## **Life in Your Lap Process Exercise**

**Step 1: Decide you want something to be different** and are willing to do the work to make it happen. Do not underestimate the power of this step. It sets everything else in motion.

My decision: I am willing and ready to	D:		
Step 2: Do an assessment—what's w	vorking and what's not working. List everything here.		
What's Working	What's Not Working		
	<b>be</b> (your sweet spot). This is what you want vs what about it. Write quickly. Tap into your inner knowing		

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Step 4: Get cle Ifraid could stop	ar on your ol you) from getl	bstacles/bai ting where yo	riers/resistance u want.	. What's stopping you (o	r <b>you'</b> i
Step 5: List all	the actions y	ou need to	take to achieve y	our vision.	
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