



Thrive-Setting Clarity

A multi-dimensional approach to Thrive!

alpha females.biz



Clarity

A MULTI-DIMENSIONAL APPROACH TO THRIVE!

Death - scary!

Know what is even scarier?

Not living life aligned with your true desires, your true potential, your true passion.

If you're a high achiever whether running a multi-national company, a solopreneur or a full-time mom, you're going to see how you can move from living a life of exhaustion and frustration to one filled with energy, joy and satisfaction - without getting overwhelmed and discouraged as so often happens when people uplevel.

Let's start by covering the most important areas which you need to start paying attention to in order for you to create a life where all aspects of your joy is well taken care of.

Research has shown just eight areas determine whether or not you die a happy person. When the lights start dimming and you look back, will you smile with satisfaction or say "Oh shit, I forgot about that?" and leave this plane kicking and screaming with regret?

If, like me, you are a bit of a control freak, you will love this tool. It keeps you on track to toast your life with a glass of bubbly. On the following pages, we'll talk about each of the eight areas, how I see them and then I invite you to figure out how YOU see them in the blocks provided.

We'll then go into creating the vision of your perfect day, get crystal clear on where you are, and use your wheel of thrive to create lifegasms. This one exercise will allow you to see how your thrive-stones are not aligned with the way you're living – and help you figure out what needs to change NOW so you won't die with regrets. No joke.



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FOUNTAIN OF THRIVE

Fountain of Thrive



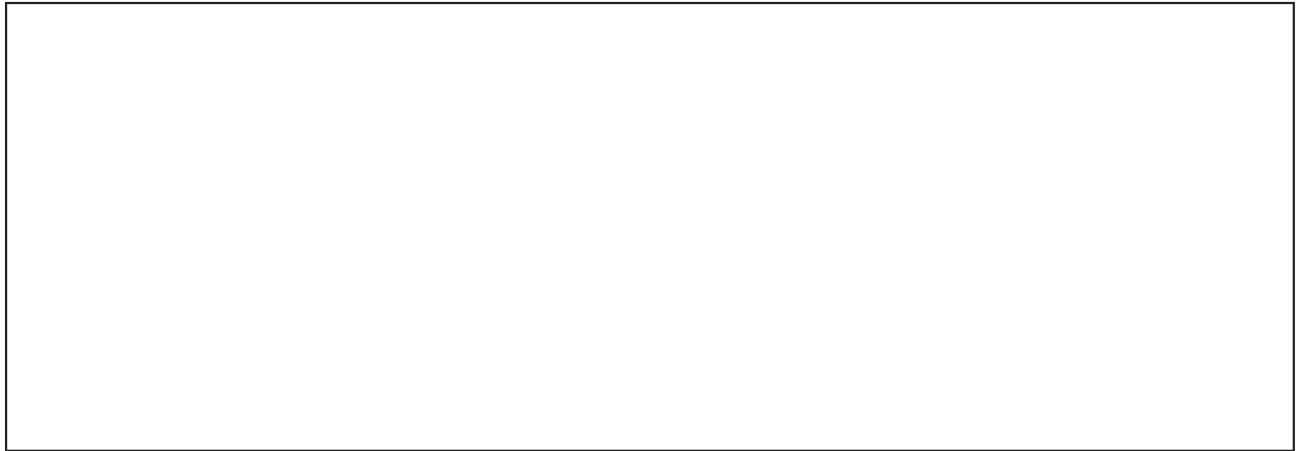


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Inner Being (Soul)

You don't have to be spiritual to understand there is an energy beyond your physical body. Call it God, the Universe, Spirit, whatever entity you turn to when you need courage, guidance or even peace of mind. Your Inner Life deserves time and attention. I have found leaders especially benefit greatly when this becomes a priority for them, thereby increasing their life force or energy.



Thrive Incubator (Body)

Yes, my darling, this is number three on the list for a reason. If I meet one more person who says they don't have the time to train and eat healthy, I will throw a 2-year old tantrum. Without your health you have NOTHING. You can have all the money in the world and not be cured from the heart attack you get from too much stress. You can finally wake up with beautiful children and it means nothing if you don't have the energy to play with them. Being a martyr serves nobody. You come first.



