

A GUIDE TO CHANGING YOUR LIFE

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SIX MONTHS  
FOR LIFE



# hello, friend!

I'm so happy you took the time to download this workbook, because it means there's something about my coffee chats and our recent conversations that's resonating with you.

I definitely don't have everything figured out, but I'm always on a path to finding out how to be my best self, how to live joyfully, and how to tap into my own potential. For so many of us, we know somewhere deep inside that we are capable of more, but often, it can be really difficult to make the changes we know would make the biggest difference for us in making that dream life come true.

This workbook isn't going to have all the solutions, but I created it with good intentions to help you begin the journey of uncovering your own potential. As you go through these questions, I hope you'll approach it with self-love.

The truth is, you don't have to change AT ALL to be worthy of love. You're worthy and good just as you are, and you don't have to prove anything to anyone or change at all to be good...which also means there's no way to fail at any of this.

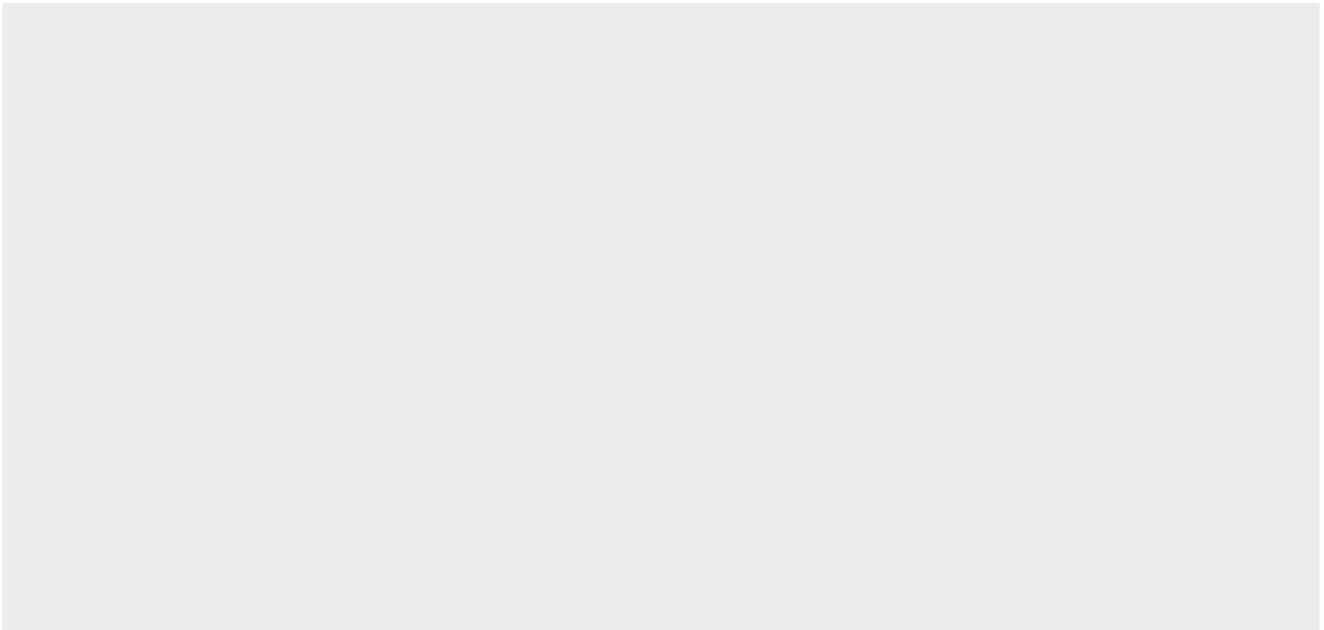
Change and growth is really about expansion. It's about exploring what's possible for you to become. It's about living a life that feels full and exciting and satisfying. It's about growing as a person so you can live life truly to the fullest. When we approach that growth with compassion and love, it's a lot more fun than when we beat ourselves up. So, let's love ourselves enough to be a path that feels good!

*sarra*

# *DECIDE*

Complete this sentence...

