

# THE AWAKENED MIDLIFE

# Roadmaps

— *by* —

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GET CLEAR



GET REAL



GET GOING



GET CHECKING



# GETTING CLEAR



*Clarifying Questions*

AT THE CROSSROADS OF CHANGE



Where am I now?

Where do I want to go?

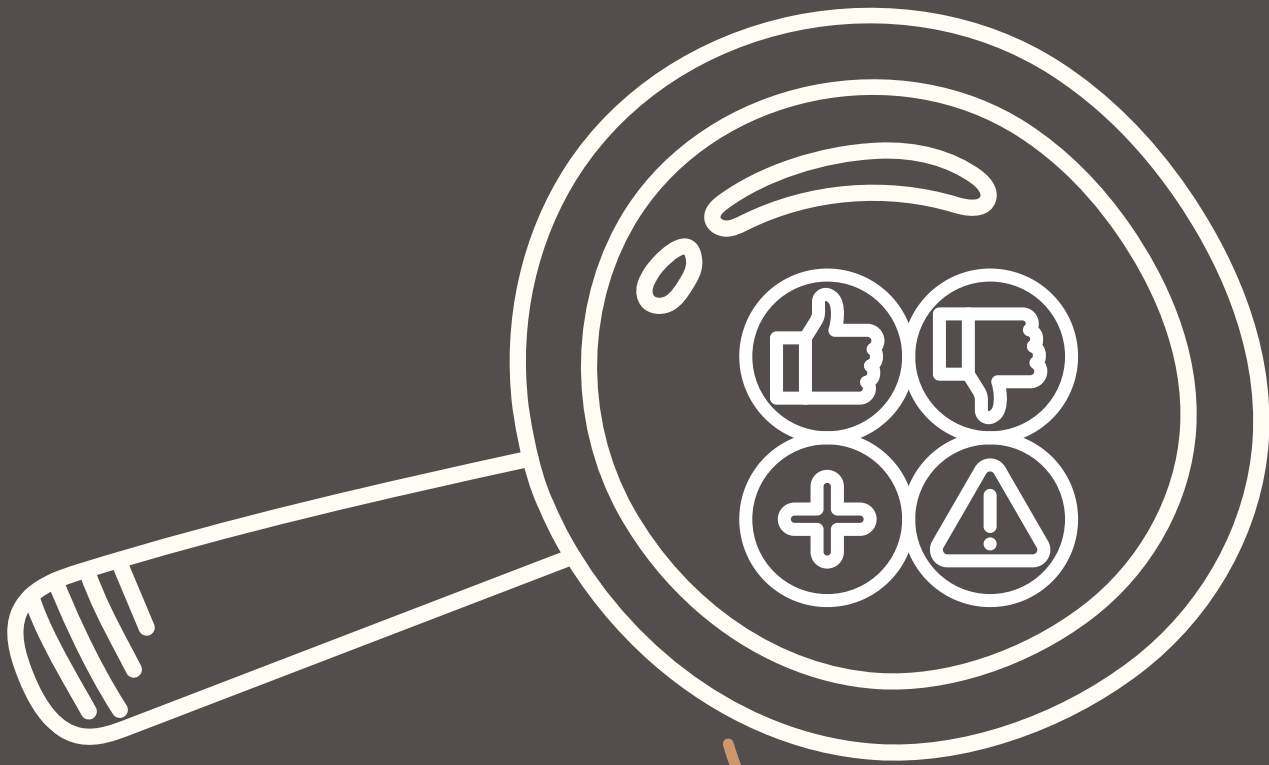
What do I really want? Really?

Why do I want, what I want?

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GET REAL



*The Bitty Gritty*

THE NITTY GRITTY STUFF



Who have I been?

Who do I know myself to be?

What are my strengths?

What excites me?

What are my values?

What has been?

What's working, not working?

What are my fears, worries?

What have I typically struggled with?

Where do I feel stuck?

What are my inner conflicts?



GET GOING



*Intentions into Action*

BUSINESS NAME

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TURN YOUR SELF REFLECTION INTO CLEAR INTENTIONS & A  
PLAN OF ACTION..THEN JUST DO IT..IMPERFECTLY!



What do I want to do now?

What steps can I take to make it a  
reality?

What are the possible ways to get  
there?

Who can help me get there?

What tools might be helpful?





# GET CHECKING



*Assess the Journey*

OK, LET'S SEE HOW THINGS HAVE PANNED OUT..



What were the outcomes?

What worked, didn't work?

Any lessons, feedback?

What can be rinsed & repeated?

How can I apply this now? to another  
aspect of my life?

Any dots to be connected?

# HOW DID THAT GO?

Click here for our Tete-a-Tete

