Create Your Most Fulfilling Life

A Workbook

By Jami Hearn
Many of us have that nagging voice that tells us we are not where we should be.

We LONG for a more fulfilling life, from our jobs, to our relationships, to even the space that we live in.

For me, it took far longer than it had to, to openly admit that I was living what someone else thought I should - not my own purpose and path.

I was living in a city where I lacked real connection with anyone - including my husband at the time. Everyday, the drudgery of practicing law was continuing to wear on me. During those years I saw some terrible exploitations and opportunist who pounced on those who were struggling. I made the choice to create a more aligned fulfilling life and walked away from high paying clients because I was tired of the incongruity and drama.

I had to find myself and in the process identify what I was supposed to be doing. I know this is where so many of us are hung up. We know there is more to life and so much more we want to do, but HOW? WHAT? WHERE DO I FIND THE TIME?.....

This workbook is designed to help you walk through the steps to finding the alignment and fulfillment you desire.
HOW TO USE THIS WORKBOOK:

Mark it up - write all over it! Make lists in a perfect line or scribble at various angles in every corner of the page… do it how you do it, but at any rate, you really need to print it out and actually hold a pen in your hand. Let the energy and information flow through you!

Start your workbook session with a few minutes of introspection. It does not have to be a full meditation but that certainly won’t hurt. Light a candle, take a few deep breaths and quietly listen to your higher self. (Don’t fret if you don’t actually hear a voice, just observe how you feel and any unexpected thoughts that may pop in during your session.) I suggest one question per day, as this exercise may bring up things you hadn’t expected and you will continue to identify answers to the questions for hours and days to come. Most importantly, have fun and do NOT judge or pressure yourself. This is a process of growth - no egos and definitely no perfection!

My purpose is to light the path for those who are looking to make their lives more fulfilling and meaningful.
"When I let go of what I am, I become what I might be"
- Lao Tzu
1. SMILE

What makes you smile? Brainstorm and create a list of 100 things that make you smile. If you only can come up with 23 on your first try, that’s totally ok!

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2. WHERE DO YOU FIND BEAUTY?

What makes you feel beautiful and what contains beauty to you? Draw some pictures, paste in images from a magazine or pictures you have taken. Identify 36 things that are beautiful … Hint… some will duplicate from #1.

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3. WHAT MAKES YOU HAPPY?

This is an exercise in introspection. Sunshine and Rainbows make everyone happy… look inside and see what truly makes you happy. You will also notice things that make you unhappy. Feel free to note those to the side, as they may need acknowledgement, but do not let those things take over the exercise.

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4. WHAT ARE YOU PASSIONATE ABOUT?

Draw from the things that came up yesterday in step #3. Some of things that make you happy are far more important than others. Describe 6 things that you are genuinely passionate about. Share how these things are intimately connected to who you are and how you live.

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5. SET INTENTIONS

This is the really fun part! From all the work you have done so far, identify 3 intentions you want to call in. These should be substantial intentions, that will move you toward the fulfilling life you want to live. Describe in detail what your intention is and how it will impact the flow of things in your life. Really feel every element.

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6. WHAT DO YOU BELIEVE ABOUT YOUR INTENTIONS?

Beliefs are often the hardest thing to identify, so be gentle with yourself on this step. For each of the intentions you set in step #5, identify 4 beliefs that surround the intention. If they are limiting beliefs, rewrite the belief so it is a supportive belief. Take your time and really feel into this step. Let things flow and acknowledge what comes up.

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7. SEE YOUR INTENTIONS

Write 30 ways you can quantify your intentions showing up in your life. This step is more visualization and record. If you wish to focus on one intention, per day that completely great. Tackle this in the exact way it feels best to you! Sit quietly for as long as you need and see your intention come to life. See you day full of your intention. See who is there, what you are doing, what you are eating and how you feel. Envision your life exactly the way you want it to be as your intention springs to life and propels your toward everything you desire.

Now write down what you saw and how you felt. Record as much about the experience as possible. You can always revisit this step anytime you need clarity or to refocus on your intentions.

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8. INSPIRED ACTION

Inspired actions are those that have a purpose to move us toward a goal, and are usually enthusiastic or driven. They can be huge, tiny or anywhere in between and every one of them matters! Create a list of 7-10 inspired actions you can take in the next week to move you toward your intentions. Take one inspired action everyday and note here what your action was and the outcome!

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9. HOW HAS YOUR VIBRATION CHANGED?

Time to take inventory of the work you have done in the last week or so. What difference have you noticed? Have you felt a shift? Your vibration has been slowly increasing as you have gone through this exercise. Reflect on the things you have noticed.

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10. WHAT IS YOUR PURPOSE?

Review all of the work you have done in this workbook. Is there a theme. Does one topic keep popping up? Is there a message that you get over and over? Note those recurring themes and craft them into a purpose statement similar to mine at the beginning of the exercises. You can have more than one, but choice one to focus on and GO GET IT!!!!

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Share your purpose with us!

I would love to hear your experiences with this workbook! Drop me an email or pop over to our FaceBook page and leave a comment.

Love and Light,

Jami

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