

## Discover What Matters & Design Your Life

We can lose sight of what we value when we're too busy and overwhelmed from the pressures and stress of life. We can start to feel unhappy, empty, and powerless -- everything seems hard and our relationships suffer. Taking a few minutes to slow down and work through the following prompts will reconnect you to your hopes and dreams so you can make intentional choices and design your life according to your plan, not someone else's.

- What do you value most in life?
- How much of your time, energy and money is spent on these priorities?
- What gets in the way of you living in alignment with what's important to you?
- If it were simple, and nothing was stopping you, what would your life look and feel like?
- What's one small, do-able change you can make today that will bring you closer to your hopes and dreams?

You CAN feel happy, fulfilled and in-control. When you make the choice to be more intentional, when you're clear on what's important to you -- you can find creative solutions to move past excuses and design your life, your way.

I believe in you!

*Karen*