



MBL LIST

“My Best Life List!”

What are you *doing* when your Life really Works?

Remember a time when your life is really working, when you're "on", ideas are flowing, highly creative ~ When everything seems to flow and fall into place. What are the action steps you take consistently when things in your life are working and flowing for you?

EXAMPLE:

- When I'm working out regularly (walking, running, yoga)
- When I'm eating good food
- When I'm spending time with my husband (date night!)
- When I'm having fun with the girls (coffee, dinner, dancing)
- When I'm reading great books
- When I'm learning new things
- When I take care and treat myself (manicure, pedicures, facials, massages)
- When my office and working space is clean and organized
- When I'm meditating every day
- When I'm well rested and getting good sleep
- When I'm up early and getting a jump on my day
- When I'm entertaining friends and family
- When I'm connecting with my kids
- When I'm focused on what I want
- When I practice being at CAUSE and Responsible for my Life
- When I'm doing my best and setting out to make a Difference

Allow Your Life to work with Ease ~ Create your List!

