

Life Review Worksheet



Celebrate what's working, illuminate what's not
and develop a clear path forward.

Welcome!

So glad you have embarked on this opportunity to review your life, identify areas of excellence and areas of improvement.

It's important to fuel this endeavor with compassion. It's also important to dig deep. To effect real change, we must work to understand why we do the things we do. Often, the lingering habits we have trouble changing persist for a deeper reason than is immediately apparent.

If answers don't immediately come, it's okay. Simply ask your higher self for guidance and then stay open signs or epiphanies. The subconscious mind will continue processing based on your intention and answers from it or the universe will soon come.

This packet is intended to help you break into the next level in your life — all areas of it. If you have any questions or would like help working through a specific issue, email SuzanneHeyn@hotmail.com and we can discuss ways of working together.

Sending you inspiration for the journey,

Suzanne

An objective overview



In the space below, list things that are going well. This could be things you're grateful for, recent accomplishments, or small movements you've made toward the future of your dreams. Nothing is too large or small!

In the space below, list things that you would like to work on. This could be entire areas of life like eat better or exercise more, or find the inspiration to move forward on a specific goal. Whatever comes to mind in any area of life! No wrong answers.

Digging deeper



Are there any themes that came up in the areas of life that are not serving you? Do they all have to do with self-care? Or setting boundaries? Brainstorm below. Start free writing and see what answers arise.

If a theme arose linking those areas not working for you, is there a linchpin, one thing that influences the others? If not, is there an area you'd like to begin? Changing one thing creates change in other areas because how we do one thing is how we do everything.

Finding solutions



Rank the things you want to improve upon from Page 1. Consider your No. 1 source of inner turmoil. Why are you really struggling with this issue? What deeper meaning does this area have for you? Is there an internal conflict hindering your efforts to change?

Consider the underlying conflict. Is there a way to address the real problem, which would then help you create change with the surface problem? What opportunities are you missing? What creative solutions could you find? Is there something simple you could shift to make your life work better?

Making change



Pick one change you would like to make. Start small. Create an action plan for making that change, addressing any obstacles that could arise. Identify how you will overcome those obstacles. Visualize yourself successfully making the change. It's okay to start with small changes. Small changes add up over time!

Consider any limiting beliefs you may have that could impact your success. Create new, more life-affirming beliefs. The world does not require me for everything to get done. Taking time for self-care is sacred. Nurturing myself first allows me to better nurture others. Try free writing and see what comes up!

Creating joy



What do you need more of in your life? It could be adventure, music, nature, fun, laughter, chill time, anything that comes to mind! No matter how large or small.

How could you work more of those things into your life? Create a plan. Maybe on the third weekend of every month, you vow to go hiking. Or you decide to take a walk at sunset each night. I know it sounds super Type A, but creating a new habit requires intention. After a while, it becomes easier. Pick just one thing to start.

Master plan



In the space below, combine your plans for creating change in your one identified habit and creating joy in one or two areas. Be specific and intentional about the obstacles you will need to overcome and how you'll create solutions to address your core desires.

A large, empty rectangular box with a thin black border, intended for writing a master plan.

Success Tips



Create change in the most fulfilling, joyous way possible.

1. Visualize

Visualize your new habit. Imagine yourself drinking more water, eating healthy food, making the good choice. Visualize stopping yourself before making a bad decision. This is so, so powerful.

2. Inscribe a declaration of intention in your journal

Write, "I vow to go to sleep earlier/spend more time in nature/work less/laugh more. It is good for my health and wellbeing. Enhancing my wellbeing enhances all areas of my life. Universe, please help me create this change. Show me the way."

3. Create a specific plan that accounts for the obstacles you will encounter

If email keeps you late at work, which prevents you from hitting the gym, decide how you will respond when deciding to answer that last email or do that last thing that turns into another 45 minutes of sitting in front of the computer. Visualize yourself making the good decision.

4. Start small

I really recommend working on one habit at a time. Any more than that and it easily leads to overwhelm.

5. Go easy

New habits take time to create. Celebrate small wins and allow yourself to make small shifts over time. If you happen to go backwards, just notice the frustration you feel. The next time you feel tempted to make a bad decision, recall that feeling of frustration and allow the memory of it to inspire a better decision.