

Getting in Tune with Your Essence

So that you can create a successful
business that lights you up!

As a Child

Write about the moment in your life when you were a child when you were having fun, and loving what you were doing that you were really good at.

Explain what were you doing, where were you, who was with you, how did you feel, what were your thoughts and emotions.

Discover your Gifts at that time!

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As a Teen

Write about the moment in your life when you were a teenager doing something that inspired you and that you really enjoyed and that you were really good at.

Explain what were you doing, where were you, who was with you, how did you feel, and what were your thoughts and emotions.

Discover your Gifts at that time!

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In the Present Moment

Write about what you do in this present moment.

Explain what are you doing, and the details of how do you do what you do. How that makes you feel.

Discover your Gifts in this time!

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The Critical Moment

Write about the critical moment in your life.

Explain where were you, who was with you, how did you feel, and what were your thoughts and emotions.

What are the lessons from that experience that you can use to help others, and make their life easier?



Review Your Present Moment

Take a moment to review what you do today.

See what needs to change to align with your essence and what you can keep as it is.

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