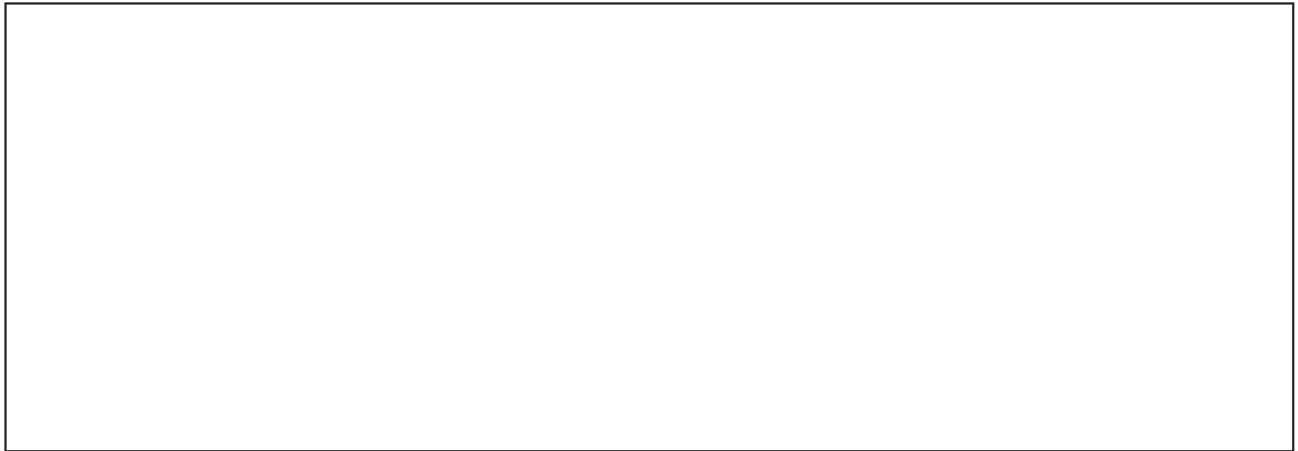


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Garden of Genius (Mind)

They say you become the average of the five people you spend most of your time with. Yet few honour themselves enough to surround themselves with peers of substance. The people who uplift you, who challenge you with love and respect, who support you, who stimulate you. If you desire a life of excellence you have to surround yourself with excellence and feed your mind with excellence. Don't forget about what you read and watch - this matters!



Empire of Impact

As alphas we seek meaning through contribution. That contribution is generally defined by our careers or professions. Being a full-time mother is on par with CEO status. I've tried it once. I'm not worthy. Don't get me wrong, I love my boys. However, my gifts, my purpose is lived through coaching and, with that, building my business. Gone are the days where we have to feel shame for our ambitions. Go big or go home.





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Choice Multiplier

Money is simply a multiplier of choice! In this area, I really want you to start getting honest with yourself. In order for you to live your purpose to the best of your ability, you require a shit ton of money. Don't fool yourself by settling for comfortable. That is mediocre. The pure fact that you downloaded this document already tells me you want more than ordinary. Think of what it will require for you to live your fullest life, including support for your family, your business, your body, travel, sports, fashion, hobbies, love, art, food, the works

Thrive-style

That's right. This stuff actually matters on your death-bed. A life worth living entails having fun, adventure, beauty, support. Why? Because all those things impact your vibration. If you want to vibrate on a high level (think happy), you need stimulation of the highest level. Without the simulation, your energy drops and you become miserable.



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Relationships

I define family as those who behave like family, not those who were given a title by society due to the sperm and egg from where you originated. Family is those who add meaning to our lives. Our partners, our children and, if you're lucky, your parents and siblings. If you're really lucky, it goes beyond. After all, humans were never born to live alone under a bridge. (That would make you a troll.)

