DAY 1/4

Day 1:

First, start with a short list of the things you are grateful for in the area of your health and fitness! What are your deepest beliefs in the area of health & fitness? How do you value yourself? What is your health status? Do you have any health issues?

DAY 2/4

Day 2:

What is the optimal health and fitness state you want to achieve? What is your dream vision? What long-term goals do you want to achieve?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find out your own values regarding health & fitness.

DAY
4/4

Day 4:

What will you do now to achieve these goals? What is the achievement of your goals worth to you? What are the concrete actions needed to make the vision a reality?What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, begin with a short list of the things you are grateful for in the realm of your intellect! What are your deepest convictions in the area of your intellectual life? How do you value yourself?

DAY 2/4

Day 2:

What is your ideal vision of your Intellectual Life? Are there any role models for you? What is your dream vision? What long-term goal in terms of your learnings do you want to achieve?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find out your own values in terms of your intellect and ability to learn.

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is the achievement of your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, start with a short list of the things you are grateful for in the realm of your emotional life!
What are your deepest beliefs in the area of your feelings? Maybe you are one of those people who don't want to talk about or deal with your feelings? Describe quite openly what it is like for you!

DAY 2/4

Day 2:

What is your optimal idea of your emotional life? How do you see yourself in your optimal emotional state?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find out your own values in this area.

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, start with a short list of the things you are grateful for in the realm of your character! What are your deepest beliefs about your character?

DAY 2/4

Day 2:

What is the optimal character state you want for yourself? What is your dream state? What long-term goals do you want to achieve?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find out your own values in relation to your character.

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is the achievement of your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, begin with a short list of what you are grateful for in the realm of your identity and consciousness. Is it a field you've never dealt with before? Does it hold great significance in your life? What are your deepest beliefs?

DAY 2/4

Day 2:

What is the optimal state you want to achieve in this field? Try to be as specific as possible about how your identity and consciousness should ideally develop.

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own set of values!

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY
1/4

Day 1:

First, as you do every day, begin with a shortlist of what you are grateful for in the area of your romantic, intimate relationship. What are your deepest beliefs in the area of romantic relationships? How do you rate your capacity for love?

DAY
2/4

Day 2:

What is the optimal state you would like to achieve in your romantic intimate relationship? Try to be as specific as possible about what your ideal romantic relationship looks like.

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own set of values!

DAY
4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, begin with a short list of all that you are grateful for in the area of your family life. You could start very basically with the fact that your mother gave birth to you. What are your deepest beliefs in the area of your family life?

DAY
2/4

Day 2:

What is the optimal state you would like to achieve in this area.Try to be as specific as possible about what your family life ideally looks like.

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own values!

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY
1/4

Day 1:

First, as you do every day, begin with a short list of all that you are grateful for in your social life. What are your deepest beliefs in the area of your social life?

DAY
2/4

Day 2:

What is the optimal state you would like to achieve in this area.Try to be as specific as possible about what your optimal social network should look like.

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in your social life mean to you? Answer detached from family or society's demands on you, but find your own values!

DAY
4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, start with a short list of the things you are grateful for in the area of your finances! What are your deepest beliefs about money and finances? What beliefs were or are there in your family? Is money the root of all evil? Does money have the power to destroy friendships? Were money matters talked about openly in your childhood?

DAY 2/4

Day 2:

What is the optimal state you want to achieve in this area of your finances?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own values!

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY
1/4

Day 1:

First, like every day, start with a short list of everything you are grateful for in the field of your education and profession! What are your deepest beliefs in the area of your profession?

DAY 2/4

Day 2:

What is the optimal state you want to achieve in your profession, in your career?

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own values!

DAY 4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?

DAY 1/4

Day 1:

First, as you do every day, start with a short list of everything you are grateful for with your current lifestyle. What deep beliefs do you have about your lifestyle? What is important to you?

DAY 2/4

Day 2:

What is the optimal state you want to achieve in this area? Try to be as specific as possible about how your spirituality should ideally evolve.

DAY 3/4

Day 3:

Why do you want to achieve your goals in this area? What motivates you? What does achieving your goals in this area mean to you? Answer detached from family or society's demands on you, but find your own values!

DAY
4/4

Day 4:

What will you do now to achieve these goals? What is achieving your goals worth to you? What are the concrete actions needed to make the vision a reality? What positive habits and attitudes can you adopt in your life? What action steps can you implement on a regular basis?