



ROADMAP TO

# Living a Life You Love



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HSP Coach

# Worksheet

This worksheet will be your notes, your planner, and your roadmap to creating a life you love to live.

**Follow along with the workshops to complete this worksheet!**

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## Step 1: Authenticity

### BE AUTHENTIC AND CONNECT WITH TRUE SELF

Being your true authentic self means that \_\_\_\_\_ in life aligns with \_\_\_\_\_.

When we aren't in touch with our authentic self, it's easy to go into " \_\_\_\_\_ " mode and do and say things based off of \_\_\_\_\_, or based off of \_\_\_\_\_ and \_\_\_\_\_.

By being someone you are not, you are telling yourself that \_\_\_\_\_. So hiding or suppressing who you really are can end up leaving you feeling \_\_\_\_\_, \_\_\_\_\_, or even \_\_\_\_\_.

#### Risks to being your authentic self

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

We lost our authenticity because we are constantly \_\_\_\_\_ in order to \_\_\_\_\_, to become more \_\_\_\_\_, or to find \_\_\_\_\_.

Overcoming inauthenticity is so hard because we were molded as children by our \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to " \_\_\_\_\_ ".

## Benefits of being your authentic self

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Action Item: Your Authentic Self in 3 Easy Steps

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

# Step 2: Alignment

## ALIGN YOUR LIFE AND GET UNSTUCK

### What is the starting point for changing your life?

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Your core values are the things you \_\_\_\_\_ are \_\_\_\_\_ in the way you live and work.

They (should) determine your \_\_\_\_\_, and, deep down, they're probably the \_\_\_\_\_ you use to tell if your life is turning out the way you want it to.

When you are not living your life in alignment with your \_\_\_\_\_, you just don't feel \_\_\_\_\_.

Your values form the \_\_\_\_\_ of your life. They dictate the \_\_\_\_\_ you make and determine the \_\_\_\_\_ that your life takes. Your values will influence your \_\_\_\_\_ related to your relationships, career, and other activities you engage in.

It's important to take time periodically to take an honest \_\_\_\_\_ of where you're at in life. To ask yourself \_\_\_\_\_.

To become aware if you are living your life based on your \_\_\_\_\_ and not what has been prescribed to you by \_\_\_\_\_.

### 5 ways to re-align your life with your values

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The first step is to define your \_\_\_\_\_. This will help to sort out what steps you take to \_\_\_\_\_.

Next, \_\_\_\_\_ on your life \_\_\_\_\_ and \_\_\_\_\_. It is critically important to \_\_\_\_\_ occasionally to reflect on your life's journey.

It's also important to count your \_\_\_\_\_. Instead of focusing on what's \_\_\_\_\_, think about the \_\_\_\_\_ things in your life and what you have \_\_\_\_\_.

Don't forget to pamper your \_\_\_\_\_. Another way to align our lives is by taking time out for \_\_\_\_\_.

And lastly, create \_\_\_\_\_ time. Align your life and maintain important social \_\_\_\_\_ by spending \_\_\_\_\_, quality time with \_\_\_\_\_ ones.

### Action Item: Define 5 Core Values

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Step 3: Love

## FIND YOUR PASSION AND BECOME FREE

If you could do just one thing to transform your life, I would highly recommend it be to \_\_\_\_\_, and do it for a living.

Dare to \_\_\_\_\_, dare to imagine the \_\_\_\_\_, and dare to actually \_\_\_\_\_, and it is not only a possibility, but a probability.

### Our desire system is flawed

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What's the solution? Stop obsessing about \_\_\_\_\_!

### 2 reasons you haven't found your passion yet

- \_\_\_\_\_
- \_\_\_\_\_

Both reasons are products of \_\_\_\_\_.

