



Goal Setting for the *Good Life*: Passion Steps

1. What makes you happiest in life? What excites you?
2. What do people thank you for?
3. What are you ridiculously good at?
4. What do your friends always say you're good at?
5. Who do you look up to? Who inspires you and what are they doing?
6. What were you doing the last time you completely lost track of time?
7. You just won the lottery, \$1m tax free how are you spending your day tomorrow?
8. What is something you would do if you knew you could not fail?
9. What topics do you find interesting? What are you constantly talking about, defending or arguing about?
10. What problems can you solve for humans of the world? How can you make this planet a better place?
11. What do you love helping people with? How do you most commonly help others?
12. When was the last time you couldn't sleep because you were so excited about something?
13. What do you want to be remembered by? What dent do you want to have left on the world?
14. What are you naturally curious about?
15. What careers do you find yourself dreaming of? What jobs do others have that you wish were yours?
16. What do you think people say about you when you're not around?

Next:

1. Do you see any common threads?
2. How can you connect with people who want what you have to offer? Who are they? What do they do for a living? Where do they live? How old are they? What does their day look like? What problems do they face?
3. How can you create a business from your passion to make money?
4. What steps would you have to take?
5. Is there something you can do **THIS WEEK** to help move you toward doing work you love?

Contact Me!:

lauren@lauren-bragg.com

707-407-7267

Insta: @wellnessvixen