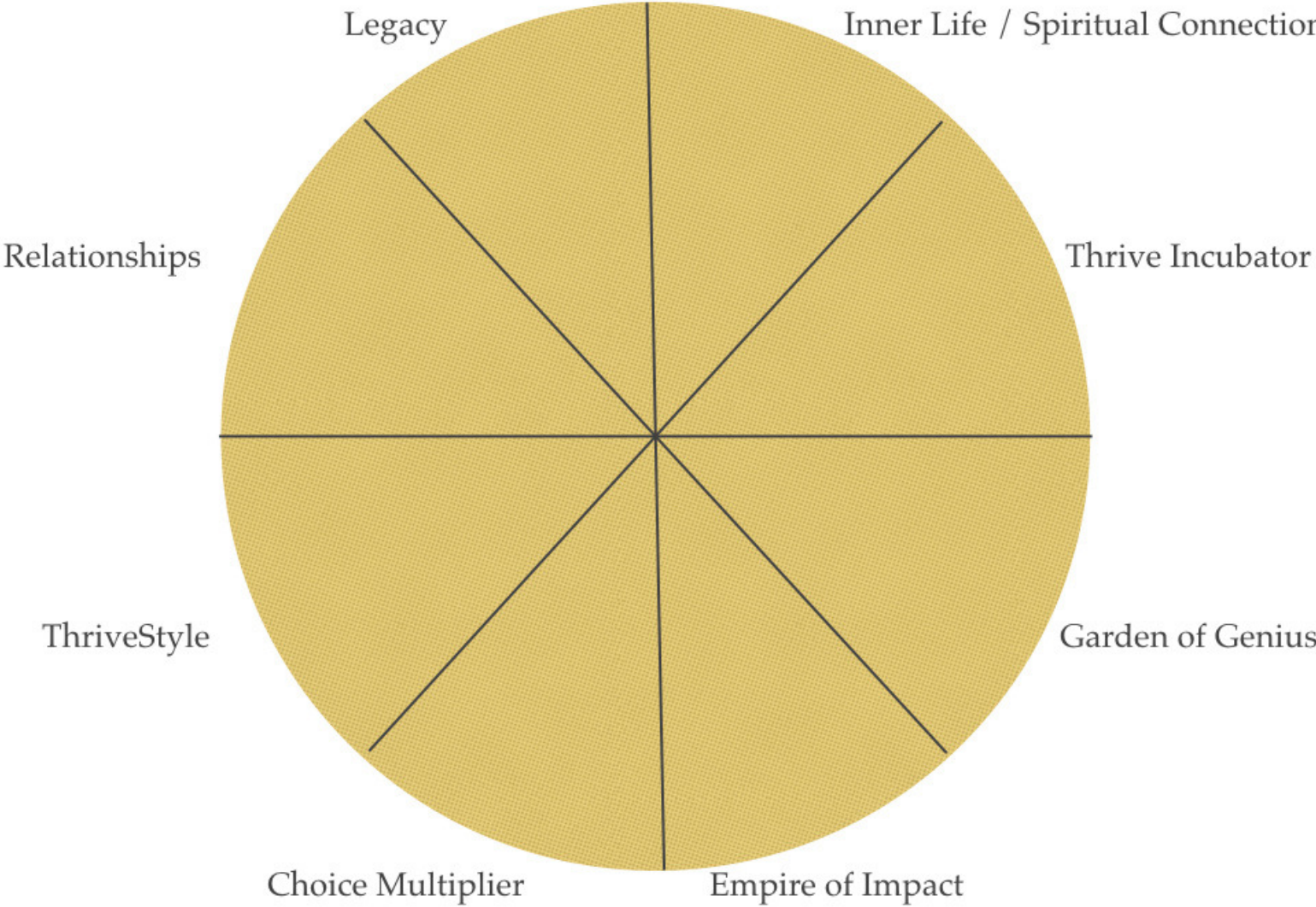
Legacy

We all know you were born for a magnificent purpose, which includes impacting this world and adding value to your fellow life travellers. Today is your opportunity to determine what that looks like and exactly how beautiful it's going to be. Don't be afraid to dream BIG.



Clarity

WHEEL OF THRIVE





Clarity

YOUR PERFECT DAY

Where do you wake? What time? Do you live here? Do you have other homes? Describe your bed, your state upon waking, what do you think about first?

Morning Routine : What do you do first? Who else is there?

Breakfast? Training - where, what?

Your Day : Where do you go? How do you get there? What do you do? Who do you do it with? How do you do it? What is the nature of your conversations? What does flow look like?

Your Plans: What are you planning for next? Who else does it involve? Where will it happen? What is required for it to come to fruition? Is it fun or work? Is work fun?

Winding Down: How do you spend the end of your day? Who do you spend it with? How do you unwind? What is dinner like?

What are you looking forward to next?

