Take The LEAP

Workbook To Enhance Your Life

Dr. Tiffany Stewart

TAKE THE LEAP

(Let Go. Expectations. Accept. Possibilities.)

Workbook To Enhance Your Life

This workbook is designed to help you create the vision you want to transform your life. .

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WORKBOOK DIRECTIONS

As a therapist and mentor focused on personal development and transformation, my mission is to inspire and empower people to uncover, accept, and live to their full potential to create the life they want and desire.

In my work as a therapist, I often see people going through life living by someone else's expectations and not their own. Meanwhile, others just get **"stuck"** going through the motions of everyday life and simply existing instead of living life with intention. If you are one of these people, this workbook can help you identify where you are now and what you want the rest of your life to look like.

Take The LEAP: Workbook To Enhancing Your Life is broken up into two sections.

SECTION ONE

Section one is *Identity Makeup*. This section helps you to identify the person you are at your core. This is the most organic part of you. Not the person you present to the world, but the parts of you that perhaps only you see.

Most identity assessments include general questions about labels such as age, sexual orientation, ethnicity/race, gender, religious beliefs, social economic status, education, etc. This identity assessment is a little different, in that it looks at who you are at the core.

Skip the labels such as mother, father, wife, student, executive, accountant, salesperson, etc. Really focus on who you are. Focus on the things you really like to do just for you that do not include anyone else.

Your Identity Makeup is what makes you who you are. Meaning who are you as a person outside of all of the labels we sometimes get caught up in. This workbook will help you to list all of the things that truly make you who you are.

SECTION TWO

Section two is *Your Ideal Self*. This section focuses on the person you want to become. This process helps you to visualize your future life in order to identify what steps need to be taken to create want you really want in your life.

Complete both sections of the workbook.

Once completed, list your top goals on the Goal Identifier Worksheet.

SECTION ONE

IDENTITY MAKEUP

LIKES

What are the things that you really like to do? For example, I really like spending time alone. This is something that feeds my soul. When I do not get alone time I feel as if something is missing in my life. My alone time could be simply meditating, spending a day at the spa, taking a long walk on a beautiful spring day, or spending time taking a bubble bath alone. These are things that give me life. What are some of those things for you?

DISLIKES

What are some things that you do not like? Something that I do not like is feeling as if I am living an unfulfilled life. For me this looks like doing what everyone else wants me to do and nothing that I want to do.

HAPPY PLACE

What makes you completely happy when you are doing it or even think about doing it? For example, I love to travel. I think about traveling to different places ALL the time! It is my happy place. What is your happy place?

SACRED PLACE

I believe that everyone has to hold something in their life sacred. For me, that would include a few things like my spirituality, my physical health, and my mental health. What do you hold sacred in your life?

MOTIVATION

What motivates you? Is there anything that gives you energy when you do it or when you think about doing it? Developing my vision into a business gives me energy I never knew I had! What does that for you?

VISIBLE

What makes you feel seen? What is it that makes you feel like people see or hear you? People often feel like they are not seen, almost as if they are invisible to others. What is it that makes you feel seen?

TOO MUCH

Is there anything you do too much of? An example of this for me is that at times I work too much doing other people's work and helping to bring their visions to life, and don't spend enough time working on my own. For those of you who work full-time jobs, you can understand what I mean. What are some things you feel you do too much of that is not necessarily helping you further your life?

NOT ENOUGH

And is there anything you don't do enough of? This could be anything from not working out enough or not vacationing enough, to not being able to shop as much as you would like. What would you like to do more of?

SECTION TWO

YOUR IDEAL SELF

GEOGRAPHICAL LOCATION

If you had it your way, where would you live? Be specific. What country, state, city? Would you live in a house, apartment, condo, etc.? Would you live in the city, suburbs, countryside, beach, etc.?

CAREER

What would your career be? Would you continue in the job/career you are currently doing or would you be doing something totally different?

RELATIONSHIPS

What would you like your relationship status to be? This could include romantic relationships, as well as family and friend relationships. If you are currently single, do you want to remain that way and just date, be in a relationship, or be married? If you desire different relationships with family and friends, indicate that. List the quality of relationships you would like with each and the characteristics you would like them to have (kind, family orientated, educated, hard worker, funny, supportive, etc). Exclude things like height, weight, and amount of money in bank account, etc.

AFFLUENCE

What would your financial status be? This looks different for different people. Be specific. How much would you like to make annually? Would you like to be debt free? Does financial status matter in your life?

APPEARANCE

How would you look? Are you happy with your current appearance? Would you change anything that could easily be changed (weight, hair, wardrobe, etc.)?

CHILDREN

If you do not already have children, do you want any? If so, how many? When would you have them? If you do already have children, then obviously you cannot not have them. So, do you want more? If so, when?

HEALTH/WELLNESS

What does health and wellness look like for you? If you had the power to change anything about your health and wellness, what would it be?

EMOTIONAL WELLBEING

Would you feel light, carefree, energetic, free, etc.?

GOAL IDENTIFIER WORKSHEET

From the Identity Makeup Workbook you should have been able to identify your core self and how you want your life to look by living authentically.

From Section Two of the Identity Makeup Workbook, list the top three things you identified you would like to change that can happen in 3-6 months (short-term). Be realistic about this. Some things cannot change immediately (i.e. finding a man, getting married, and having a baby).

1. _____
2. _____
3. _____

Next, list the top three things you identified you would like to change that can happen within the next 1-2 years (mid-term).

1. _____
2. _____
3. _____

Finally, list the top three things you identified you would like to change in the next 3-5 years (long-term).

1. _____
2. _____
3. _____

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Was this workbook helpful?

Then you will LOVE being a part of my monthly Transform Your Life Society.

To find out when the next enrollment to the Transform Your Life Society will be, contact me at tiffany@tiffanystewartphd.com