2019 Conscious Evolution Workbook

Instructions: Keep this document on hand at all times. Read it first thing in the morning, read it multiple times during the day and then read it again at night before bed.

The practices contained in this document are incredibly powerful and can change your life. Do not forget about this.
Vision, Mission, & Achievements

My Vision

My vision is to live my life intention. My day starts off waking up early and having time for a walk, yoga, or some form of exercise.

Through my work, I am touching lives and having a positive impact on my community. I am present with my children.

I am richly rewarded for the good that I do, and I am rapidly achieving skills while helping people and being outside.

I am also actively seeking financial freedom. I meet new people, asking what they enjoy in life, looking for possibilities to grow my interests and skills in working outdoors, in leading recreation, in developing new program that serves others.

My work brings me into contact with supportive and creative people who are also committed to supporting community become healthy, happy, and high functioning.

Achievements

Making xx000-xxx000 this year in my new position leading some great initiative outside. I am able to make good decisions that.
I have 5 weeks vacation time.
I have a major benefit plan that includes health, dental, and retirement.

Adopted from compliments of Matt Coffman, Greater Heights.
Attributes

Character Traits

Punctual: I am early to every appointment and always show up on time

Smart: I am extremely intelligent and come up with surprising connections

Perceptive: I notice the small meaningful details that help people change

Empathic: I am able to connect with almost anyone and help them feel seen, heard, and honored

Wise: Everything I’ve ever learned, read, experienced, and achieved has built up a reservoir of worldly wisdom inside me that I happily share with others

Strong: I am able to go into any experience with my clients no matter how scary or painful it is for them. My emotional strength helps them feel safe to do their deep work.

Daily Habits

Meditation/Prayer

Exercise

Call one friend or family member to say hello and connect

Pay off 75 dollars a week in cc

Cooking healthy meal
Who I am

Consistent with my efforts to stay steady and conscious, I am Love, I am balance

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Goals To Be Achieved By End Of 2019

Career Goals
Every two weeks conduct 1 informational interview with professionals in like minded field
Make steps/tangible goals towards what I ultimately want

Money/Savings Goals

Health & Fitness Goals
Shedding weight weekly, drinking water
Get 8 hours sleep per night
Make at least one new healthy recipe per week
Feeling strong, comfortable, energetic
Be more mindful of alcohol consumption
Jogging 4 times a week, morning or night

Personal & Behavior Goals
Wake up at 6 am and bed by 10pm every night
Daily meditation practice 1-2 times a day
Read one inspirational book per month
Feng Shui my room

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