

JANUARY, 2022

Inspiration to imagine your possible

SUN	MON	TUES	WED	THURS	FRI	SAT
30 Everyday this week, type a new question into a search engine just to learn something new.	31 <i>You were born with everything you need to answer the call of your soul.</i> - Marie Forleo					1 <i>The two most important days in your life are the day you are born and the day you find out why.</i> -Mark Twain
2 <i>No matter how small you start, start something that matters.</i> - Brendon Burchard	3 Create a list of 20 experiences you want to have before you turn __ <fill in the age>	4 Flip through a community course catalog. Which courses would you sign up for? Which courses would you like to teach?	5 What do you sense is trying to emerge in your life at this juncture?	6 <i>Go do what makes you come alive because what the world needs is people who have come alive.</i> - Howard Thurman	7 Ask the people who know you the best when you seem the happiest and what you do the most naturally & enthusiastically.	8 Carve out time today to daydream; to be one with your thoughts.. See what emerges
9 Learn your strengths and live your potential by taking this free 15 minute assessment, http://www.viacharacter.org	10 Pick one of your strengths and identify a way you can use that strength in a new way to accomplish a goal.	11 What are the top 3 peak experiences in your life? What do they have in common?	12 Jot down when you feel in a state of flow (you enjoy the activity in front of you so much that you lose all track of time)	13 What's a problem in the world you'd love to fix?	14 <i>Most people fail in life because they major in minor things.</i> - Tony Robbins	15 Start a vision board.. Pinterest board, magazine cutouts taped to your closet door.. Doesn't matter.. Just start one
16 This week reach out to 2 people who can help you accomplish one of your goals.	17 Say YES to whatever is going to give you more time, more space, more freedom	18 If you didn't have a job how would you fill those hours?	19 Read/listen to a biography of someone you consider successful. What can you apply to your own journey to realizing your possible?	20 <i>Don't let perfection become procrastination. Do it now!</i> - Danielle Laporte	21 Make a list of things that bring you jolts of joy. Add to it and reference it when you need an emotional boost.	22 Write a paragraph about how you would like to be remembered.
23 What would you do if you knew you couldn't fail?	24 <i>Make each day your masterpiece.</i> - John Wooden	25 What is the most rewarding thing you've ever done for somebody else? Why was it rewarding?	26 This week offer to help someone who would benefit from one of your strengths/areas of expertise.	27 What can you talk about for hours, and by talking about it you light up?	28 <i>Passion is energy. Feel the power that comes from focusing on what excites you.</i> - Oprah Winfrey	29 What did you love to do as a kid?