THE ULTIMATE

Life Design

WORKBOOK

YOUR LIFE, BEAUTIFIED AND SIMPLIFIED

Making way for the new

Foundations + goals

Setting up for success

Meet the Author

Katrina Wurm is the passion behind Stress Free Super Mum. She is an International Award Winning Coach, Best Selling Author and Speaker.

She believes every Mother has the right to have space and grace in their life to truly live their passion, the thing that what lights them up.

She believes that every Mother needs a village, people surrounding them to support, encourage and to help them live their best life.

She believes that by living their best life the ripple effect has only positive effects on their partner and children.

She believes that by showing respect to one's self is the greatest lesson we can teach our children.

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Declare Your Intentions

I honor all of my emotions and feelings

Emotions are information from my body.
I intend to pay attention and feel them out.

I take personal responsibility for my life and actions

I release all negative events which happened to me in the past,
knowing that I cannot change them.
I open myself to new possibilities in the future.

I strive to focus on the best in myself & the world

I have the power to create my own reality which means that
my thoughts do matter.
I believe in myself.

Only I know what is best for me

This workbook may help me see things from a different perspective,
but I am my ultimate guru and I *will* own that.

signed,

Very Very Very Important!

You must answer all workbook questions from your heart/gut/intuition
Usually it's the first thing that pops into your mind and not from your "thinking" brain.
Remember, there's no right or wrong here.
It's not school.
The purpose of this workbook is to help you re-connect to that deeper truer part of yourself.
(The part that knew how to make everything a game)
Go ahead. Take a deep breath.
Clear your mind of any preconceived "shoulds" and judgements.
Allow yourself to be free.

Be playful. Be silly. Be creative.

Have fun.

Part One

Making Way For The New

1. Which area of life feels the most cluttered right now?
(It could be anything: physical, emotional, mental, financial, digital, spiritual, business, personal, etc. Go with your first instinct)

2. How does it feel cluttered? In what way is it cluttered?
(Identify the feelings around it)

3. Why is it cluttered? How did it get to this state?
(Be honest with yourself)

4. Why do you feel that the clutter is necessary or serves your needs?
(There's always a reason. List everything that comes to mind)

5. In what way is this clutter holding you back?
(Get specific. Write everything)

6. On a scale of 1 to 10, how ready do you feel to let the clutter go?
(10 = super ready, 1 = not ready at all)

1 2 3 4 5 6 7 8 9 10

7. What obstacles are standing in the way?
(List everything that's been stopping you from clearing the clutter)

8. How can you start conquering the obstacles?
(There's always a way)

9. What can you let go of?
(This could be anything. No limitations)

10. How can you create more space in your life?
(Explore all the possibilities)

11. What does the process of creating space feel like?
(Visualize and feel it 100%)

12. What does the end result feel like to you?
(List what you see and feel when thinking about the extra space)

13. What new things do you want to welcome in?
(No limitations. It's intentionally a general question)

14. What other areas of your life will be affected by this new space?
(Don't overthink it. Let it flow naturally)

15. How has your "typical day" changed now that you have more space?
(Visualize your day-to-day routine and see what's changed)

16. Write a letter to yourself, or a "journal entry," as if it's already happened.
The clutter is gone. *Poof*
(Describe in great detail, with all the senses)

17. What does it mean to 'believe before you see' & how does that affect you?
("I'll see it when I believe it," not "I'll believe it when I see it")

Part Two

Goals To Achieve In 6 Months

1. Picture your life six months from now as if anything were possible.
(In magical-unicorn-rainbow world, what does it look like?
Write down everything that comes to mind. Remember, no limitations.
Let your imagination run wild!)

2. Picture your life six months from now in a more "realistic" way.
(What do you see? Still let yourself start with, "When I'm living ideally...")

3. Choose your top three desires.
(What would you be/do/have by the six-month mark if you could only change three things?)

1.

2.

3.

4. Now just one.
(If you could only be/do/have one thing from the list above, what is it?)

1

5. How do you tend to get in your own way? How do you stop yourself?
(Notice the things that have prevented you from making these changes in the past)

6. In what way did stopping yourself serve you?
(Be honest. There's always a reason)

7. How do you intend to handle your obstacles this time around?
(Remember, there are no right or wrong answers here)

8. What does it feel like to allow yourself to have what you desire?
(Think about your number one goal for this six-month time-frame)

9. Imagine that it's six months from today. Write a letter to yourself.
(What would your "future self" tell your "past self"? Journal from the future)

10. What are you willing to let go of in order to fulfill this vision?
(It's an open-ended question. Let it flow)

Part Three

Setting Up For Success

1. What does your most ideal weekday look like?
(Let it flow. The more details the better)

2. What does a typical weekday look like now?
(Identify what you like and don't like about it. Try writing down how each day differs as your week progresses. Get specific)

3. What does your most ideal weekend look like?
(Is there a difference between weekday and weekend? If so, what?
Create. Design. Identify)

4. What does your current weekend look like?
(Be honest about what is working and what isn't)

5. What is your most favorite thing about weekends?
(It's important to celebrate and acknowledge what you like)

6. What is one thing you can shift about your weekday to get closer to your ideal? (Feel free to list more than one, but then choose one as the top priority)

7. What is one thing you can shift about your weekend to get closer to your ideal? (Making one tiny shift can add up to big changes later on in life)

8. What does your current morning routine consist of?
(Thoughts, emotions, and actions are all valid here)

9. What does your morning routine look like in your most ideal world?
(Include feelings and senses - what you see, taste, smell, hear, and touch)

10. How can you be more intentional about staying in a kind, uplifting, and grateful mindset throughout the day?
(Be honest with yourself and also be creative about solutions)

11. What do you notice brings your energy and spirits down on a regular basis? (Real talk. The truth will set you free)

12. On a scale of 1 to 10, how willing are you to make the necessary changes in this area? (1 = not willing, 10 = very willing)

1 2 3 4 5 6 7 8 9 10

13. Ask yourself, "What's really, really, going on here?" and write down the first thing that comes to mind. (Intuitive hits are gems)

14. Now dig deeper. How long has this been a part of your life?
(Find your very first memory of this happening, and describe everything you can about it)

15. What did you gain from allowing this to keep happening?
(There's always a reason we let ourselves become triggered by certain things over and over and over again. Don't overthink this. You know)

16. Be gentle and kind to yourself. Take a moment to appreciate you.
(Place both hands over your heart. Do it. Right now. Feel everything.
Take a deep breath. Say to yourself, "Thank you. I love you. I really appreciate you looking out for me and bringing things to my attention."
Feel deep compassion and love for yourself and honour it 100%.)

☐ Check this box only after you have allowed yourself to fully indulge in this self-love practice.

17. Write a truthful, "no B.S." letter of appreciation to yourself.
(Write about how awesome you are and how not perfect you are, but how that makes you even more perfect because of how real and human you are. Write your heart out. Bonus points if you cry)

Congratulations!

You have officially completed this workbook and I'm so proud of you!

By going through these questions, you got super clear on your deepest desires, which allows you to show up in your day-to-day life in a way that gets you closer to your most ideal lifestyle.

What you have done is an incredible amount of inner work. You are so brave! You looked at things honestly and openly, even when it was not easy.

Now it's time to celebrate.

Treat yourself to something nourishing for your body, mind, and spirit. Cherish your alive-ness. Remember to come back to this workbook regularly as you plot out your next steps.

We both know that your journey does not end here. You have so much to offer the world!

Keep designing a beautiful life for yourself.
I believe in you!

xoxo, Katrina

Reach me here

admin@katrinawurm.com.au

www.stressfreesupermum.com

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Super Mum