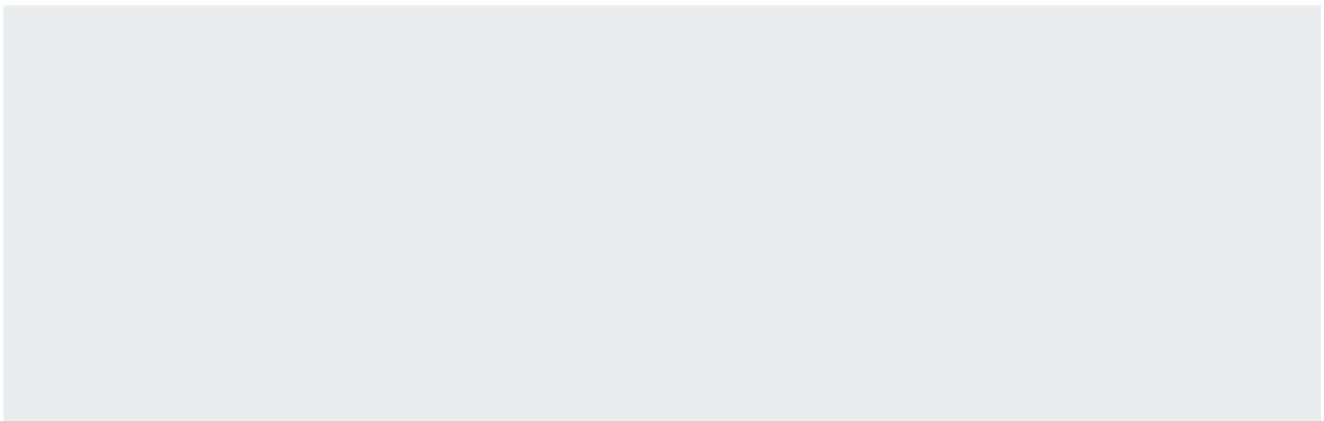
My life would be so much Better (happier, enjoyable, manageable, joyful, choose a word here that resonates for you) if i could just...



Approach it another way...

