

27 September 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Living a Full Life

In order to really get to what we need & want, the starting point is to stop deluding ourselves that everything will fall into place once something happens and to start to actually live our best life TODAY.

However, when you challenge people as to what that looks like, they often don't know so moving on from last week & identifying your core needs, this week's challenge is to establish what living a full life actually means to you.

These questions are just to direct your thinking so let your thoughts flow. If it doesn't come easily, come back to it and more importantly, refrain from putting pressure on yourself about knowing the answers. Take your time.



Monday - What gets you out of bed in the morning? What is the positive meaning in your life? What is the positive meaning of your life? What do you want your legacy to be?

Tuesday - Are you very set in your beliefs or are you open to new things & ways of thinking? Do you regularly try different things? Do you regularly push yourself out of your comfort zone or do you need your comfort zone?

Wednesday - Do you know yourself? What motivates you? What are your desires? What do you enjoy the most? Do you know your purpose? What could you do to enjoy life even more? What makes you happy?

Thursday - Are you working towards your goals and dreams? Do you have an achievable plan in place or is it a bit wishy-washy? What could you implement to reach them faster?

Friday - Do you have regular time out? Do you make and take time for yourself? Do you have hobbies? Should you start or investigate new hobbies? What do you do for fun or recreation that you could do more of?

Saturday - Have you got things in place for the future (finances, projects, etc...)? It's important to live in the present but it's equally important to have a plan? What could you do today to invest in tomorrow?

Sunday - Is life a constant struggle & full of chores? If so, what's in your power to change that? Are you happy as you are or always waiting for something to happen in order to reach happiness?