



WEEK 1:

The Explorations

DAILY PLANNER

Your Forever Self

What are the traits of your Forever Self? Think about the version of you that no longer identifies as someone that doesn't take care of herself -- that no longer identifies as someone that overeats (mindless, binge, stress, emotional eating) -- that no longer shrinks herself or puts herself last or keeps waiting for something to change on its own. Think about your 'Forever' self that you are becoming...

What is HER physiology? (Look, move, feel)

What is HER psychology? (Think, say)

What is SHE focusing on? (Skillful vs. Unskillful)

What is SHE envisioning and imagining? (Darkness or Light?)

What kinds of questions is SHE asking?

Your Forever Self

What's the version of yourself that you are no longer willing to accept in your life? What's the line you are drawing in the sand today...and moving forward?

What's the version of yourself that you know you are deep down inside, but you just haven't seen in a while?

What is different about this time, this experience? What do you need to declare?

Self Auditing:

For each of the following life areas: Rate where you are NOW on a scale of 1-10..
Then give a brief explanation about WHY you graded yourself that way.

Health

Appearance

Personal Development/Self Growth

Career/Work/Business

Family Relationships

Romantic Relationships

Social Relationships

Work Relationships

Joy/Fun/Adventure

Self Auditing:

For each of the following life areas: Where do you WANT to be (what would that look like for you?) What would a 10 represent for you?

Health

Appearance

Personal Development/Self Growth

Career/Work/Business

Family Relationships

Romantic Relationships

Social Relationships

Work Relationships

Joy/Fun/Adventure

Self Auditing:

For each of the following, refer back to your other Answer Sheets: What would create a +1 RIGHT AWAY? (So if you were a 4, what would get you to a 5? Think in MINIMUMS, not MAXIMUMS!)

Health

Appearance

Personal Development/Self Growth

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Family Relationships

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Joy/Fun/Adventure