

Month 1 – I: Inspire Awareness & Identity

Theme: Rediscover your purpose. Reconnect with your true self.

- 1. What moments in life have made me feel most alive and authentic?
- 2. What values guide my decisions when no one is watching?
- What impact do I want to create in the world, and why?
- When was the last time I felt a deep sense of meaning in what I was doing?
- What patterns or roles do I tend to play in life, and are they aligned with who I want to be?
- 6. What is my personal mission or "why" statement?
- 7. How do I want to be remembered by others?
- 8. What strengths do people consistently acknowledge in me?
- 9. When I remove expectations and fears, who am I truly?
- 10. Have I defined my "True North" my guiding life direction?

Month 2 – M: Mindset & Mastery Shift

Theme: Build the emotional foundation for change.

- 1. What are 3 limiting beliefs I've carried for too long?
- 2. How do I respond when I fail with shame or with learning?
- 3. Where in my life do I feel stuck, and what mindset shift might help?
- 4. What does a growth mindset mean to me in practice?
- 5. How do I talk to myself when I face discomfort or risk?

- 6. What's one challenge I've overcome that proves I'm stronger than I think?
- 7. Where am I still playing small, and what am I afraid will happen if I rise?
- 8. What daily ritual could help reinforce a new empowering mindset?
- 9. Who inspires me with their mindset, and what can I learn from them?
- 10. What skills or qualities do I want to master this year?

Month 3 – P: Purpose-Driven Goals & Strategy

Theme: Align your ambitions with what matters most.

- 1. What does "success" look like for me truly?
- 2. Which of my current goals feel energizing, and which feel like obligations?
- 3. What long-term dream have I been putting off, and why?
- 4. Are my goals a reflection of my values or others' expectations?
- 5. What would I work on even if I didn't get paid?
- 6. Have I broken down my big goals into small, joyful actions?
- 7. What is one purpose-aligned goal I can commit to this quarter?
- 8. What distractions do I need to say "no" to in order to focus on what matters?
- 9. Do I celebrate progress, or only perfection?
- 10. What story do I want my life to tell by the end of this year?

Month 4 – A: Action, Accountability & Adaptability

Theme: Build momentum. Stay committed. Stay flexible.

- 1. Am I acting daily on what matters most, or just reacting to what's urgent?
- 2. What's one small, bold step I can take this week toward a key goal?
- 3. Who can I ask to hold me accountable for the change I want?
- 4. How do I respond when plans go off track with frustration or flexibility?
- 5. What's a recent lesson I've learned from experience, not theory?
- 6. Where am I over-planning and under-acting?
- 7. What habits are helping or harming my momentum?
- 8. Am I reviewing and adjusting my approach regularly?
- 9. What environment or routine supports my highest performance?
- 10. How do I know when it's time to pivot versus persist?

Month 5 – C: Connection & Compassion

Theme: Deepen relationships. Build a support circle.

- 1. Who makes me feel most seen, safe, and supported?
- 2. How often do I initiate meaningful conversations?
- 3. Am I showing empathy in my closest relationships?
- 4. Do I really listen, or just wait for my turn to speak?
- 5. What relationships have I been neglecting that matter to me?
- 6. Where am I withholding love, forgiveness, or vulnerability?
- 7. Who do I want to reconnect with this month, and how?
- 8. What communities could I join that align with my growth?
- 9. What does being a good friend, partner, or parent mean to me?

Month 6 – T: Transform & Thrive

Theme: Lock in change. Celebrate who you're becoming.

- 1. What evidence do I see of my growth over the past 6 months?
- 2. What habits, beliefs, or people have I outgrown and how will I move forward?
- 3. Who can I thank or acknowledge for supporting my journey?
- 4. What 3 words describe the person I'm becoming?
- 5. What new identity have I stepped into?
- 6. What rituals or systems will help me sustain this transformation?
- 7. How will I share my transformation story to inspire others?
- 8. What's one "bold move" I want to make in the next 3 months?
- 9. What does it mean for me to thrive, not just survive?
- 10. What legacy am I creating through my daily choices?

Bonus: Legacy Activation Prompts

Design your next chapter. Leave a mark that matters.

- 1. What values will I pass on to others?
- 2. How can I mentor or guide someone beginning their own journey?
- 3. What part of my story do I want to tell more courageously?
- 4. What does "living my legacy now" look like today?
- 5. How will I embed these new habits into my identity?
- 6. Who do I need to thank or honor to complete this chapter?
- 7. What kind of leader, parent, or partner do I want to become?
- 8. What new dream am I ready to pursue?
- 9. How will I celebrate myself not just what I've done, but who I've become?
- 10. What will I do tomorrow that my future self will thank me for?