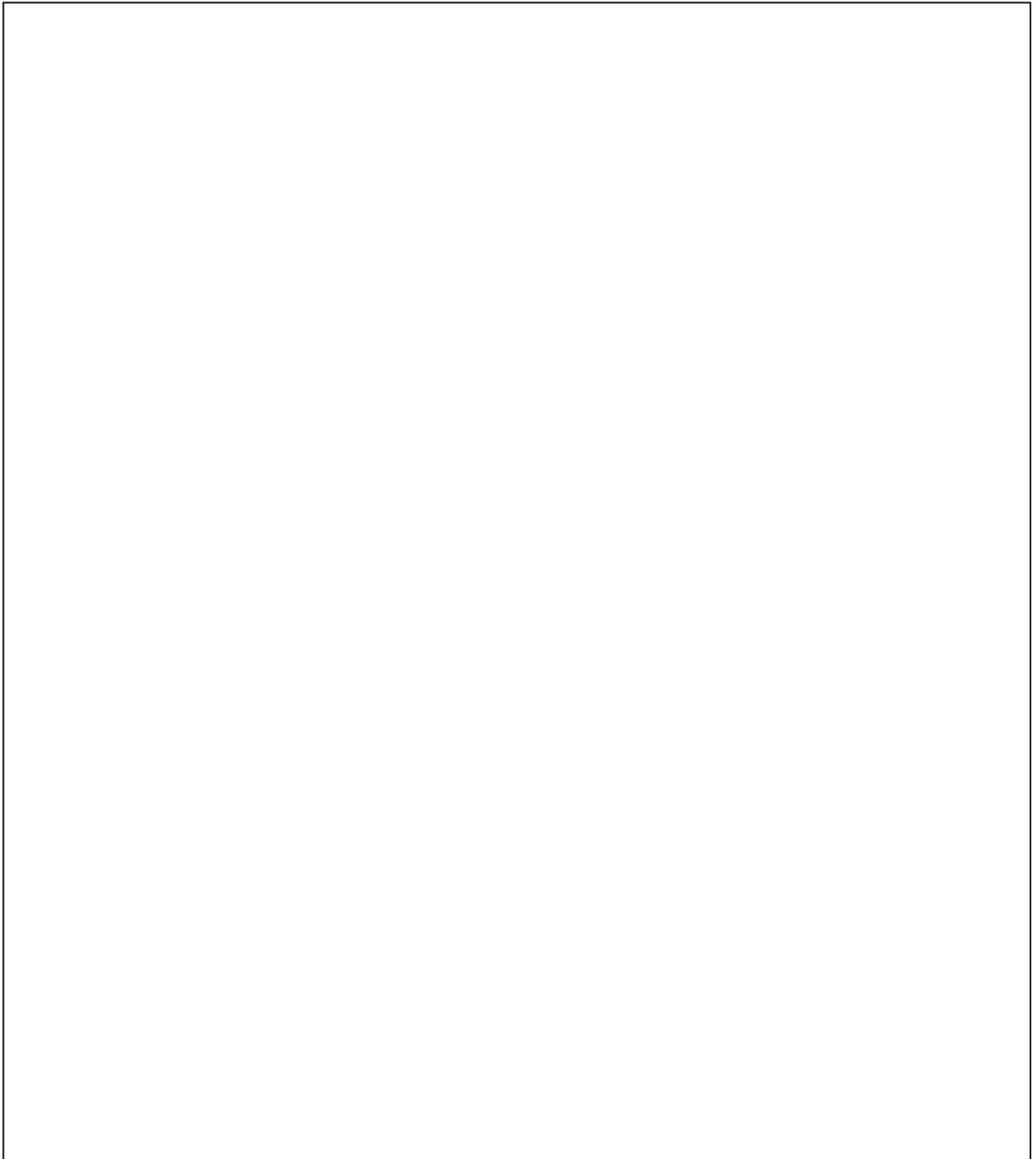
How do you feed your mind? Do you go to seminars? Read books? Work with a mentor or coach? What type of coach? Do you belong to a high level mastermind group? Who do you trust to advise you in business and in life?

As you go to bed at night, what are you truly proud of? What evidence did you create today that you have lived well today?



Clarity

YOUR PERFECT DAY





Clarity

YOUR CURRENT DAY

Where do you wake? What time? Do you live here? Do you have other homes? Describe your bed, your state upon waking, what do you think about first?

Morning Routine : What do you do first? Who else is there? Breakfast? Training - where, what?

Your Day : Where do you go? How do you get there? What do you do? Who do you do it with? How do you do it? What is the nature of your conversations? Are you in a state of flow?

Your Plans: What are you planning for next? Who else does it involve? Where will it happen? What is required for it to come to fruition? Is it fun or work? Is work fun? How do you feel about these plans?

Winding Down: How do you spend the end of your day? Who do you spend it with? How do you unwind? What is dinner like?

What are you looking forward to next?

