

Released 360:

Building the Life You Desire

&

6 Steps to Do It





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Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them.

Thomas Kinkade

Congratulations

You have taken the first step in deciding that you want to live a life that is different from the one you are currently in.

You may not be aware of it yet, but this small free workbook is going to help you really take stock of what you have been focusing on and what you really want to do with this one precious life you have.

First let me tell you that what I am going to share with you is not something that is just fluff. What I am sharing is from the heart. I know this works and I am living proof that you don't have to keep doing what you have been doing if it is no longer serving you and those you love.

Let's make a deal you and I. I promise to show up authentically, vulnerability, and listen to the hearts of others each day. It is my mission. It is my calling.

What is your mission? Do you know? Can you tell me? Are you showing up each day the way you desire to?

If I had to wager a guess, the answer is NO. You know how I know that? Because in all transparency, that is the life I was living for far too long.

I was doing #allthethings but didn't feel that I was doing them well. I felt angsty about that and it didn't feel good. So I see you. I hear you. I was you.

This workbook is exactly what it says, it is going to be WORK. You are going to have to dig deep friend and really do some stretching.

But here is the thing about stretching. Think of yourself as an arrow. For an arrow to really propel forward and do what it is designed to do, it must be stretched back to its limit.

Do you feel stretched to your limit?
Are you giving yourself *grace?*

Let this guide pull you back from all you have been doing. Make a promise to yourself that you are going to stretch your mind, your heart, pour on the grace and really allow yourself the ability to be RELEASED and hit the targets you desire in life!

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Give Yourself Grace

SO YOU CAN SHOW UP STRONG & LIVE YOUR PURPOSE

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1.) GIVE YOURSELF PERMISSION

Guess what? You are the boss of YOU. Give yourself permission to do what you are being called to do. The only validation you need is that something has been placed on your heart.

2.) RELEASE THINGS

You want to know a secret? You can let things go! You get to choose what you carry and what you continue. What has gotten too heavy and you want to put it down? What doesn't work for you anymore and you want to let it go? You can!

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3.) ADJUST THINGS TO SERVE YOUR NEEDS

What things are working for you? What things are NOT? How much time do you have for YOU? How is your focus on your health? Adjust the things in your life that you need to serve you and your needs more fully. YOU are not optional!

4.) CREATE NEW THINGS

We all need to continue learning and doing new things. Without personal growth and the stretching of our hearts and minds we grow stagnant. What do you want to do that you never have done? Pour into yourself so you can pour into your people!

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5.) EMBRACE YOUR PURPOSE

We all have one! Do you truly know yours? Perhaps it has changed and that is okay. Some purposes are seasonal and others are timeless. Now is the time to embrace your gifts and talents and how they will best serve you and others who are in desperate need of your gifts.

BALANCING

Your t.h.i.n.g.s



How are you showing up?

Too often in the busy lives we lead, we find ourselves on the proverbial 'hamster wheel' of life. We don't know how we actually got there, we aren't having fun, and most days we are barely hanging on. We want things to be different, but we just don't know HOW to do it!

No matter who we are, how old we are, our financial situation in life, we ALL have the same basic T.H.I.N.G.S. that we are all attempting to balance in life.

Some of us are good at some and not others. Some are golden in almost all and struggle in just a few. Others are just plain overwhelmed with it all!

Where do you fall in that arena?

When these things are going well and we feel balanced in these areas we are able to enjoy our lives and show up the way we desire.

But the ironic part is, if even one area of these T.H.I.N.G.S gets out of alignment it is like a giant wrecking ball and it can make everything take a hit.

Then we aren't able to show up the way we desire and know that we can. That causes our self image and confidence to be shaken.

You are worth more than that! You are being called to more! Let's get started and get your T.H.I.N.G.S. balanced so you can show up strong!

Your t.h.i.n.g.s

notes

FOCUSING ON WHAT MATTERS

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1.) YOUR TIME

How are you managing your time? What are the non-negotiables in terms of what HAS to be done and what you WANT to do? What natural cycles can you capitalize on to make better use of your time?

Do you feel you are spending the time you want with those you love making the memories that will become your legacy?

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2.) YOUR HEALTH

On a scale of 0-10 where are you with having your health where you want it to be? Do you have outlets for your physical, mental, and spiritual health? What goals do you have for each area? What small change can you make today to take the first step? YOU are worth it! When we feel better we can show up for what we are called to do in life!

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3.) YOUR INTERPERSONAL RELATIONSHIPS

How are you showing up for those you are closest to? Are your relationships where you want them to be? What changes need to be made so all parties are feeling fulfilled and needs are being met.

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4.) SAYING "NO"

Do you feel overscheduled? Are you always being asked to help with just one more thing? Setting healthy boundaries and learning to say "NO" to things that don't serve you, your values, or your personal goals in ways that show gratitude and grace is a skill that will release you from being resentful in the future.

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5.) GOING & GROWING

Where are places you have always wanted to go and experience? What are areas of your life that you have always wanted to learn more about? What hobbies or interest have always taken a back seat? How would it make you feel to make those dreams become an integral part of your life?

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6.) SERVICE TO SELF & OTHERS

How are you filling your cup each day? What does that look like? How do you fill the cups of others? How do you serve best? How could you do more of it? What one thing could you do today to serve yourself and others?



PLANTING

Seeds of tomorrow

Way to go! You are now that much closer to creating the "Life you Desire" and stepping boldly into living that life daily.

Each part of your personal growth journey starts with the planting of a seed. We see something, hear something, or read something that pulls at our heart. It calls to us and reminds us that there is more.

We are reminded that there is more to the life we have been settling for.

Those seeds are so important. Once they enter our lives we need to make sure to nurture that precious and fertile soil of growth and opportunity.

As you move forward on your journey remember to pour on the grace to yourself as much as you give it to others. Remember that to truly walk in the gifts and talents you have, you must have balance of your T.H.I.N.G.S.

I believe in you and know there is nothing you can't do. You are a beautiful soul who has a story to tell and a purpose to fulfill.

~Kristen

P.S. Want to continue your journey with someone rooting you on? Check out my Personal Coaching Package. I would love to partner with you and help you reach your goals!