



GOLDEN GUIDE

A quick start guide to a happier, more vibrant life.

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Sit in the grit to embrace the refining value in your **past**.

SOME PROMPTS TO GET YOU STARTED:

- In the past, what has been your biggest source of suffering, pain, or grief?
- How have those experiences worked **for** you? How have they equipped you for your most significant work?
- What right now is your greatest source of discomfort or suffering?
- Allow yourself to grieve what you wish was your reality by writing a letter to your suffering, pain, or grief. Conclude the letter with “thank you” and a list of the things these challenges have taught you.

OPTIONAL ACTION STEPS:

- Use a journal or an app on your phone to write 5 specific moments or things that you're grateful for from the last day. (Ex. Dancing in the kitchen while cooking dinner, taking in the sunset from the porch, etc.)
- Write a list of things that make you feel cared for that you can do to nurture yourself. (Ex. Foam rolling, diffusing oils, making yourself tea, etc.)
- If you're feeling stuck and having a difficult time moving forward with your grief, therapy with a trusted professional might be a helpful option at this stage.

RESOURCES:

"Boundaries" by Henry Cloud and John Townsend
"Essentialism" by Greg McKeown

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GRIND

Examine the **present**. Edit your routines and habits to create the life you want.

SOME PROMPTS TO GET YOU STARTED:

- Write out your typical daily schedule. Where are your pain points? What's **one** simple change that would make significant change to the toughest pain point in your day?
- Write out your typical daily tasks. Circle the ones that drain you/don't bring you joy. How could you pair the **one** that's most draining with something that makes you happy? Can they be delegated? Can they be simplified?
- List 5 of your happiest memories. What made them so special? What qualities do they share? How did you **feel** during each memory? How can you bring more of this feeling into your life and create this feeling for others?
- Review your gratitude list from Phase 1. What's repeated on the list? How can you incorporate more of these moments into your life?

OPTIONAL ACTION STEPS:

- Try out self care habits to meet your specific daily areas of need (ex. movement, nutrition, sleep hygiene, meditation, acupuncture, yoga, etc.).
- Create a playlist that will get you amped to grind when you need extra motivation.

RESOURCES:

"Happier" by Tal Ben-Shahar
"High Performance Habits" by Brandon Burchard
"The Power of Moments" by Chip and Dan Heath

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Use your past and present as fuel for the **future** to serve your community.

SOME PROMPTS TO GET YOU STARTED:

- What people in your life fan the flame in you? What's different about your relationship with them? How can you cultivate more relationships like this in your life?
- Set a timer for 5 minutes and free write how you can serve from your life experience and your skills.
- If you were to receive a time stamp on your life of six months, what would you want to know that you left behind for others? Why these things? What's **one** manageable way that you can get started this week?
- What would happen if you shifted your focus from self progress to service for others? How would your work change?
- In order to see your dream life flourish, what parts of your life need to shift, expand, and grow?

OPTIONAL ACTION STEPS:

- Incorporate 5-10 minutes of inspiration to your morning routine
- Write your "why" or your values down and stick them somewhere you'll see them each morning to keep you in alignment and remind you of your purpose
- Life coaching

RESOURCES:

"Find Your Why" Workbook by Simon Sinek
"The 15 Invaluable Laws of Growth" by John Maxwell

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