"If I could just get this one area of my life together, it would really impact everything."

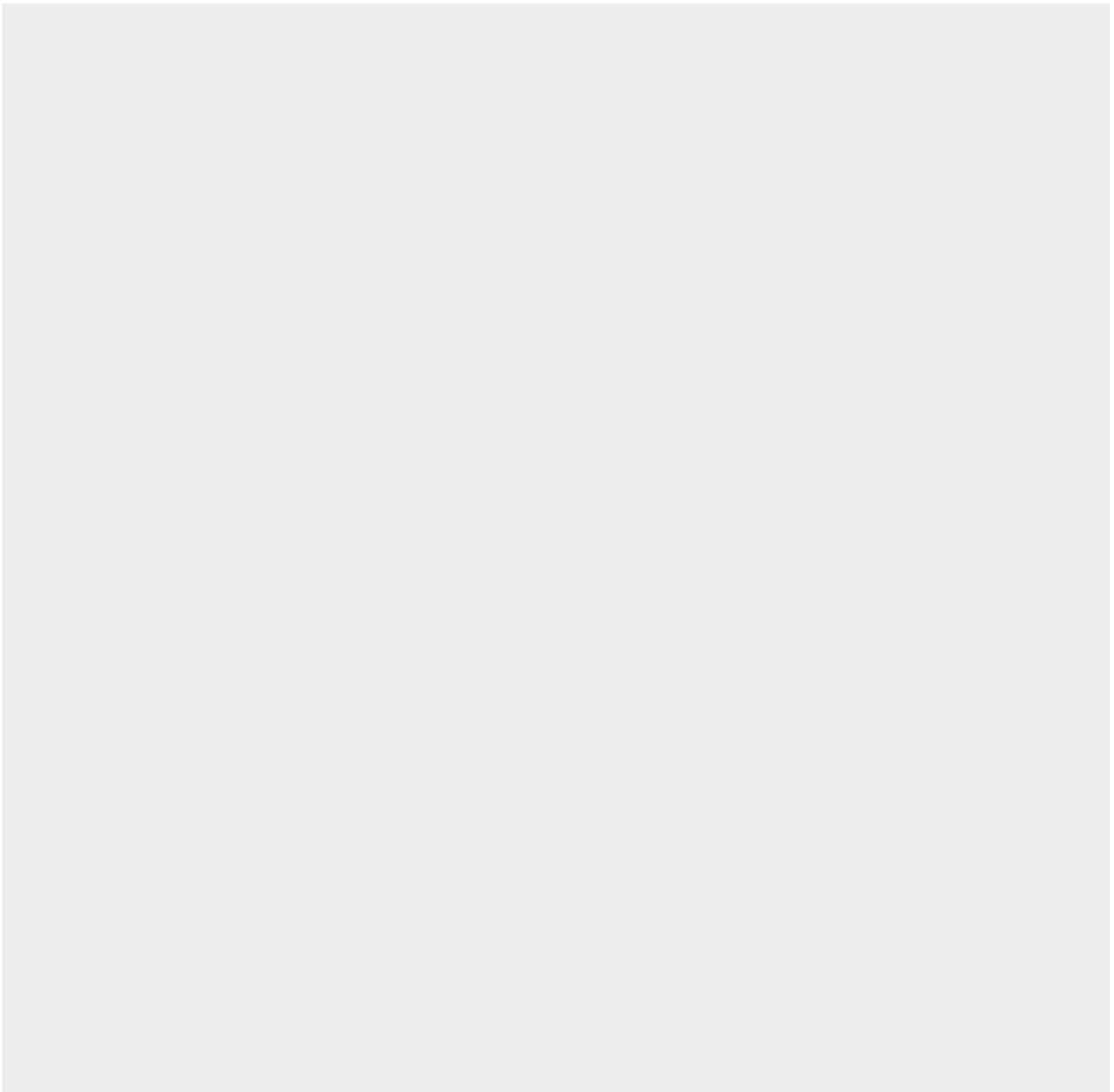
What would that main area of change be? And why?

