

A top-down photograph of a person's hands writing in a spiral-bound notebook. The person is wearing a light-colored, fuzzy jacket. A large, semi-transparent pink circle is overlaid on the center of the image, containing the text. The notebook is open, and the person's right hand is holding a black pen, writing on the left page. The left hand is resting on the right page. The background is a plain, light-colored surface.

**A life makeover  
plan to completely  
change and  
transform your life.**



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## Physical

- What gives me energy?
- What takes away my energy?
- What habit or habits would I like to change?
- What is getting in the way of change?
- How often do I exercise?
- What type of exercise makes me feel good?
- Do I eat a healthy, balanced meal on a regular basis?
- What does eating healthy look like to me?
- How would having energy, feeling good, looking good, and feeling healthier change my life?
- What is one thing I can change in my life that would make me feel and look good?

## Emotional

- When I encounter something challenging, how do I react?
- What are 3 things that make me feel irritated?
- What am I most afraid of?
- If I can overcome this fear, how would I do it?
- What are 3 things that upset me and 3 things that irritate me?
- What are 3 things that make me feel happy?
- What makes me feel free?
- Who makes me feel happy?
- Thinking back to my childhood, what gave me great joy?
- What brings me great joy now?

## Social

- Who are the 3 people I admire most?
- Why do I admire these 3 people?
- What can I do to be like these 3 people?
- What do people usually come to me for?
- What do others usually say about me?
- What do I want in an ideal partner?
- What type of friends do I want to have?
- What does my ideal social circle look like?
- What is stopping me from creating my ideal social circle?
- Who do I spend the most time with and why?



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## Financial

- Do I think money is inherently good or bad? Why do I believe this?
- Where did my beliefs about money come from?
- If I had \$1000 right now, would I spend or save it?
- What would I buy if I had \$500 and why?
- How much money would I like to make every year?
- How am I spending my money?
- Do I know where my money is going every month?
- Where do I see myself financially in 5 years?
- What age would I like to retire?
- What does financial freedom mean to me?

## Spiritual

- Who or what saps my energy?
- What in my life makes it feel like it's flowing with ease?
- What makes me feel joyful just thinking about it?
- What does rest look like to me?
- What does self-care look like to me?
- What small thing can I do now to make myself feel loved?
- What makes me feel uplifted?
- What do I stand for?
- What is my mission in life?
- What gives my life meaning and purpose?

## Mental

- Do I worry often or do I go with the flow?
- Do I view myself positively or negatively?
- What are 3 things that agitate me?
- Would I need to change anything regarding these 3 things? If so, why?
- When faced with a challenge, what comes to mind first?
- What are my top 3 values? What are my goals for each one?
- What is my greatest accomplishment and why?
- What are the top 3 obstacles I've overcome in my life?
- What lessons did I learn from each of these obstacles?
- What can I learn right now?



## Occupational

- How do I feel about my current job?
- Do I feel dread going to work or do I feel happy?
- What does my ideal job look like?
- How many hours do I want to work?
- How can I make meaningful work in my current job?
- What are 3 things I'm really good at?
- What type of work makes me feel happy and satisfied?
- What skills do I have now to make me feel happy and satisfied?
- What's the first step I can take to get my dream job?
- How would my life change if I do get my dream job?

## Environmental

- What does my personal space look like?
- How would changing my space feel?
- What is one thing I can easily change in my home right now?
- Where is my favorite place to hang out and why?
- If money were no object, where would I like to live?
- What does my ideal neighborhood look like?
- Who would I be surrounded by?
- If I could change one thing in my area what would it be?
- If I changed this one thing, how would it impact my life?
- What is stopping me from changing my environment?











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# Physical

## GOALS TO ACHIEVE

## ACTION STEPS

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## ROADBLOCKS



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# Emotional

GOALS TO ACHIEVE

ACTION STEPS

ROADBLOCKS



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# Social

## GOALS TO ACHIEVE

## ACTION STEPS

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## ROADBLOCKS



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# Financial

## GOALS TO ACHIEVE

## ACTION STEPS

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## ROADBLOCKS



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# Spiritual

## GOALS TO ACHIEVE

## ACTION STEPS

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## ROADBLOCKS



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# Mental

GOALS TO ACHIEVE

ACTION STEPS

ROADBLOCKS



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# Occupational

GOALS TO ACHIEVE

ACTION STEPS

ROADBLOCKS



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# Environmental

GOALS TO ACHIEVE

ACTION STEPS

ROADBLOCKS