

IT'S YOUR TIME, NOW!

6 SIGNS YOU'RE READY TO RESET

...AND HOW TO GET STARTED



CREATE A VISION FOR THE LIFE YOU WANT TO LIVE.

Reflective Journal

IT'S
NEVER
TOO LATE
TO HIT
RESET

MERAKI *inspired*
COACHING & CONSULTATION

welcome

When did you realize this isn't the life you imagined?

Exhausted. Lost. Unfulfilled. Restless.

You've spent your whole life checking boxes, meeting milestones and doing what was expected of you -- but none of those things make you truly happy.

Use this tool to help you imagine a new vision for the life you want by turning expectations into choices and obligations into freedom.

Listen to the signs. Trust your gut.

It's time to reset.

Enjoy!

Susan



6 SIGNS

RESTLESS

STUCK

UNINSPIRED

FRUSTRATED

REFLECTIVE

AFRAID



RESTLESS

Anxious | Uneasy | Edgy | Unhappy | Moody | Impatient

It feels as though time is running out, you're going to "miss out" or that if you don't do something NOW - it will be too late.

You feel worried and impatient wherever you go because there is something inside you that feels "unfinished".

Your job, relationships, and life no longer feel satisfying because they don't feel fulfilling.

You are ready for change.



RESET

- In what areas of your life are you feeling most restless? Why?
- Where have you made sacrifices for others by putting yourself/your needs last?
- Where do you spend most of your time, energy and attention? Are you satisfied?
- What do you want more of in your life that would make you feel joy?
- What would your life look/feel like if you gave those areas more focus?

STUCK

Trapped | Helpless | Hopeless | Caught | Limited | Restricted

Stuck in a relationship, job, role, or in your own body - there's no escape.

You know that there is more to life than your mundane routine, yet, you don't know how to get out of the 'operational' way of life that has become so familiar.

You feel like a hamster on a wheel, going fast - to nowhere.



RESET

- Where does it feel like you've abandoned yourself for others?
- What would it feel like to get back in touch with your essence?
- What would you be doing differently?
- What is it costing you to do nothing about this feeling? (time, energy, attention)

U N I N S P I R E D

Bored | Mediocre | Indifferent | Apathetic | Mundane

There used to be a spark in you, a light that shone so brightly that others were in awe of your presence.

Over the years, the pressures of life, the roles and responsibilities you carry have dimmed your glow. You've lost your zest, spontaneity, the spark that made you, YOU.

Where there was once energy and passion, there is now routine, obligation and work.



R E S E T

- Who were you before the world told you who to be?
- When was the last time you did something to make you feel happy, connected, and alive?
- What sparks JOY in you?
- How often are you creating these feelings for others instead of for yourself?
- Where in your life are you holding back your magic?

FRUSTRATED

Jealousy | Guilt | Anger | FOMO | Resentment | Alone

Everyone has their sh!t together and can do what they want - except you.

You thought your life would be different - you did everything you were 'supposed' to do. You checked all the boxes but have abandoned yourself in the process.

You barely know who you are anymore.

You did everything 'right', why don't you feel happy?



R E S E T

- What have you given up to be where you are now?
- How do you define fulfillment, success and happiness?
- What do you want your life to *feel* like?
- What would need to change in order for you to feel that way?

REFLECTIVE

Thoughtful | Pensive | Pondering | Wise | Vision | Insight

Whether it be a milestone birthday or a major life event, there comes a point when you start thinking about what lies ahead.

If this isn't the life you imagined, you get to choose what happens next. When you reconnect with your essence and learn how to create boundaries, set expectations and put yourself first, you are ready to make change.

It's YOUR time, NOW.



RESET

- How can you take care of your mental, physical and emotional well being everyday?
- What does the 'ideal' life look like?
- What permission will you give yourself to make small changes in your life today?
- What is the cost of doing nothing?