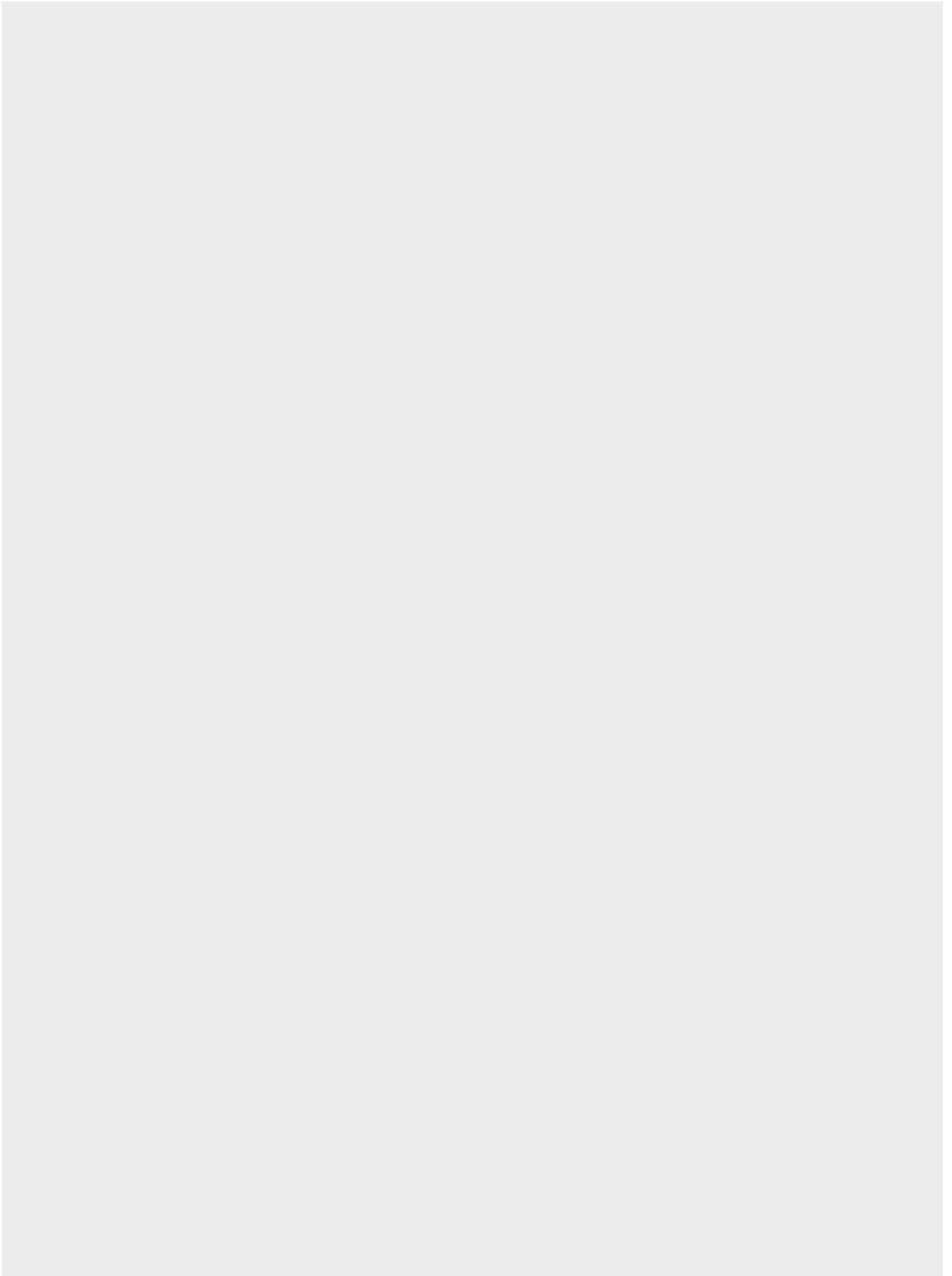




# *BRAINSTORM*

On the next pages, simply brainstorm a list of all the things you'd like to focus on in terms of your own personal transformation. Think about your answer to the questions we just went through. What kinds of things could you focus on to make those changes real?





# *FIND PATTERNS*

Next, I want you to look back at the long list of areas and start putting together items that seem to belong in the same category. This is a great time to pull out some colorful pens or highlighters and color code each "bucket" or category.

For example, maybe you notice you've got a lot of items related to your finances. Highlight every item that has to do with finances as a main category in green.

Look for other potential categories like "health", "joy", "home organization", "day job", "relationships", "mental health".

The key here is to recognize patterns. What are the areas you most seem to gravitate toward when it comes to what you want to change about your life? Which of these categories have you honestly been wanting to change for years? Or for as long as you can remember?

Which of these categories causes you the most pain on a daily basis? Gets in your way of who you want to be? Holds you back?

Which category has the most related items? Go over your list and see what stands out to you.

Remember, this isn't about being down on yourself or beating yourself up. Just meet yourself where you are and remember you're amazing just as you, even if none of this ever changes.

On this page, take 10 or 15 minutes to journal about what came up in the patterns exercise. How are you feeling? What did you gain clarity on? What area is calling out to you most? And why?

A large, empty light gray rectangular area intended for journaling, occupying the majority of the page below the introductory text.

# *FAST or SLOW?*

For so many of us, we've been thinking about or even struggling with some of these areas for most of our lives. For some reason, we can't seem to break the patterns or find the right motivation. It's a tough nut to crack, so to speak.

This workbook might not be the final solution for you, but I'm hopeful that even a piece of this and our online conversations will serve you in your own journey to joy. Thinking about your previous answers, ask yourself:

