



*Create
a life
you love*

60

*Experiences to Boost
your Wellbeing, Live
Creatively & Thrive*

FIONA NICHOLSON|THE5STEPCOACH.COM

COMPANION TO THE BOOK 'HOW OUR EXPERIENCE SHAPES US' BY FIONA NICHOLSON



I Choose the Experience of...

- ☐ Being in love
- ☐ Doing Something Hard but That Is Good for You
- ☐ Walking Away from Something Toxic
- ☐ Connecting Deeply with Another Human
- ☐ Really Connecting with Myself
- ☐ Achieving Something That Took Blood and Guts
- ☐ Doing Something for My Own Well Being
- ☐ Discovering Meaning in My Life
- ☐ Overcoming a Challenge or Adversity
- ☐ Exploring Who I Really Am



I Choose the Experience of...

- ☐ A Joyful Moment
- ☐ Overcoming a Fear
- ☐ Appreciating Myself
- ☐ Setting an Important Boundary with Someone
- ☐ Giving to Someone or Something
- ☐ A Hug
- ☐ Celebrating a Win
- ☐ Smiling
- ☐ Live Sporting Events
- ☐ Forgiving Myself



I Choose the Experience of...

- ☐ Being There for Someone Else
- ☐ Immersing Myself in A New Culture
- ☐ Accepting an Experience of Being Rejected
- ☐ Unplugging
- ☐ Trying A New Food
- ☐ Dancing Like No One Is Watching
- ☐ Cooking
- ☐ Learning A Different Language
- ☐ A Live Show
- ☐ Standing Up for Myself



I Choose the Experience of...

- ☐ Falling in love
- ☐ Loving Myself Completely
- ☐ Being Vulnerable
- ☐ Participating In a Walking Event or Marathon
- ☐ Building Something from Scratch
- ☐ Spending Time in Nature
- ☐ Growing Something
- ☐ Going Barefoot
- ☐ A Surprise Visit
- ☐ Watching A Classic Movie



I Choose the Experience of...

- ☐ Appreciation
- ☐ Giving Someone a Compliment
- ☐ Being Completely Honest with Another Person
- ☐ Being Understood
- ☐ Telling Someone You Love Them
- ☐ Saying No
- ☐ Taking A Break
- ☐ Being Curious
- ☐ Having A Pet
- ☐ Noticing Where You Are



I Choose the Experience of...

- ☐ Changing My Routine
- ☐ Telling A Joke
- ☐ Being A Mentor
- ☐ Outsourcing A Task
- ☐ Looking At the Stars
- ☐ Learning About My Family Tree
- ☐ Eating Alone in Public
- ☐ Telling Someone Your Deepest Secret
- ☐ Making A Life Altering Decision with ease
- ☐ Taking Full Responsibility for My Actions

Essential Experiences For Wellbeing

my thrive
CHECKLIST

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Thank You!

I hope you found this checklist helpful for exploring
your life and what you can create.
I'd love to hear about it! Come tell me your favourite
experience via the contact details below.

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