



Curate My Life



Let's take some time to discover ourselves

Embrace the freedom of curating your own life! In a world often shaped by external expectations, discovering your true preferences and passions becomes an *act of liberation*. When you shed the pressure to conform, you pave the way for genuine self-discovery and authentic joy. By focusing on what genuinely resonates with you, you unearth the beauty of individuality and unlock a world of magical possibilities. Your unique path fuels personal fulfillment and inspires others, showing others the transformative power of living unapologetically. Dare to curate your life authentically and watch as your true essence shines brilliantly!

What does my best life look like?

Building your ideal life is a masterpiece in progress, crafted with intention and authenticity. Begin by defining your values and aspirations. With a clear vision, set achievable goals that align with your passions. There are examples below but they are only a fraction of the story you should write for yourself.

Go in-depth about what you want to look like, feel like, and come across to the universe (get as detailed as possible). Use inspiration but try to use it from multiple sources and avoid focusing on one specific person's life. The point of this exercise is to discover yourself and find your individuality so you can curate your best life that would make you the happiest.

Physical Needs

What is/are your:

- Dream house like?
- Healthiest Diet like?
- Ideal Physical Appearance?
- Personalized wardrobe like?

Examples ONLY - Curate YOUR own life - Prompts to help:

My dream house is painted blue, located in Florida that has a pool with a lanai. This house has 4 bedrooms and a garage.

My Healthiest diet consists of intermittent fasting until 12; only tea before. Acai bowl at lunch and a large salad for dinner. Nuts for snacks and water with 6x a day. Vitamins when waking up and going to bed. I work out several times a week.

My wardrobe is lite and airy. I always look casual but classy with a splash of sexy. I mostly wear colors that flatter my skin tone like nude

- Best Hygiene habits?
- Sleep & Wake Schedule
- House cleaning schedule

beige but I love bright colors when the occasion calls for it. All of my clothes fit my body shape. I always smell good and my hair is freshly styled at all times.

My skin is always clear and my health is always optimum. My breath always smells like mint and I smell pleasant at all times. I shower at 8:00 AM each morning and my clothes are always fresh and clean.

My normal habits are to enjoy my life with my friends when the time is right. I do not overindulge in anything, especially drugs and alcohol and I attempt to live my life in balance.

It is important to me to keep a clean and clutter-free home and I achieve this by cleaning at least 15 minutes every day and will make my bed every morning.

Personal Needs

What is/are your:

- Ideal Lifestyle?
- Favorite Hobbies?
- Values that I live by every day?
- Ideal Partner
- Dream Career?
- Thoughts about Money?

My ideal partner enjoys many of the hobbies that I do. We also enjoy eating the same foods and traveling together. We enjoy spending a lot of time with one another but also love our individuality.

I travel multiple times a year to places that make me feel inspired and happy.

My ideal work week is only 4 - 10 hours and I make maximum impact during that time.

In my free time, I love to go to the beach and snorkel; I do this at least once a week.

My achievements will be to publish a book and become a best-selling author, become an entrepreneur, and create value for the world.

Income Streams - I have at least 4 income streams that include Affiliate marketing, e-books, investments, and teaching videos.

I spend money on things that contribute to my expanded consciousness and my financial literacy.

Spirituality Topics

- Self Awareness
- Meditation
- Higher Self Alignment
- Shadow Work
- Limiting beliefs

My higher self resonates at her highest frequency, whenever possible. This means I meditate and take time to feel in alignment every day. I practice being grateful every morning. I am someone who gives tips whenever possible to extend appreciation.

I meditate and take time for my spiritual practices consistently. I go outside every day and ground to connect with the earth. I sun gaze to allow my manifestations to permeate through the universe.

I used to believe that money was difficult to achieve but I realize now that this is only a limiting mindset belief that I can erase and rewrite for myself. I have an abundance mindset.

Overall Life Goals

My life goals are to achieve financial freedom by providing value to those around me and living my best with my family and the love of my life.

Strategies to Achieve the Curated Life

List the strategies to achieve these goals to quantum shift your reality into what you desire.

Below are examples to get you started:

- o I will learn a meal plan that fits my needs, set a schedule to prepare it (or have it delivered) and will start executing it on a set date.*
- o I will start incorporating the style that fits my higher self by acquiring timeless pieces in my wardrobe that will always radiate my highest self. I created this new style over the next 6 months to create the 2.0 me.*
- o I will stick to my goals, write them down and start each one of them within a designated timeframe. I will create a calendar and make sure to keep myself accountable with checklists and actionable steps that I break down into achievable timeframes.*

Key Messages for Yourself

Write any key messages you have learned about yourself during this process. Were there any additional questions that came up in your mind? Did you go deep to release limiting factors?

*Write some insightful messages you discover about yourself, **below is an example:***

“I will listen to my body when I feel like I am burned out”

Tasks to Achieve My Goals

Illustrate your strategy through tasks to deliver your goal to you as quickly as possible;

examples are below.

Goal #1 Dream Body	Goal #2	Goal #3
Make a weekly meal plan		
Complete food prep		

Stick to diet & Exercise		
Visit the gym 2x a week		

Timelines

When will I start?	How long will should this take?	When should this be completed?
MM/DD/YYYY	MM/DD/YYYY	MM/DD/YYYY

Additional Notes

- Use this space for links to references or reminders for yourself. Add vision board photos or Pinterest ideas. Create your ideal outfits, lifestyle, and dreams on this vision board!