

SHE IS
fierce!

This Challenge Will
Change Your Life!

No, Really.

Thousands of other women have taken this challenge

and we've received messages from dozens of women in our membership who credit this challenge — a shortened version of the first bundle in our membership — with setting them on a new path to freedom and joy.

It's time to step out of the conventional wisdom of what you "should" want or do and start thinking about what is most fulfilling to you, and where you feel you have the most purpose.

So... here's the secret to truly making this a life-changing experience:



Each Day

Set aside at least 15-20 minutes every day for the next five days, or an hour and a half one day this week.

Get to reading, answering, and envisioning... I promise you will not only feel like you have a chance at a fresh start, but that we'll be there to help you bring that vision to life!

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What Gives Your *Life Meaning?*

Let's really identify what truly brings you joy.



The idea of following your “passion” will ring true for some

— some of us identify that one passion that brings meaning to our lives when we are young and know that is a path that we want to follow.

For most of us though, the idea that we should have one true passion that guides us can be really frustrating!



Why finding that “one thing” can be so hard

For some, it might be that you are multi-passionate (you love so many things that it's hard to identify one thing to spend your time and life pursuing).

For others, it's not difficult to find passions you can enjoy for a time, but you might struggle to find that one thing you can feel really proud to be doing over the long-haul... or even keep interested in!

The challenge in this section is to look past all of the expectations others have of you. That includes all of the time you've spent educating yourself in one particular area or even the time you've spent building a particular career.



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What Gives Your
Life Meaning?



Let's find that one thing — or even the many things, that you know will give your life true purpose and meaning.

The thing that will ultimately let you wake up joyful and ready to take on the world.

It might be...



Furthering Your
Education



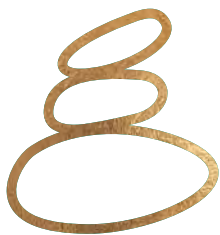
Starting Your
Own Business



Jumping Ship
To a New Career



Becoming
a Mom



For many of us, a life of purpose is a life that is not necessarily “in-balance,” but it can be a life that fills us up with joy and allows us to be passionate about our careers, our family, our friends, our communities, and to find joy in our own lives.

You may find that the first “passion” that comes to mind is not the one that will ultimately bring you joy and fill your life with purpose.

For the following questions..

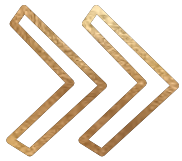
Don't be afraid to keep writing, to spend time, to go back and add more, to get deeper, to fill up the page (or many pages!) with ideas on what choices you can make in your life to become a more fulfilled and more purpose-filled person.



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What Gives Your *Life Meaning?*



What activities do you remember participating in as a child, or in the past, that excited you, made you smile, or gave you a feeling of true satisfaction?

ACTION

STEP

List as many as you can



If you asked your friends and family when you were most happy, what would they say?

Not sure?...
Go ask them!



- At what period in your life did you feel most full of purpose?

Keep in mind here that you don't have to answer, "When I had my child." This isn't necessarily about the moment of greatest joy, it's about the extended period of time when you felt a great sense of self, a confidence in who you were, and an excitement about the future.

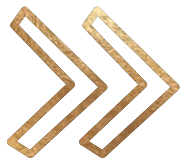
What do you wish you could do but never have time to do or don't have the right lifestyle for?

Don't feel like your answer here has to be practical... You can say, "coffee with friends" — that might be a sign that what brings you joy is camaraderie and companionship. You can say, "dancing" or even "white water rafting" — whatever you wish you could do! Those might be signs you need to allow yourself to let loose!



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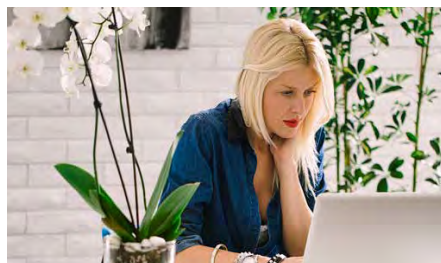


Rate your *Quality of Life*

ACTION

STEP

Use this tool to help you identify the areas in your life that you are most and least satisfied with RIGHT NOW and where you should place your focus. Rate each area with 0 as low and 10 as high.



Career

___ / 10



Friends & Family

___ / 10



Finances

___ / 10



Health

___ / 10



Personal Development

___ / 10



Love

___ / 10



Spirituality

___ / 10



Community

___ / 10

You may find that your priorities should be different than you think they should be now... seeing everything visually can give you some direction. Remember — Do NOT fill out the sections based on where others might believe you are. The eight sections relate to YOU and your life. Use your own judgment and your initial gut reaction when you look at each section.

Another benefit to this chart is that you can use it to determine the percentage of your time you want to spend in each area in the future — not just as you focus on specific goals. More generally, it can help you decide which areas of your life bring you greatest satisfaction and mean the most to you.

