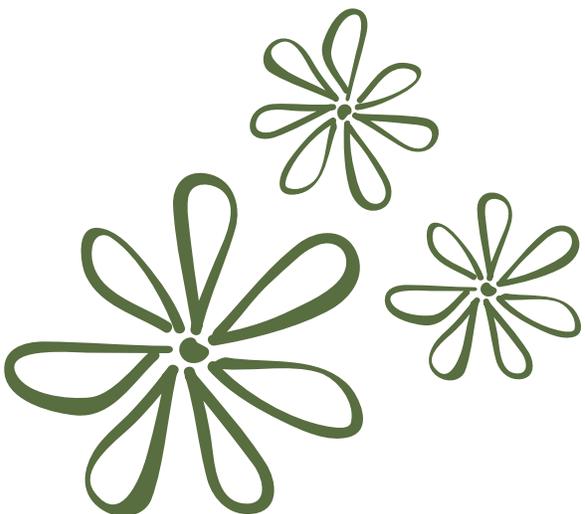


guide to the
Ultimate Life
reset

this journal belongs to:





Congratulations!

You have taken a powerful next step in your life's journey!

This process is perfect for anyone needing a reboot - whether you are coming out of a challenging year or you feel a big dream brewing in your mind you want to finally go after and everywhere in between.

Becoming more intentional with how we live our life so we can experience more satisfaction will change *everything*.

I encourage you to create a little bit of space to complete this process. Set aside an evening or morning for YOU. Grab a cup of tea or a glass of wine and dive into YOU.

The process starts with the most important step to give you energy and excitement and then we work outward from there. So if you are coming out of a challenging time, Step 1 may be your focus for awhile, maybe even a few months. When you are ready, go on to Step 2.

If you are ready to dive into your dream, go through all the steps and get going!

I created a YouTube video to go with the workbook. In the video I explain each step much more clearly. You can find it here: "[Reignite Your Life: Guide to the Ultimate Life Reset](#)".

Watch for emails from me. I have extra resources & inspiration for you coming over the next couple of weeks.

Peace & miracles,
Laura



OR
scan here
for the video.

Come Follow!

CONTENT



YouTube: @LauraErdmanLuntz



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guide to the
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“

“Be sure you periodically look up to make sure the life you are creating is the life you really want.”

Wayne Dyer





Self-care is the fuel for you to feel like you have the energy to change things. It's *always* the first step for everyone - what you do now has brought you to where you are now. To change it, you need to give your self more fuel. It doesn't mean more time necessarily, it does mean being more intentional with what you do to make sure it is truly beneficial.

Do you take great care of your body, mind & spirit?

Use this space to reflect on what you do for your own self-care now and also what you want to change.

Body:

Do you take great care of your body?

What else do you want/need to do? (If anything.)

Mind::

Do you take great care of your mind? Expose it to new ideas? Learn new things? Have great conversations?

What else do you want/need to do? (If anything.)

Heart + Spirit:

Do you take great care of your heart? Expose it to positivity? Connection? Love?

What else do you want/need to do? (If anything.)



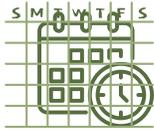
Create a plan of action.

A little something each day. A bit more once a week and each month take a whole day (or as much of a day as you can) to fill yourself up.

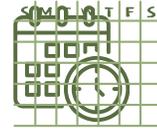
What can I do daily?

What can I do weekly?

What can I do monthly?



Schedules & Routines



What's working and what isn't? Start with your morning and evening routines. Reflect on what those times of day are like for you right now and if they are working for you.

Are you using your time well? Is there something else you would like to do?

Does morning feel supportive of a great day? Evening feel supportive of relaxation and sleep? Is there another time of day that feels unsatisfying? After lunch? After work?

No, it's not about being productive every minute, it's about using time in a *satisfying* way.

Morning:

Evening:

Other:

What does PTAing look like for you?

“NOTE: PTAing refers to “pissing time away”. PTA actions are what we do to truly waste time - they don't fill us up in any way and we can actually feel worse as a result. Becoming aware of how we waste time in a truly unfulfilling way can open up oodles of time and better energy!

What is your PTA PLAN?

When you catch yourself doing your form of “PTAing”, what can you do instead?



Areas of Your Life



Look at each of these 5 main areas of your life and assess each of them for yourself. Rate them on a scale of 1-5
(1 = your rock bottom and 5 = your DREAM).

Celebrate the 4s and 5s and put a plan together for the 1s and 2s.

Feel free to add a category that fits for your life if there is something that feels isn't represented in the questions.

Physical Health & Wellness:

Rating:

Do I enjoy this area? Does it feel good? Is it what I want?

Are there ways I know I can improve upon it?

Relationships:

Rating:

Do I enjoy this area? Does it feel good? Is it what I want?

Are there ways I know I can improve upon it?



Areas of Your Life



Financial:

Rating:

Do I enjoy this area? Does it feel good? Is it what I want?

Are there ways I know I can improve upon it?

Work/Career/intellectual:

Rating:

Do I enjoy this area? Does it feel good? Is it what I want?

Are there ways I know I can improve upon it?

Spirituality / Faith:

Rating:

Do I enjoy this area? Does it feel good? Is it what I want?

Are there ways I know I can improve upon it?



It's time to reflect...

We *all* need some sort of vision that gets us excited about tomorrow!

Vision:

Do you have a vision for your life? Where do you want to be in 20 years? 10 years? 5 years? 1 year? 6 months? (Choose the time periods that feel right for you.)

Goals:

Do you have any goals you are actively working on achieving?

Any goals that are on your mind that you haven't begun?



What do you want to do?

Go through the workbook and reflect on what you are ready to change.

Don't do everything at once. If something feels too hard right now, realize it will feel easier as you start to do the other things - you will get more energy!

Priority 1: Things I am **READY** to change now.

Priority 2: Things I would **LIKE** to change eventually.



what's next?

Ready to KEEP GOING? Now that you KNOW what you want, it's time to GET it! Join me for a very special course:



[CLICK HERE FOR MORE INFO!!](#)

See you on the inside!

Peace & miracles,
Laura

