

## 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: \_\_\_\_\_

**Step 2: Do an assessment**—what’s working and what’s not working. List everything here.

## What's Working

## What's Not Working

[illegible]

**Step 3: Visualize where you want to be** (your sweet spot). This is what you want vs what you currently have. Don't think too much about it. Write quickly. Tap into your inner knowing.

[illegible]

**Step 4: Get clear on your obstacles/barriers/resistance.** What's stopping you (or you're afraid could stop you) from getting where you want.

**Step 5: List all the actions you need to take to achieve your vision.**

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