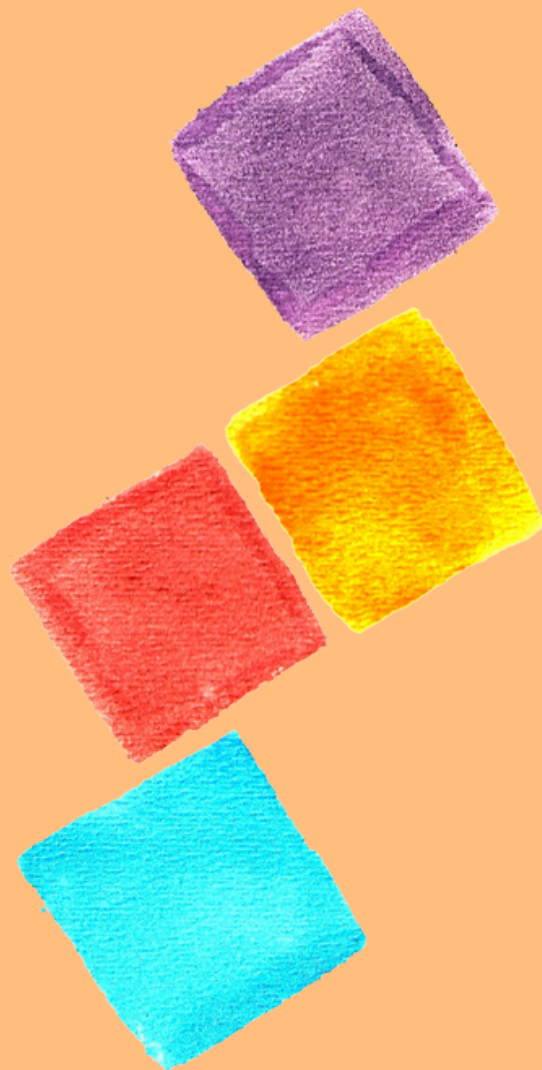


Four Simple & Profound Steps To Re-Creating Your Life



Rene Cerrito CPCC
The Well-Lived Life

1. CURRENT
ASSESSMENT

2. CLARITY

3. VISION

4. INSPIRED
ACTION



1. CURRENT ASSESSMENT

Take stock of your life and your current circumstances by rating each ASPECT OF LIFE listed on the next page. Really sort it out and re-evaluate. How happy, fulfilled, content, or satisfied are you in each? Rate from 10 to 1... with 10 being wildly happy, and 1 being extremely unhappy.

ASPECTS OF LIFE

- Family/Friends/Relationships
- Love/Romance
- Fun/Play/Laughter
- Creativity
- Personal Fulfillment
- Health/Well-Being
- Spirituality
- Home/Environment
- Money/Finances
- Work/Career/Vocation
- Life Enjoyment

All the Aspects Of Life can be customized to be more relevant to your life by using sub-categories. For example... the Creativity Aspect might be divided into painting, writing, cooking etc. The Health/Well-Being Aspect might be divided into diet, exercise, relaxation, energy, emotional serenity, etc. Create the sub-categories that reflect your life.

Write three things in each aspect of your life that you really appreciate or love.

Write three Blessings for each aspect of your life that you would like to have.

2. CLARITY

Here are some questions to ponder... Please give yourself quiet, private time when you won't be distracted or disturbed. Focus on one question at a time and feel your response...in your body and your emotions. Also notice your beliefs and mental dialogue. Take several days to work with these questions. Journal your insights.

- What would you most like to create in your life right now?
- What challenges/concerns are you facing that occupy your thoughts? What need or discontent keeps nagging at you on the edge of your consciousness?
- What do you REALLY, REALLY want? What do you deeply desire and truly yearn for? How do you really want to live your life?
- What are you passionate about? What do you love? What brings you joy and delights you? What inspires you?

- What experiences would you like to have in your lifetime... your life well-lived?
- What is sacred to you?
- What are your most cherished values?
- What is really fun for you?
- What is essential to your well-being? What do you really need/desire to be happy, nurtured, and fulfilled?
- When and where do you feel most free and alive?
- What aspect of yourself would you like to express, emerge, come forth?

- Who do you enjoy spending time with? Who are your 'tribe'?
- What are three changes that would make a big difference in your life? Choose things that would put a huge smile on your face. Imagine you have achieved each of these and how you would feel.

3. VISION

Create a vision in each aspect of your life of what your “wildly happy 10” would look like. Describe in great detail your deepest, most heartfelt desires. Really allow yourself to express your true feelings and dreams. Do not edit or censor yourself. Put aside your current belief of what is possible. This is your ultimate dream for each aspect of your life.



4. INSPIRED ACTION

Choose a few areas of your life that you would like to focus on.

Think of three small inspired baby steps that you can take this week toward creating your ultimate vision. Put these actions on your calendar. They might be as simple as making a phone call, a ten minute meditation, going through your decorating file, or researching a class to take.

Claim your time and commit to your dreams. Keep your agreements with yourself. Be gentle and don't go into overwhelm.

Each week add three more action steps toward your dreams!

Envision your desired outcome. Ask yourself... What has to happen to create this? Work backward from that and list the steps you must take. What support do you need? What do you have to learn? What must you rearrange or put in place?

Give your dreams high priority. Be consistent. Keep a record of your progress and all the things you have already done... this will keep you inspired.

Ask for help when you need it.

Remember... and I quote one of my mentors (Marie Forleo)... “Everything is figure-out-able.”

Believe That You Can Have The Life You Desire!

You've got this one glorious life!

How would you really like to live it?

What would it feel like to live your life
with passion and joy... to be fulfilled...
to wake up happy and love every
minute of your day?

Where would you be? What would
you be doing? Who would you spend
your time with? How would you feel?

Life Coaching can help you bridge the gap between what your life is like now and what you wish it to be.

Life Coaching is a dynamic alliance between the client and the coach. It is a powerful catalyst for personal transformation that produces extraordinary results in the client's life. It amplifies and accelerates self-discovery, promotes clarity, creativity, and choice.

“Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

International Coach Federation

“A life coach is a passionate champion of the human spirit. The coach's job is to help clients articulate their dreams, desires, and aspirations; help them clarify their mission, values, purpose and goals; and help them achieve that outcome.”

From Co-Active Coaching

Whitworth, Kimsey-House, Sandahl

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I invite you to contact me to
schedule a conversation... about
your life and dreams... and to
explore how coaching may
benefit you!

*Certified Professional Co-Active Coach

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