



## **100 Ways To Change Your Life Worksheet**

Change your life in 20 minutes! Anything is possible! Write down 100 things that you really want to do within the timeline of your life. Don't be realistic. Dream BIG! They can be career or relationship related, involve travel or personal pursuits. Remove all obstacles surrounding what is on your list...in other words, don't worry about the *how* only about defining your what and your why. Write it all down, everything that comes into your mind.

Stop at the end of 20 minutes. After the first 50, you will begin to release your inner creative –that place inside yourself where nothing is impossible. Now right before our first workshop...review your list.

1. How many of the items on your list are feasible?
2. How many could you actually accomplish?
3. Any surprises?
4. What can you do...right now? What part of this list can you lean into in 2017?