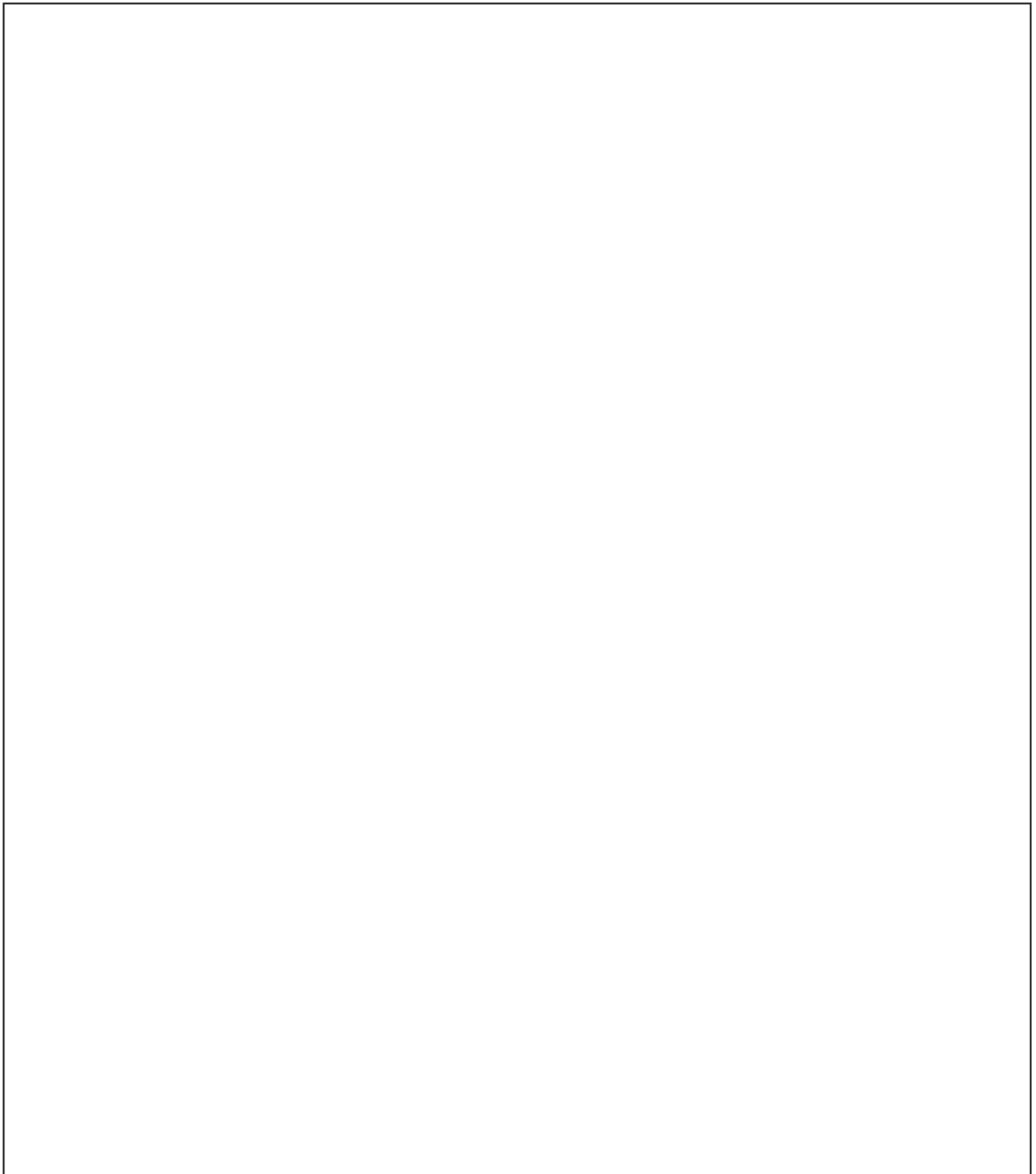
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As you go to bed at night, how do you feel? On a scale of 1 - 10, how satisfied are you with today?



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YOUR CURRENT DAY





Clarity

**WHERE CAN YOU INCREASE YOUR
THRIVE?**

Let's get started Darling.

First, I want you to look at your Spiral of Thrive and identify where the drop is happening.

How is this impacting all the areas thereafter?



Clarity

WHERE CAN YOU INCREASE YOUR THRIVE?

What are you doing in your perfect day that actually has this area thriving?

What is the first level of a action that you can start taking right now? (Remember if you make it too big, you won't do it)

Schedule it into your calendar right now. What is scheduled, gets done!