



Do What You Love Toolkit



In this toolkit you will find three exercises to help you create a life doing what you love. Take the time to DO these exercises. They are the first step in moving towards a life that feels exciting, meaningful, and authentically yours!

You will get a weekly email from me called Inspiration in Your Inbox. I will share insights, ideas and tips to help you move towards a life you love. Trust me, if you're serious about getting out of this rut, it's worth reading every week.

But that's not all. I'm *a real person*, and a coach who can offer you **personal** help in your quest to **start living your life like it's the only one you've got**. So don't be shy. You can always contact me at Jessica@wishingwellcoach.com

Dream Day Exercise

For this exercise, design your dream DAY. Include as many sensations as you can – what the bed feels like when you wake up, the sounds, the sights, the feelings you have as you move through your day. Where are you? Who are you with? What do you get to do today? Don't worry that it feels far away from your "real" life, just write something that makes you tingle with excitement.

When you are finished, write your answers to the following questions:

What were the BEST PARTS of your day?

What did you write down that SURPRISED you about what you'd love?

In what ways does your Dream Day RESEMBLE your current life?

What is ONE THING you can do today to move closer to the life you describe in your DREAM DAY?

Passion Finder

Are you unsure what you're passionate about? Do you wish you could pinpoint the thing that would help you feel really excited about your life, and what you get to do day-to-day? Answer these simple questions to get started!

What do you daydream about doing "someday"?

What would you buy if I gave you \$25,000 that you had to spend today?

If you had a six-month sabbatical, what would you do?

What objects, ideas, people, events or experiences do you surround yourself with?

Who are you envious of and what do they have that makes you feel that way?

At any point in your life, was there something you loved to do so much that you would lose track of time doing it?

The Reverse Resume

You spend too many hours at work to settle for a job that pays the bills but leaves your soul drained. Want your next job to be your dream job? Start by searching your *soul* before searching the want ads. Don't know where to start?

Here's an incredible tool to help you do just that:

It's called the "reverse-resume," and I've created it to help you decide what you want and need in your next job so you're spending the next 10, 20, 30 or more years of your life doing something **you care about**.

This is not about what you can do for the job, but about what the job does for you.

1. What qualifications does the JOB need to have before you'll entertain giving it some of the best years of your life?
2. What *is* your objective? What do you want to feel at the end of the day?
3. What do you want to experience in this next job?
4. What do you want to learn from this? From skills to personal growth experiences, what do you want to gain?
5. What skills do you want to use on a regular basis? Include skills related to who you are and what you know.
6. What are your salary requirements? What do you believe your hours are worth?

I hope you found these exercises useful. Remember to check your inbox for Inspiration every week. You can also join me here:

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