

Jump Start

A DEEP DIVE TO HELP YOU CREATE
THE LIFE THAT YOU'VE BEEN WISHING FOR



Jump Start



What are some of the things you're most proud of in the last year or so?
Moments, deeds, accomplishments, etc.

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What are some things you're willing to let go of?

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What kind of relationships would you like to foster?
(Mentor? Romantic partner? Business partner? Protoge? Assitant?)

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Which current relationships need some attention,
some healing, or even to be let go of?

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Where are you on your journey? (Check all that apply)

- I have no idea what I'm supposed to do, but I know it's important.
- I have a great idea, but I'm not sure how to get started.
- Started down the path to my true purpose, but I'm a little stuck.
- I am killing it! I just need some accountability.
- Other

If you chose "other", please explain.

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What do you need most in your life, right this minute?

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What do you love to do so much, that you talk about it into the wee hours of the morning?

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What can't you NOT do? In other words, if it became impossible for you to do one named thing, which would bum you out the most to not be able to do?

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What makes you feel so good, that you're at your happiest, most authentic self when you're experiencing, or creating it?

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What are the things you want to be remembered for?
(These can be traits, events, talents, deeds, etc.)

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What are your favorite ways to spend your time, things that really light you up and make you feel fulfilled?

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Are there any activities, talents, ideas, that keep popping into your consciousness, but that you've not incorporated into your life on a regular basis?

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Can you think of ways to incorporate at least some of them into your life?

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On this page, I'd like you to explore some exercises that may be new to you; a power word, a commitment to self care, and an oracle or tarot reading for the coming quarter. You can do this in any kind of time frame, a month, year, etc. I chose a quarter because it's long enough to see some change, but short enough that it's not overwhelming.

Words are so powerful and when you set an intention to spend a certain block of time living with a certain word or phrase, you're much more likely to remember and refer back to it. Think about it, meditate on it, and then choose the word you want to embody in the coming quarter. Some ideas might be, creativity, joy, abundance, adventure, whatever it is that you want to invite into you daily life.

My Word



Consider making it a password so that you type it frequently, put it on post it notes and display them on your mirror or desk, create a digital graphic and make it your lock screen or desktop.

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Next, I'd love for you to commit to one amazing act of self care each month, for the next three months. Of course, more is better, but some of us need to start slowly. Think of a holiday, celebration, or maybe even a season. Maybe a solo trip to the beach, no work, a trashy novel, and some tasty treats. What is your soul craving?

Month 1:

Month 2:

Month 3:

Using a favorite oracle or tarot deck, pull a card for each of those three months. Record them here and refer back to them. If you're not familiar with cards, look up their meaning and see how this refers to your life and situation, your dreams and goals. If you don't have a deck, google "free online oracle or tarot", there are plenty of them.

Month 1:

Month 2:

Month 3:

Jump Start



Crazy, Audacious, Beautiful Goals - Even the ones that seem impossible.
(Hint: They're so possible!)

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What are your non-negotiables?
(The things that you absolutely refuse to live with, or live without?)

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Using the information from the previous pages, write in the spaces below how you can incorporate the things that really bring you joy, into your daily life. Use this as the beginning of a sacred map, guiding you to live your juiciest, most joyful, abundant life!

A series of horizontal dotted lines for writing, set against a background of soft, colorful watercolor washes in shades of pink, yellow, and blue. A large, vibrant orange and yellow flower is visible on the right side of the page, partially overlapping the writing lines.

Jump Start Goals



Take a couple of your goals and break them down into manageable pieces. Try to take action on at least one bite sized piece a day.

Duplicate pages as you need them. Remember to add the steps to your calendar.

Goal #1 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Goal #1 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Goal #3 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Jump Start Goals



Take a couple of your goals and break them down into manageable pieces. Try to take action on at least one bite sized piece a day.

Duplicate pages as you need them. Remember to add the steps to your calendar.

Goal #4 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Goal #5 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Goal #6 _____

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____

Thank You!



THANK YOU FOR TRUSTING ME TO HELP YOU
ALONG THIS JOURNEY.

I HOPE THAT THIS GUIDE WAS HELPFUL TO YOU
AND THAT YOU NOW FEEL CLOSER TO
IDENTIFYING AND ACHIEVING YOUR DREAMS AND
GOALS.

LOVE,

Christine

