



# **WHY NOT ME? WHY NOT NOW?**

By: Lauren Foster and Tammy Todd

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## FINDING YOUR PURPOSE

What is your purpose? Your purpose is what drives you, what makes you want to get out of bed every day, it's your passion. Let's begin this exercise by looking at what you currently surround yourself with, how does it make you feel? When we are living from a place of passion and purpose we feel whole and expanded. When you do this exercise, if you do not feel any passion, it's not your passion, think about what you are passionate about and why. Write down the things that give you life, that wake up your soul. From here you want to look at how you are incorporating these feelings into your life. For example, if you love to draw, do you come alive when you start drawing? How do you incorporate that with your everyday life? Do you express yourself on paper at work? For entertainment? As a hobby?

## WAKE UP YOUR PASSION!

So many of us forget how to play, how to imagine, how to truly enjoy the simple things in life. The best way to find your passion is to look back at your childhood. What did you love to do as a child? Did you pretend to be a doctor, a dancer, a firefighter or maybe a teacher? When you were pretending, how did you feel? Did this ignite the fire within? If so, that is the passion you are looking for. Once you find your passion it's easier to look at what your purpose is from what you are passionate about. I used to pretend to be a teacher. I loved sitting in front of the class giving lectures about whatever topic I found interesting that day. My passion is teaching and helping others. My purpose is to find a way to teach as many people as possible in a format that I love. Here you will explore all the possibilities of what you would love and how you can create that purpose in your life.



## BE THE CHANGE!

As we begin our journey, we will be working in all areas of your life. Our first category is health. This includes everything that has anything to do with your physical body; with this earth suit that you are walking around in. Appreciate it, love it and cherish it... just as you would your favorite car, boat or other favorite possession. Write down everything that you can think about as to where you are right now.



## QUESTIONS TO CONSIDER...

What is your relationship with your body?

How do you feel in your clothes?

Are you self-conscious?

Are you confident?

Are you overweight? Underweight?

Are you suffering from any sort of dis-ease or discomfort in any part of your body?

If you are losing/gaining weight or if changing your body structure is one of your goals, take some measurements; write them down and take pictures so you know for sure what your starting point is. Reshaping my body is a continual goal of mine, so I'm always writing my weight, my waist size, my chest, my thighs, my arms, and any other measurements that I want to track, along with taking pictures. Make sure you write the date so that you have a gauge of your progress. Pictures show so much more than the scale or even the measurements; you can see if you are taking steps in the right direction. You can feel the change in the way your clothes feel on your body. What obstacles are showing up for you? What is keeping you from doing the things that you know would benefit you in order to get where you want to be. Be honest with yourself! This is for you, not for me. The more honest you are with yourself, the quicker you can make the changes you'd like to see.





### MY HEALTH TODAY:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## Notes: Ideas, steps, fears, inspirations

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## MY HEALTH IN 6 MONTHS:

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## REMINDER!

Write here as much as possible. Be very specific about that where you are now and then where you want to be in six months from now. Know that anything is possible with time and persistence. What would you love? How would you love to look and feel and move in your body? Again, be very specific and as you're writing this, think about why; why do you want to be a smaller size? Why is that so important to you? How will it change your life? What do you care about most? What are the real benefits of achieving this goal? These things are really going to help you in the next step when you're writing your vision. Being very specific and clear on your why will really help you to actually reach your goals.

## START WITH SELF-LOVE

This is often the toughest one for us to overcome. We are often taught at a very young age to put everyone else first, it's the "proper" thing to do. But in reality, we must fill our self-love cup with love first, so that we have enough love to give to others. Just like when we are flying on an airplane if something happens and the plane starts losing pressure, we are told to put our own oxygen masks on first or we will not be of any good to anyone else. This is not selfish, this is self-love!

