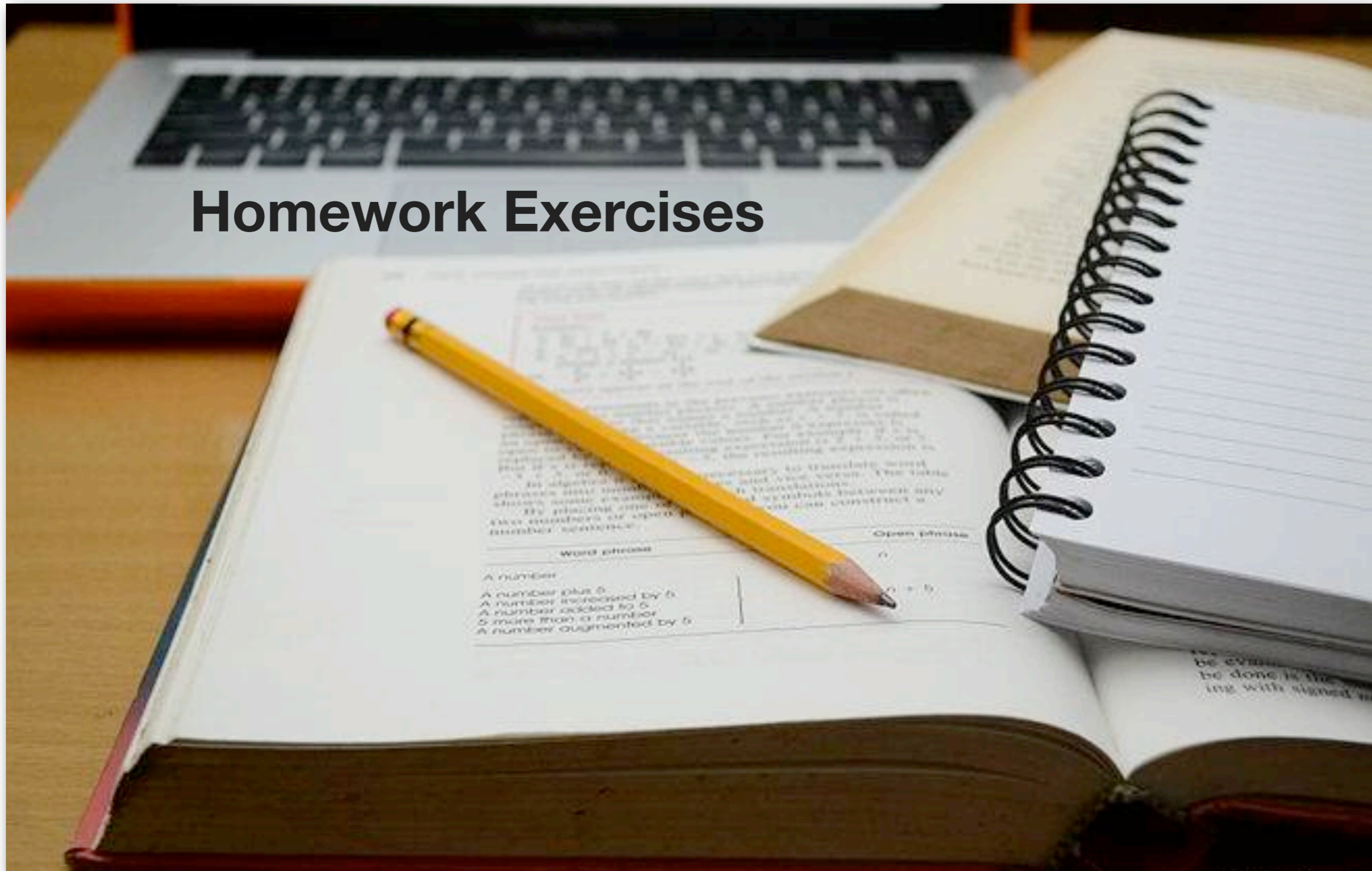


Jump Into Your ThriveZone™ - Week #1

Homework Exercises



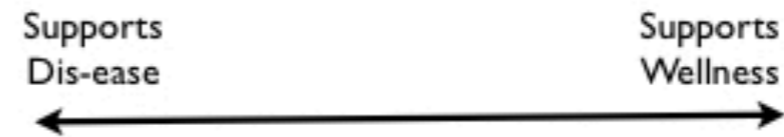
Exercise 1 - Course Intentions

Outline your top **three** goals for the course (what you would like to learn/gain/become)

Outline the **three** commitments you will make to yourself to ensure you achieve your goals



Exercise 2 - Wellness Self Assessment



		Indicator	1	2	3	4	5	6	7	8	9	10
1	Physical	Good Nutrition										
2		Proper Hydration										
3		Regular Relaxation										
4		Adequate Sleep										
4		Regular Movement, exercise										
5		Regular Healing/preventative Modalities (Massage, reflex...)										
6	Emotional and Mental	Fun and Laughter										
7		Mindfulness, Breath, Meditation										
8		Focus on positive thoughts, feelings, peaceful										
9		Gratitude										
10	External Environment	Living environment - toxin free, beauty, uncluttered										
11		Dedicated Sacred Space										
12		Connecting to nature										
13		Surrounded by high vibration people										
14	Soul Nourishment	Living Your Purpose										
15		Regular energy healing /prevention (smudging, reiki, etc.)										
16		Regular Connection to Spirit (prayer, listening, etc.)										

What are you committed to change?



Exercise 3 - Identifying your horsemen

When it comes to your work and following your dreams, passion and purpose, what are your:

Fears

Doubts

Confusions

Illusions



Exercise 4 - What is your greatest Desire?

You know your greatest desires, your dreams. They are deep inside you. They come out spontaneously when you pose the following questions to yourself and you don't edit the answers:

What would I do if I knew I only had a short time to live?

What would I do in the absence of fear and judgement (from self/others)?

If there were no limits to what I could have/become, what would that be?

Who do I admire the most and why?



Exercise 5 - Identifying your limiting beliefs

What negative beliefs do I have about **money**?

What negative beliefs do I have about my **potential**?

Turn the limiting beliefs into core positive beliefs, starting with **'I am, I believe, I have'**



Exercise 6 - Timeline Review

Write down the important aspects of your life that have led you to your purpose:

- Events
- Passions
- Skills, learnings (good and bad)
- Personal and professional experiences
- Assets (house, property, etc.)
- Core values
- Crisis, life lessons
- Things that have brought you meaning and satisfaction
- Important people who have influenced you on your path

0-5	5-10	10-20	20's	30's	40's	50's	60+

Exercise 7 - Cultivating Courage

1. My fear of _____ is hindering me from _____

2. What triggers my fear (example: doing my bills each month triggers my fear of not having enough money to retire)?

3. How has my fear served me? _____

4. Three ways my life would improve if I could face my fears?

5. What can I do **each day** to cultivate courage in my life?

