Welcome to Renew You, the cheat sheet to restarting your life after a major transition. Through the use of this worksheet, you and I are going to dive into the different areas of wellness affecting you.

Each sheet is going to guide you through figuring out where you are now, where you want to be, planning how to get there, and taking that first step.

The first section, BE, is all about you; who you are, who you want to be, how you plan on getting there, and what you are going to take action on first.

The second section, BELONG, is all about your environment, community, and the supports and relationships involved in your life. Again, we will break down where you belong now, where you want to belong, what it will take to get there, and what the first step is.

The last section, BECOME, is all about planning the future: your goals, hopes, and desires. We will determine what your goals are now, what you want your life to look like as a whole, what it will take to get there and the first step you are going to take.

This is a practice you can come back to again and again to see the progress you have made and continue to redefine yourself and the life you want. Remember: life is all about enjoying the journey, so treat yourself with kindness along the way.

Much love, Danielle

BE: List how you define yourself now. (creative, funny, athletic, spiritual, etc.)

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BE: Write out your vision of your best self. (How you *want* to define yourself-patient, driven, passionate,etc.)

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BE: Break down the steps to get there. (start yoga, eat more greens, shadow different jobs, etc.)

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BE: Decide on the first aspect of your vision to focus on and TAKE ACTION. (call, research, etc.)

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BELONG: List the supports you have in your life now. (parents, mentor, coach, therapist, partner, etc.)

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BELONG: Write out your vision of your ideal support system. (friends, family, environment, coaches, etc.)

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BELONG: Break down the steps to get there. (schedule call with coach, plan date with friend, move, etc.)

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BELONG: Decide on the first aspect of your vision to focus on and TAKE ACTION. (call, research, etc.)

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BECOME: List the goals you have been focused on in life. (lose weight, start business, finish school, etc.)

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BECOME: Write out your vision of your best life. (who, what, when, where for all areas of your life.)

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BECOME: Break down the steps to get there. (get passport, save money, go on dates, apply for jobs, etc.)

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BECOME: Decide on the first aspect of your vision to focus on and TAKE ACTION. (schedule, plan, etc.)

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I am so proud of the journey you went on through these sheets. This is not easy stuff you are working through. Your commitment and determination to get through fear and resistance to change is going to be so rewarding.

Taking these first three steps is the best way for you to move towards becoming the best version of yourself you can be and to enjoy the journey.

If it was hard - not to worry, I am here for you! Keep an eye on the [blog](http://www.danielleyeager.com/blog/) where I have lots of tips and advice to keep your moving forward on your journey. If you really want to dive deep, find your passion and get to the life you really want to be living quickly then hit me up and we can chat about my [one-on-one coaching program](http://www.danielleyeager.com/work-with-me/) that I tailor just to you.

Much love, Danielle