### 5 ways to find your passion

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What Happens After You Find Your Passion

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Action Item: What are your hobbies?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Action Item: What do you read about?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Action Item: What gives you inspiration?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Step 4: Connection

## CONNECT WITH YOUR SOUL'S PURPOSE

The more you learn to make contact with your Soul, the more you will be guided by it in your daily life. Your \_\_\_\_\_ deepens and \_\_\_\_\_ are received from your Soul. It guides you to connect with \_\_\_\_\_ and \_\_\_\_\_ that will help you understand and fulfill your \_\_\_\_\_

The soul is made up of the \_\_\_\_\_ (which is intangible) and the \_\_\_\_\_ (which is tangible). It is the \_\_\_\_\_.

### What is the difference between your purpose and your mission

- \_\_\_\_\_
- \_\_\_\_\_

### How do we align to our soul and know what it wants?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

To find your soul's mission you must be willing to \_\_\_\_\_ and \_\_\_\_\_ You must be willing to \_\_\_\_\_.

Because you are \_\_\_\_\_ with a \_\_\_\_\_, no one else can offer the world exactly what you can offer.



**Two differences between those people who live out their greatness and those who don't:**

- \_\_\_\_\_
- \_\_\_\_\_

**Benefits of knowing your soul's mission**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**The “missing link” of your soul's mission is:**

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**Missing Link Questions**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Action Item: Answer all these questions for yourself.**

**HAVE QUESTIONS? DM ME!**

## Step 5: Freedom

# CREATE SOULFUL PROFITABLE BUSINESS

## What does it mean to have a soulful business?

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This also means that whatever your business \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ should fit \_\_\_\_\_ and your \_\_\_\_\_. When you have a soulful business by combining \_\_\_\_\_ and \_\_\_\_\_, it is more likely to result in success and \_\_\_\_\_.

When your business comes from your \_\_\_\_\_ and \_\_\_\_\_, it has more chance to \_\_\_\_\_ during the highs and the lows that any entrepreneur might face.

## What are the benefits of having a soulful business?

- [illegible]

## Elements designing your soulful business

- [illegible]

## Elements of Building an Online Presence

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What is "Gathering Your Tribe":

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## What is the purpose of creating content?

The purpose of \_\_\_\_\_ is to introduce the \_\_\_\_\_ that you cover in your 1:1 services or digital products. It's designed to help establish you as an \_\_\_\_\_ in your industry - oh and it's great for helping Google find you (and therefore your \_\_\_\_\_ find you too!).

## Why is Social Media a good tool to use?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**You have 100% permission to do social media the way that feels good to you!**

## What is the aim of your Nurturing Sales Funnel:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Building Abundant Systems allows you to:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What is the absolute first thing you need to work on:

- \_\_\_\_\_

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NOTES

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[illegible]

# Additional Tools & More:

## **BEING 100% YOURSELF WITH BARBERA PODCAST**

EP1: What does it mean to be 100% Yourself?

EP7 : How to Handle and Overcome Fear

EP9: How Your Limiting Beliefs are Sabotaging Your Success & Happiness (and what to do about it).

EP10: Why HSP's don't have 1 true calling.

EP11: How to improve your Mental Focus

+ many inspiring interviews with other entrepreneurs like you.

**Tune in to 100% Yourself with Barbera on iTunes (Apple Podcast) , Google Podcast, Breaker, Spotify, Anchor and everywhere else you listen to podcasts!**

## **HSP TV + Other video's on HSP Coach Barbera's YouTube Channel**

HSP TV Episode 49: Authenticity & The 4 pillars of Freedom

How to stand in your power.

HSP TV Episode: 54: Cycle of Mentations: How to stop Overthinking

How to Tame Your Perfectionist

HSP TV Episode 55: Why 'Learned Tricks' in marketing & sales are not working for you

HSP TV Episode 56: 3 Reasons Why You Are Not Attracting Your Ideal Clients

+ many inspiring interviews with other entrepreneurs like you.

**Tune in to HSP Coach Barbera's YouTube Channel @ [www.youtube.com/hspcoachbarbera](http://www.youtube.com/hspcoachbarbera)**