**AM I READY FOR A QUANTUM LEAP IN ONE SINGLE AREA OF MY LIFE?**

**OR DO I WANT TO SEE SLOW, CONSISTENT GROWTH IN ONE OR MORE AREAS OVER THE NEXT SIX MONTHS?**

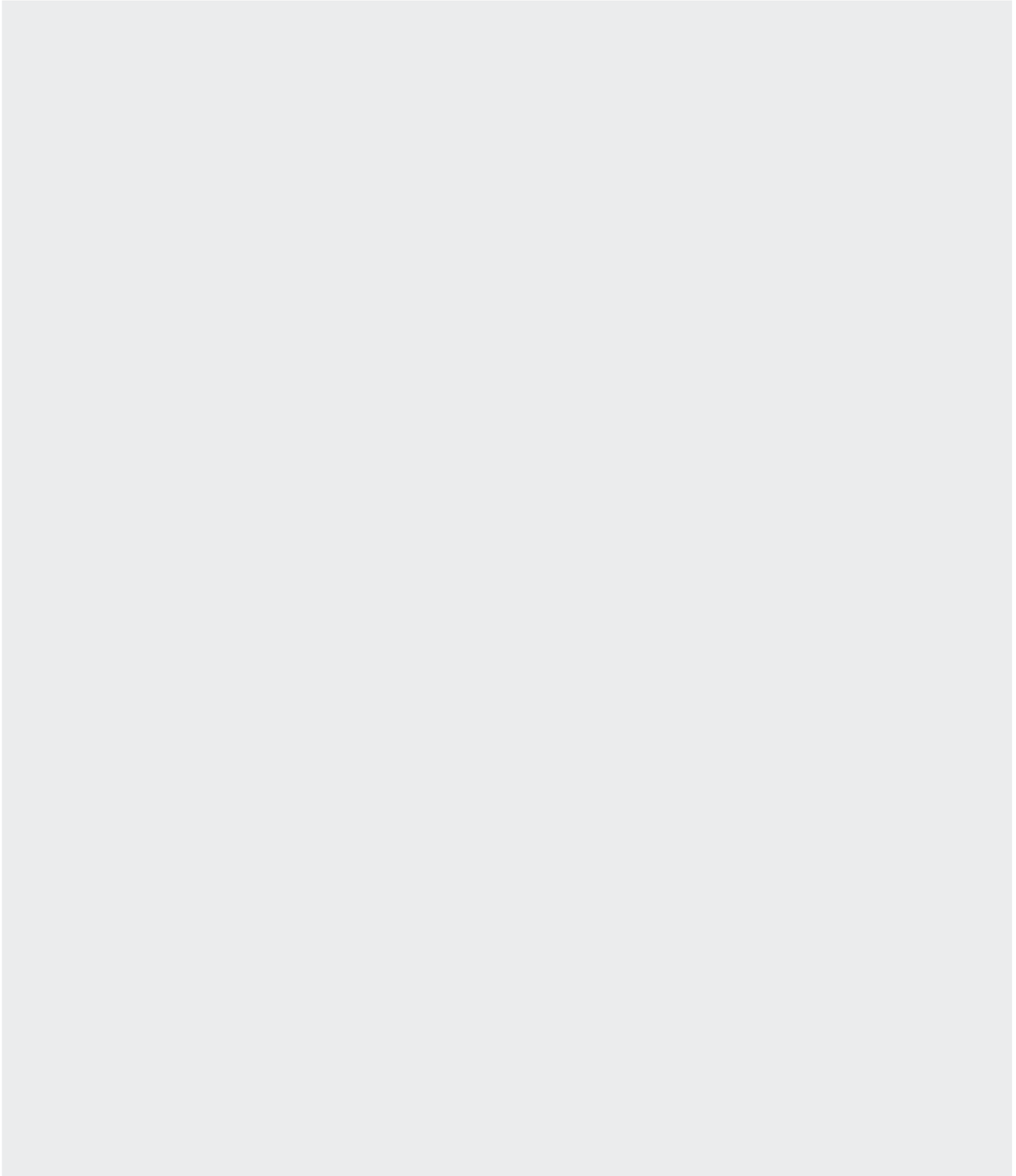
I think many of us are tempted to say quantum leap, because we want to see massive change, but this is really a matter of available focus and energy for where you are RIGHT NOW.

Over the next six months, do you have the available time, focus, and energy to make a massive change? I'm talking quit the job, revamp the whole house, lose sixty pounds kind of change?