By becoming more loving toward yourself, you will attract more of the higher vibrations, faster energies and begin to change what's inside you. In your thoughts, cultivate an inner voice, an attitude that's 100 percent of the time for you. Imagine an aspect of yourself that only supports and loves you. You might schedule a certain time of the day when that's the only thought that you allow yourself to pay attention to! Gradually this attitude will extend to other people even if you can only do it for a minute or two. You'll begin to receive this energy back and ultimately be able to send thoughts of love and joy to everyone and everything around you. Notice when your thoughts drift into a lower energy of ridicule or hate or guilt and change the thought at that very moment, if at all possible. If you're unable to change the thought, then at least love yourself for what you did do—that is, for noticing.



## How Are You Showing Up In Your Relationships?

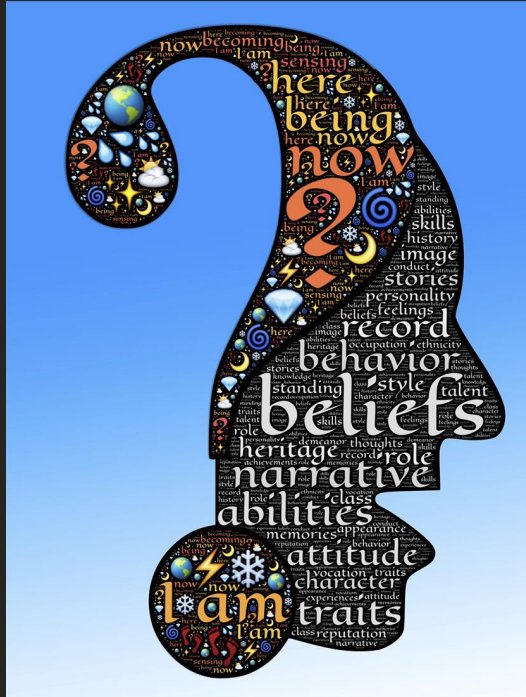
The more you can relate and empathize in all your relationships, the stronger they will become. Look at each relationship individually. How do you contribute to each relationship? Are you warm, loving, caring, compassionate? All while staying strong and being true to yourself?



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Again, be very specific about where you are now and then where do you want to be in six months. Don't just think it, INK it! What would you love? How would you love your relationships to be? Get very specific and as you're writing this, think about why; why do you want to be in a particular relationship? Why is it so important to you? How will it change your life? What do you care about? What are the real benefits of achieving this goal? These things are really going to help you when you're writing your vision. The more specific and clear you are about your goals for your relationships, the faster you will achieve those goals.





## WHAT WOULD YOU LOVE TO DO, BE AND CREATE?

Now on to career and creative expression. Bob Proctor made the comment that working is the worst way in the world to make money, you should be doing it because it's what you love! Because it's something that you do no matter what and you're allowing the universe to bring you money in infinite channels. There is only one source of energy... of goodness, of wealth, of money and that's God, the universe or whatever word you choose to call it. But there are infinite channels, most of which we can't even conceive of. We limit how we can receive money by what we know instead of staying open to all the ways the infinite may provide. Open up your mind, shift your thoughts to allow the universe to bring to you whatever you can imagine. Don't worry about the how, leave that to the universe. Just open your mind!

