



STEPMOMS *on the Edge of Evolution* 8 WEEK GROUP PROGRAM

Module 4 (Week 7): Visioning – Guided Inventory

This week we're taking a guided inventory of what's most important to you in your life, in order to gauge how aligned you are with those things now, and how you can re-align your life to be in tune with your life's vision.

This inventory can include items such as a certain type of car or home, the location of that home, vacations, career goals, relationships, family, philanthropy etc. Start with a list of the top 5 things ('items' in your inventory) that are most important for you to have or accomplish in your life. Once you have your top 5 items, write about those in as much detail as you can.

Now, once you've detailed each of the 5 things that are important to you, I want you to go one-by-one, and ask yourself the following questions (take your time, don't rush this part, and go in order of the questions below):

Item 1:

Feeling questions:

- 1) What would it *feel like* to have or accomplish that thing?
- 2) Who would *you be* if you had or accomplished that thing?

Action questions:

- 3) How can you start *to feel that way* now? Where in your life do you feel that way already? How can you bring elements of that thing into your day-to-day life?
- 4) How can you start *to be that way* now? What would you need to let go of to be that person? What do you need to learn to be that person? What can you do now to become that person?

Now answer these 4 questions about the next items on your list, taking each item one-by-one. We'll be going into more detail on the call, working through your items, and coming up with creative ways to get your feelings into your goals now.

How did it go? Are you stuck with anything? Reach our via e-mail for support anna@annadeacosta.com or join us on the live call.