A F R A I D

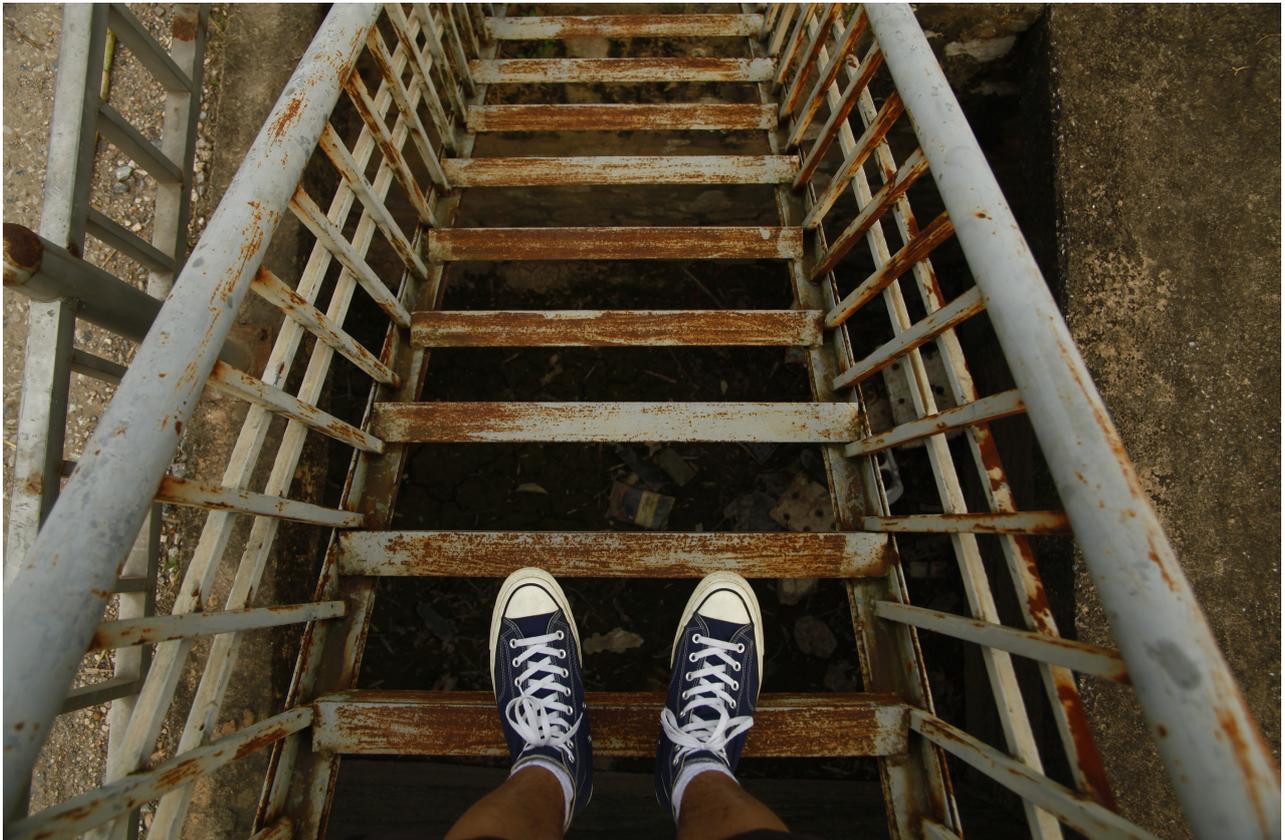
Comfortable | Unfulfilled | Anxious | Unsure | Lost

Fear keeps you stuck, dissatisfied, wandering and unhappy. You know there is life outside of your comfort zone but don't know if you have the courage to take the first step.

Maybe you don't know what that first step is!

Here is what you know for sure, staying stuck is no longer an option.

You are ready for change.



RESET

- What fears are holding you back from making a change?
- Who or what is getting in your way of taking action?
- What is waiting for you on the other side of your comfort zone?
- What is your Why? Why is this important, now?

what now?

The first step in creating change in your life is taking an honest look at where you are now and where you want to be.

Change isn't easy, but you deserve it! YOU ARE WORTH IT.

Not sure where to start?

Check out the "Find Your Way: A Journey Back To Yourself" program. An experience for the woman who is ready to experience a life outside of the box and turn expectations into choices and obligations into freedom. Find your way back to the woman you were meant to be.

Let's Connect

Book a 30 minute Discovery Call with me to see if this program is the right fit for you.

For details email:
susan@merakiinspired.com

www.merakiinspired.com