## QUESTIONS TO CONSIDER...

## What are you passionate about?

## What do you want to be doing with your life?

## How do you want to be remembered?

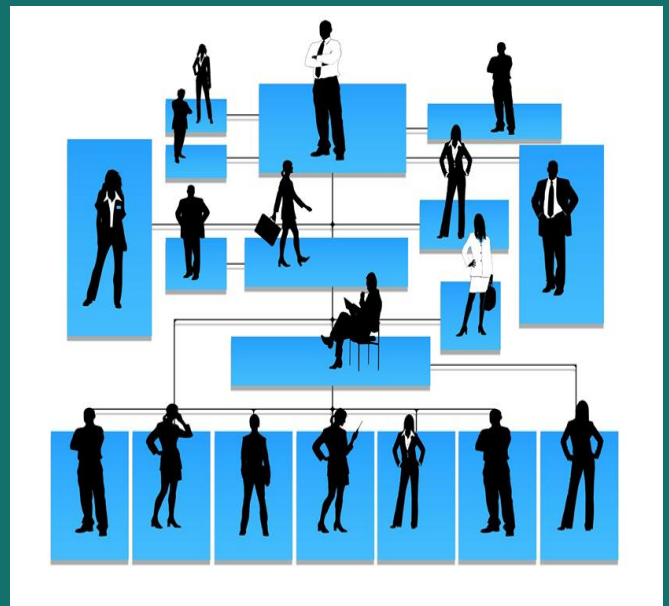
## What sort of work do you want to do on this earth and what does that look like?

## Do you want to be an artist or a writer?

## Do you want to be a teacher or a speaker?

Or maybe you want to build a business of some kind, if so what would you love to build?

## How do you want to share your gifts with others?



## MY CAREER & CREATIVE EXPRESSION TODAY:

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## MY CAREER & CREATIVE EXPRESSION IN 6 MONTHS:

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### REMINDER!

Remember to be very specific about where you are now and then where do you want to be in six months from now. What would you love? What would you love your career & creative expression to be like? Again, it's very important to be very specific as you're writing this, think about why; why do you want to be in this particular career & creative expression? Why is it so important to you? How will it change your life? What do you care about? What are the real benefits of achieving this goal? Remember these things are really going to help you when you're writing your vision. More specificity and clarity equals greater and faster results! Be clear and specific and build the life you love quickly!

## EXPLORE THE VAST SEAS!

All right, now the final category; what do we mean by “Freedom and Joy”? What we mean by this, is that you are meant to have a life that thrills you every single day. You are meant to have creative work that fills your soul; that gives you the freedom to live a life full of joy.

You're meant to have plenty of money! You're meant to be surrounded by beauty! You're meant to go anywhere that you want to go and do anything that you want to do! AND have somebody amazing that you worship and adore to share all of it with. So when you have all of that...

What does that look like? What does being free and joyful and having all the resources that you could ever imagine, so you can do everything that you want to do look like?

Maybe you work so much that you don't have time to travel. Maybe you... whatever it is, however it looks, wherever your life is restricted or unfulfilling, write that in your freedom & joy section for now. Of course, if things are going great, write that too, don't forget to appreciate when things are going well.



## ENJOY EVERYTHING YOU CAN IMAGINE!

In six months, what does your freedom & joy look like? If you're traveling, write where you are going, what you are experiencing; if you are having a lot of leisure time to take care of yourself, what does that look like? Get specific!

Are you having spa days regularly? Are you getting massages regularly? Are you taking time to catch up with old friends over a glass of wine or a nice meal?

What does your life look like, when it looks the way you really would love it to look?

What does life *really* look like in your freedom

## MY FREEDOM & JOY TODAY:

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## MY FREEDOM & JOY IN 6 MONTHS:

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## REMINDER!

Same as the other exercises, be very specific about that where you are now and then where do you want to be six months from now. What would you love? What would you love your freedom & joy to be like? This is very important, the more specific you can be as you're writing this, the better the universe can provide you what you would love. Think about why. Why do you want to enjoy freedom & joy in this particular way? Why is that so important to you? How will it change your life? What do you really care about? What are the real benefits of achieving this goal? These things are really going to help you as you're writing your vision. Again the more specific you get and the more you understand your why, the more it seeps into your being.



# THANK YOU

## We Welcome Your Feedback

This is your journey but we are here every step of the way to help you create the best version of your life with you, so you don't have to do it alone! We give you an array of tools to help guide you on your journey. You may find us at:

[www.BeHappyFirst.org](http://www.BeHappyFirst.org)  
[lauren@behappyfirst.org](mailto:lauren@behappyfirst.org)

We look forward to helping you create your best self!