



# WHAT WILL YOU CREATE?

## Health + Fun

Write Your **MANTRA**:

List Your 3 Core I AM's:

I AM \_\_\_\_\_ I AM \_\_\_\_\_ I AM \_\_\_\_\_

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA), what are you committed to creating in the space of **HEALTH**?

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE (at least 2 steps)	BY WHEN?
EX: I will stop eating processed/fast foods	to feel healthy and vibrant with loads of energy so that I can really get the most out of life!	I will throw out all junk in the house and do a healthy shopping trip with a list of items I can make	House clean out: today Shopping: tomorrow
1			
2			
3			

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA) what are you committed to creating in the space of **FUN?**

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE (at least 2 steps)	BY WHEN?
<p><b>EX:</b> I will create space in my life to live out my dream of learning guitar</p>	<p>Because I get to let my Soul express itself. I get to create and find time for my art!</p>	<p>Pick a day + time that I will block off every week; schedule a series of 6 lessons; buy tickets to my fav show</p>	<p>block off time today; research 3 guitar teachers by tomorrow; buy tickets to show tonight!!</p>
<p><b>1</b></p>			
<p><b>2</b></p>			
<p><b>3</b></p>			