

YOU 2.0: A GUIDE
TO

REINVENTING

YOUR

LIFE



WORKSHEET



Changing your life requires a good plan and some effort. Consider the following questions before beginning your quest to reinvent your life.

1. Have I been living passively or do I work towards an intentional outcome?

2. What area of my life will have the greatest impact if I change it?

3. Do I have a morning ritual that gets my day off to a great start? What other things can I include in my morning routine?

4. What is my goal for the area of my life that I'm focusing on?

5. What resources will I require to accomplish my goal?

6. What would be the ideal time of day to perform the practice process? When do I have some peace and quiet for 30 minutes?

7. What can I incorporate into my evening routine to ensure I'm making the best use of my time and also getting enough sleep?
