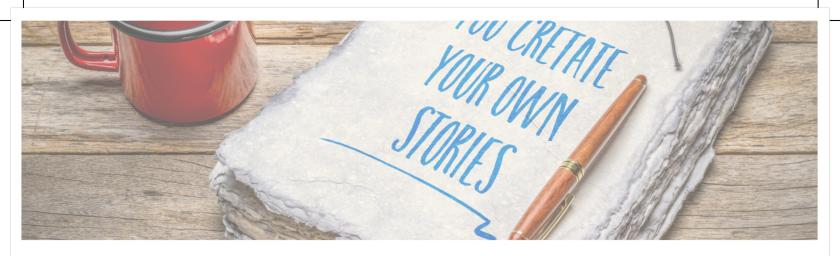


Experiences to Boost your Wellbeing, Live Creatively & Thrive

FIONA NICHOLSON | THE5 STEP COACH. COM



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



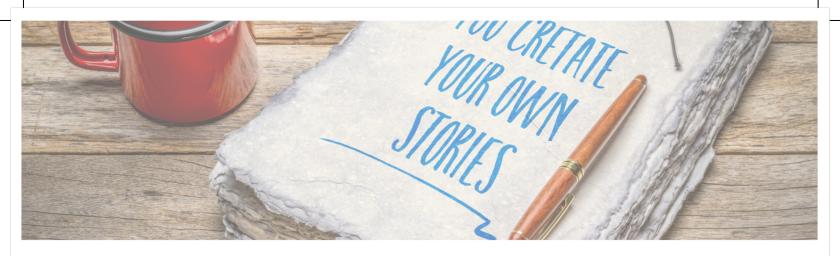
Ш	A Joyful Moment
	Overcoming a Fear
	Appreciating Myself
	Setting an Important Boundary with Someone
	Giving to Someone or Something
	A Hug
	Celebrating a Win
	Smiling
	Live Sporting Events
	Forgiving Myself



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



Ш	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



ш	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



Ш	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
П	Taking Full Responsibility for My Actions

Essential Experiences For Wellbeing

CHECKLIST



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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