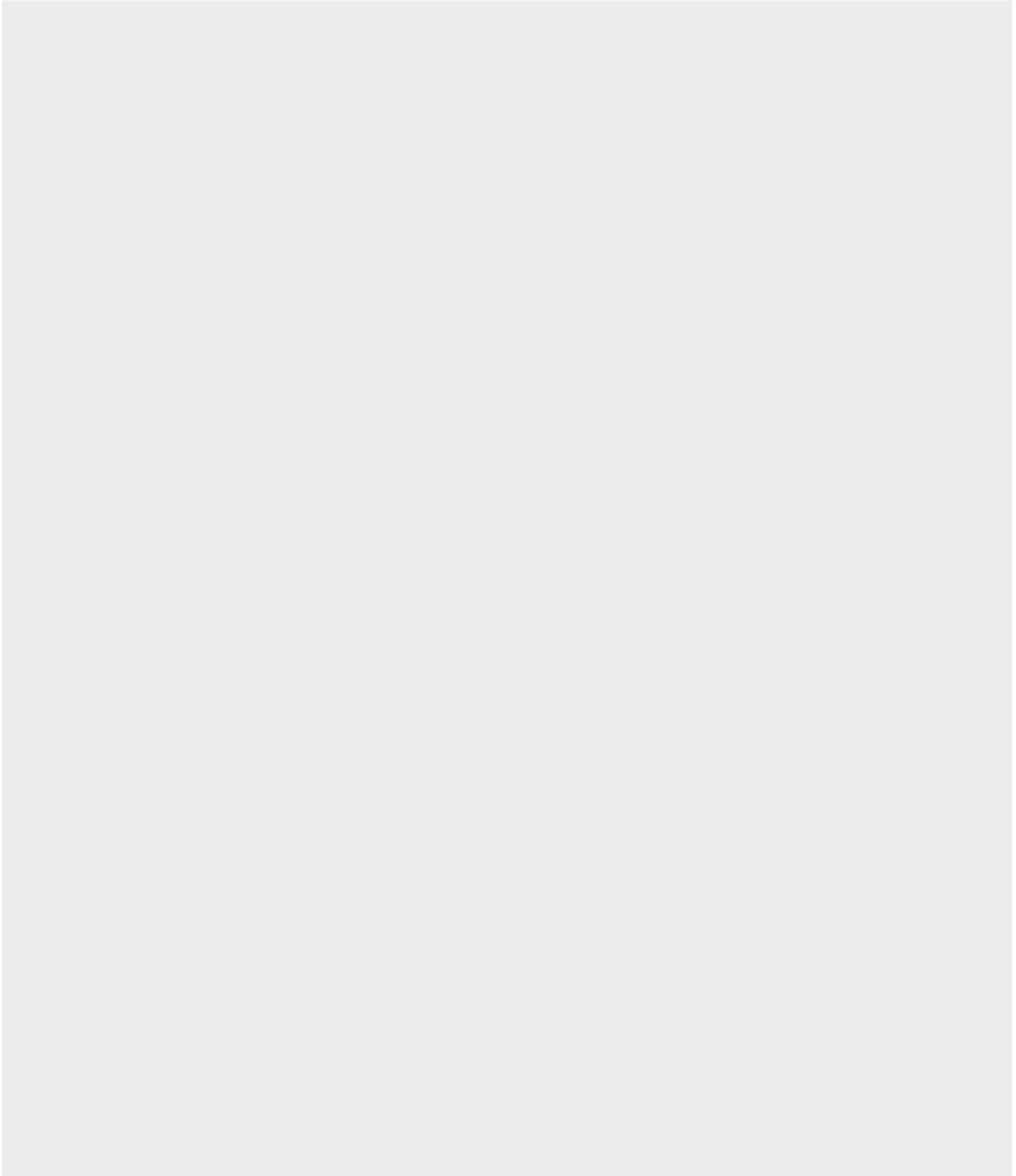
Or are you in a space where you aren't ready for massive upheaval, so you just need slow, achievable growth?



If you said QUANTUM LEAP, I want you to ask yourself this next:  
What's the ONE area where if I focused here first and made a massive change, it would make other parts of my desires inevitable? (Or easier, more joyful, etc.) Identify that one GOAL or CATEGORY below.



If you said STEADY GROWTH, choose up to a max of FOUR categories from your earlier lists where you feel slow, steady change, new habits, and small shifts will make your life easier, happier, or better in some way. You can choose just one, two, or three, but no more than four!



