

PRE-WORK

PICK YOUR FOCUS

"All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another."

ANATOLE FRANCE



PICK YOUR FOCUS AREA

Think of life as a game where there's no final finish line—just the journey of becoming a better you every day.

In this game, **there aren't any failures**, only powerful lessons that help you grow and learn.

You signed up for "Becoming Unstoppable" because somewhere, in some part of your life **you feel stuck, like you hit a wall, or feel like something's missing**.

Take a moment to choose one of these key areas of your life:



HEALTH



**PERSONAL
GROWTH**



RELATIONSHIPS



SPIRITUALITY



FINANCES



**HOME
ENVIRONMENT**



**FUN +
FREE TIME**



**CAREER AND
BUSINESS**

Circle the one area that you feel needs the most attention during our time together.

Remember, this is about **listening to your gut and trusting yourself to know** what needs the most attention right now.

The area you choose will act as the first domino, influencing and improving other aspects of your life as you grow.

Once you've chosen your area, flip the page to clarify not only where you are now but also where you want to be—and importantly, how you're going to get there.

The area I will focus on first is

On a scale of 1-10 (10 being the most satisfied):

My current score is

My dream score is

Taking 100% responsibility, what actions (or inactions) have you taken to create the current situation?

What beliefs do you need to develop, and what actions do you need to take to reach your dream score?

