and productive habits, and we want consistency. This is how you succeed.

*“We are what we
repeatedly do.”*

ARISTOTLE

QUESTION 1:

What habits do you have that are **holding you back**?

QUESTION 2:

Complete this **stop start continue** table for each habit.

For habits you want to change, put them under STOP, then write what you will START doing. For good habits you want to keep doing, put them on a new line under CONTINUE (see examples). Now put a horizontal line through the items in the STOP column.

STOP	START	CONTINUE
Hitting snooze three times on the alarm	Get up when the alarm goes off	
		Go for a walk first thing in the morning

PART 5

The Plan

Did you know you are 42% more likely to achieve your goals if you write them down? It's the truth.

*“A goal without a plan
is only a dream.”*

BRIAN TRACEY

From the work you've done here in this workbook, pick ONE GOAL you'd like to work on in the next 3, 6 or 12 months (you choose). Make sure it's something that is really important to you.

THE GOAL I WILL WORK ON IS:

HOW DO YOU KNOW THIS IS THE RIGHT GOAL?

STEP 1:

What **can you do today** to start working towards this goal?

Maybe you could do some research, make a phone call, or order a resource; whatever it is **START TODAY!** Write down what you'll do **today**. Even better, do it right now!

STEP 2:

What is the **next task** you will do?

Put that into your paper diary or electronic calendar.

SCHEDULE THAT TASK INTO YOUR CALENDAR

STEP 3:

Make a list of the **next steps** you will take towards your goal.

-
-
-
-
-
-

STEP 4:

Implement these habits to help you achieve your goal.

1. Create time **everyday** to work on your goal.
2. **Stop and feel proud** every time you take another step.
3. Keep **visualising** yourself having, being or doing that thing.
4. Make a **master task list** on your phone, computer or in a notebook of ongoing tasks towards your goal.
5. Cross things off so you can see what you have **accomplished**.
6. Remember **why** you want this goal.
7. Remain **aware** of old habits could trip you up.

And, remember one important thing: YOU ARE ALLOWED TO CHANGE YOUR MIND ABOUT YOUR GOAL. When you are reviewing your goals, just make sure you're not changing it to procrastinate because of fear. The fastest way to achieve a goal is to choose one and stick to it.

PART 6

Celebrate

Congratulations on getting to the end of this workbook—great job! Now, I want you to say out loud like you're telling your best friend—
“You did great, _____ (your name here)!”

*“Celebrate every
tiny victory.”*

UNKNOWN

Recognition and reward are essential for human motivation. But, we won't always get this from others, so we need to give this to ourselves. Learning to pat ourselves on the back is vital—and, look at it this way, you can then have endorsement whenever you want it. Cool, huh?

Here's how you can encourage yourself and stay positive:

- Create a success journal.
- Share your successes with supportive people.
- Practice gratitude.
- Use positive self-talk.

I'm here to support you all the way. See you on the socials.

Kathryn x

Here's what clients say...

I was ready to give up on my business because I was completely overwhelmed. Kathryn helped me get clear about what I wanted to achieve and pave the way for it to happen.

Rachel

I felt stuck and a bit overwhelmed, Kathryn helped me to see what I needed to do to clear my path and get moving again.

Steph

I'm starting to trust myself after years of self-doubt and letting fear get in the way.

Joanne

Your book was a joy to read. With much down-to-earth wisdom, Flourish is encouraging and supportive. I'll be recommending this book to my counselling clients.

Val

Thank you for the inspiration, Kathryn. I found the courage to apply for the job I wanted, and got it.

Tracey

Kathryn has a wonderful way of helping you dig deeper into your purpose. She really helped me to get clarity on the direction to take my business.

Paula

Want to achieve your goals?

Book your coaching session here www.kathrynprice.co/bookings

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