# GAMEBOARD

Wow, you're doing such an amazing job so far! I know this kind of work isn't easy for everyone (or anyone, really), but it can be so powerful. Great job making it this far!! I hope you're feeling excited for yourself.

Our next step before we start taking action and making a more specific plan is to map out our **GAMEBOARD STRATEGY**.

Think of your growth trajectory like a game of Chutes & Ladders. Are you familiar with this kids board game? If not, look it up real quick! It's basically a game with a clear starting point, a clear end point, and a board filled with spaces leading from start to finish.

To play, players spin a wheel and get a number. If you spin a 3, you get to move forward 3 spaces. Makes sense! Where the fun (and the danger) comes in is that you might sometimes land on a ladder or a chute.

A ladder allows you to advance forward in the game by climbing ahead.

A chute is like a slide, where if you land here, you fall down to a previous spot on the board, putting you behind the other players.

Life is kind of like a gameboard in this way. We do our best to keep moving forward, but sometimes life unexpectedly moves us forward in ways we didn't expect OR sometimes we fall down and have to pick ourselves back up.

# GAMEBOARD

Inevitably, however, as long as you don't give up and quit playing the game, you will end up at the finish line. You might get there later than some of your friends, or you might be the first one there, but everyone who keeps going will eventually get to the end of the gameboard.

I like to think of our personal growth and goals like this gameboard. You know where you are, you know where you want to go, and you know that in order to get from one to the other, you have to make some moves.

Some moves will advance you more quickly than others, and sometimes, you'll fall behind and feel like you've made no progress at all.

It's not always within our control which square we land on, but it IS 100% in our control whether we give up or keep going.

I want you to think of your six months for life journey as a gameboard. Think about your area(s) of focus, identify where you currently are and where you ideally want to go when the game is "won". (Of course, realizing that we'll always want to play again, too.)

Next, you're going to create your own gameboard, identifying steps along the way from where you are to where you want to go. I'll walk you through this, but make sure you've watched my coffee chats for more detailed explanations!

# *Start To Finish*

On the next page, you'll find two columns. In the column on the left, I want you to identify where you are now in relation to your area of focus. Choose just ONE area for now and then print this out multiple times for any additional areas.

Think about your current habits, feelings, routines, truths, etc about your chosen focus area. A sort of "state of the category" list. What's your starting point in relation to that focus area?

All of this goes on the left and might work best as a series of bullet points.

On the right side of the line, list out where you want to be in relation to where you are. How do you want or expect this area to improve? What kinds of behaviors or routines do you want to have established in order to "win" this game?

What does success in this area look like to you? What will it feel like? (And while you're at it, take a moment to really let yourself feel what it will feel like when you get there!! Isn't that nice??)

You can be super specific here (e.g. "I've saved \$10,000", or "I've quit my job") or you can keep it to feelings (e.g. "I have less stress" or "I am happier.") It's up to you what feels more motivating and brings up less resistance.



# *Start To Finish*

WHERE I'M STARTING:

WHERE I'M GOING:

# GAMEBOARD

Amazing work!! And don't judge yourself based on how many items there are on the list, how far it feels like you have to go, etc. We're all on a journey here, and it's okay no matter what your list looks like or how long it takes to get there!

Progress is progress! The rest is just timing, and we can trust that we are always right where we're meant to be, and it's all okay.

The final piece of this strategy I have figured out so far is your actual gameboard. Your journey from where you're starting to where you're going.

In the future, I will surely have more resources for you to follow on all of these items as I put more thought and time into it, but I hope this has been a good starting point for you.

This last step is about identifying where to start down your path. What's that first spin of the wheel to move you forward?

Ask yourself: What's the easiest place for me to start right now? What can take me even a baby step in the direction of the finish line that has very little resistance?

For me, that also means what will still feel like it was worth it. I talked more about this on coffee chat, but it can help to identify the easiest starting point that still feels worthwhile.

On the following pages, I want you to create a sort of "ladder" for yourself. Think of taking one small step forward at a time. It's hard to explain this in detail on a workbook, but hopefully with the videos, this will be more clear. Let me know if you need help or clarification and we can discuss it more on another chat soon!

