

Personal Life Brainstorming Questions

Here's How You Get Started

Become a dream maker! Articulate all the details you can on how your calling makes you feel, day in and day out. Stay out of your head and follow your heart. Picture yourself:

♥ *Do you want to travel? Where would you like to go?*

♥ *Are you at your ideal weight?*

♥ *Would you like to improve your overall health and well-being? What do you need to do to achieve this?*

♥ *What makes you feel alive?*

♥ *Are you in tune with your body's intelligence? If yes, what do you hear it telling you?*

♥ *Do you listen to and learn from your body?*

♥ *What makes you feel fresh, new, more alive, and vibrant?*

♥ *What do you do for fun?*

♥ *What do you need to change to rebalance your life?*

♥ *Do you want to move from negative relationships to more supportive ones?*

♥ *Are you looking for companionship? If yes, describe that person, all aspects.*

♥ *Are your friendships mutually beneficial?*

♥ *Do you have supportive people in your life? If yes, do you feel you get the support you need, or are you seeking a new personal board of directors?*

♥ *Are there any hobbies you've wanted to explore?*

♥ *If you've had an adventure recently, what is your next great adventure?*

In my book *Awaken Your Wealth*, I share my very best professional advice on financial planning, savings, investments, and insurance. This includes the following observations from my personal and professional experiences:

- ♥ Feeling + thinking = financial healing.
- ♥ Thinking includes dreaming big about your life and seeing that your potential truly has no limitations.
- ♥ Feeling is experiencing the emotions pulsating through your body and allowing yourself to visualize what it will be like living those dreams right now—so you feel as if they have already materialized.
- ♥ Express gratitude for the fulfillment of your dreams and give thanks as if they are already manifested—and they will!

For more on how to grow into financial independence with confidence and knowledge, check out *Awaken Your Wealth*.



Julie

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