



Your Life, Your Party: Bust Out of Routine and Hit Refresh!

Do you feel like you're stuck in a loop, living the same day over and over again, as if your life is on repeat? It's easy to fall into the rhythm of routine, letting habits and old thought patterns steer the wheel. But life isn't a pre-set playlist—it's a mix you get to curate. If you're ready to hit pause, challenge those autopilot thoughts, and choose a new tune, this exercise is for you.

By identifying limiting beliefs that hold you back, visualizing the life you truly want, and taking small, actionable steps, you'll begin to break free from the monotony. Whether it's shifting how you view yourself, embracing discomfort to try something new, or reimagining what's possible, this is your chance to create a life filled with purpose and excitement.

Think of it as designing a custom soundtrack for your life—one that reflects who you are, where you want to go, and the possibilities waiting just beyond the familiar.

Step 1: Challenge Your Thoughts

Take a moment to reflect on a recurring thought or belief that's been holding you back. Please write it down in the line below.

- Example: "I can't start something new because I'll fail."

Limiting Thought:

Now, ask yourself:

- Why do I believe this?
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- Is this thought helping or hurting me?
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Replace the limiting thought with a positive, empowering one.

- Example: “Every new attempt is a step toward learning and growth.”

Empowering Thought:

Step 2: Embrace the Awkwardness

Growth begins outside your comfort zone. Identify one small, easy change you can make in your daily routine to shake things up.

- Example: Take a new route to work, try a new hobby, or start a conversation with someone new.

My Small Change:

Now, commit to trying this change for the next three days. Reflect on how it makes you feel:

- Day 1: _____
- Day 2: _____
- Day 3: _____

Step 3: Visualize Like a Daydream Champ

Close your eyes and imagine your ideal life in vivid detail. Think about where you are, who's with you, and how it feels. Now, please write it down to make it real.

What does your dream life look like?

How does it make you feel?

What's one small step you can take today to move closer to this vision?

Step 4: Take Small, Brave Actions

Significant changes start with small steps. Write down one small, brave action you can take this week to move toward your dream life.

- Example: Sign up for that dance class, send an email for a new opportunity, or spend 15 minutes working on a passion project.

My Brave Action:

Step 5: Reflect and Reassess

At the end of the week, reflect on your progress. How did challenging your thoughts, changing your routine, and visualizing your dream life impact your mindset?

- **What worked well?**

- **What surprised you?**

- **What's one thing you'll continue doing?**

Bonus Challenge: Your Life's Playlist

Create a playlist of songs that inspire you, boost your mood, and remind you of your goals. Use it as a soundtrack for your daily actions to keep you motivated.

Final Takeaway

Life is your party—don't settle for the same old tune! By challenging your thoughts, embracing the awkwardness, and taking small, brave actions, you can create a life that feels exciting and true to you. So, crank up your playlist, shake off the autopilot, and start dancing your way through life!

Note: This exercise is inspired by *Steer and Maneuver*. For more strategies and insights, check out the full book!

BALANCE LIGHT-HEARTEDNESS WITH
MEANINGFUL GROWTH. STEER AND
MANEUVER IS SELF-HELP DONE RIGHT.

You can find *Steer and Maneuver* wherever it's easiest for you—on Amazon, Audible, or even directly on my website. Choose the format that fits you best.

