

Discover What You Were Born to Do[®]



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Week 1 - Exercises

Exercise #1 - What Do You Like?

*List everything you like in this world. Don't hold back. Nothing is too trivial.
(Download PDF file to reveal fillable forms.)*

Exercise #2 - What Do You Dislike?

List everything you dislike in the world. Nothing is too petty.

Exercise #3 - What Do You Gush About?

List the things and people you promote to your friends and those close to you.

Exercise #4 - What Do You Rant About?

What are the things you can't stand, and that you can't help but rant about?

Exercise #5 - How Do You Want to Feel?

How do you want to feel? What are your preferred emotional states?

Exercise #6 - How Don't You Want to Feel?

How don't you want to feel? What are the feelings you try to avoid?

Exercise #7 - What Gives You Energy?

What gives you energy? What activities energize you?

Exercise #8 - What Drains Your Energy?

What drains your energy? What just sucks the life right out of you?

Exercise #9 - What Do You Get Excited About?

What do you get excited about?

Exercise #10 - What Doesn't Excite You?

List out everything that doesn't get you excited, especially at this point in your life.

Bonus Exercise - Clean up your Social Media

Go through all of your social media accounts and do these two things:

- Follow people who are doing what you want to be doing. People who you admire, and who inspire you. The more diversity you can find in the people you're following the better.
- Unfollow or hide any person or brand who doesn't inspire you to reach for your goals.



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