Basically, I want you to think of every spot on your gameboard as a new habit or action you're taking on your way to the finish line. What's an action you can take, a routine you can learn, something you can eliminate, delegate or automate to make life easier in this area, or a habit you can cultivate? What's a shift you can make in any way that will move you forward in this area or category?

Right now, you might not be able to see every single box on the game board. You might only see the first three or four, and that's okay.

Along the way, you might realize something isn't working or isn't what you really want, and you might "fall" down a chute and have to start again from your new spot. It's all progress, even when it doesn't feel like it, because now you've eliminated a choice.

Make your gameboard steps as slow and incremental (or as quantum leap-y) as you want them to be. Follow your own intuition and guidance here. Does it feel motivating? Paralyzing? Scary? Exciting? Use your emotions as your guide. Paralyzing means back it up and break it down smaller. Exciting means go go go!

Okay, let's try it out!

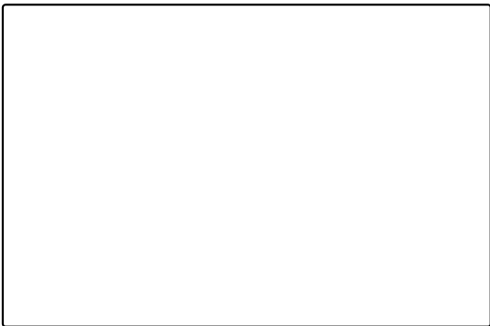
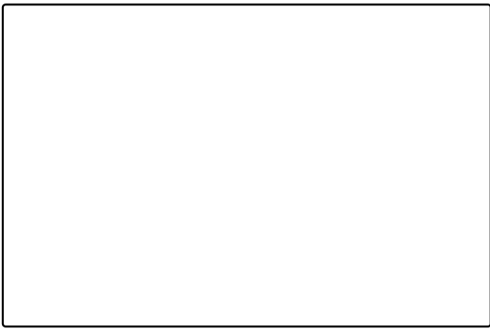
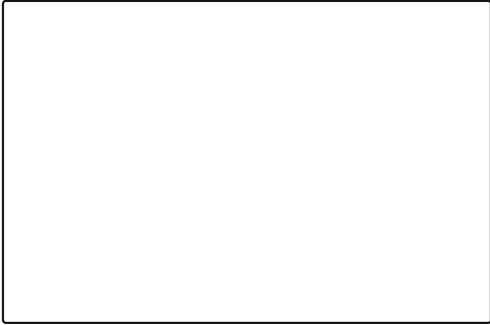
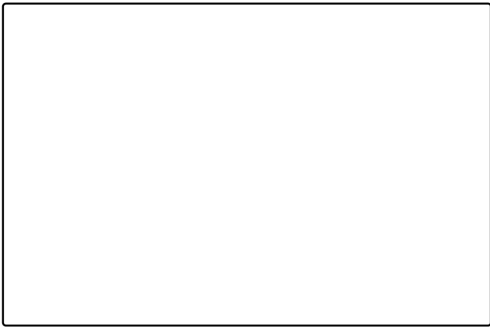


# GAMEBOARD

THE NEXT STEP

WHAT IT LOOKS LIKE





# *You did it!*



**I** am so proud of you right now!!! You can print out that gameboard page as many times as you need to in order to get all your steps, and I'm working on a bigger overview or a spreadsheet that will go along with this, but I hope this feels like a good place to start!!

Growth and transformation is never easy, but it is one of the most rewarding things we can do. In Six Months For Life, we're basically just observing what we want to see change or shift in our lives and then narrowing that down to a series of small steps and incremental changes we can make in order to bring it into our reality.

You can use this framework with everything from your energy or your mindset to your health to your home or your job. You can make small, steady changes, or you can massively shift your entire life in six months!

And that's part of the beauty of the Gameboard Strategy. Yes, we're talking about a six month period of time, but there's no pressure on how fast you have to do any of this. At the end of six months, you can evaluate where you are, and if you're not yet at the finish line, get ready to go for another round!!

I believe in you, I love you, and I'm grateful for you every day!

*Sarra*