

Live Designer Toolkit

**SIMPLE, INSPIRATIONAL QUESTIONS FOR
DESIGNING A LIFE YOU LOVE IN TIMES OF
UNCERTAINTY AND CHANGE.**

**YOGATIME/ENERGY CLINIC
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We live in a world of constant change, and uncertainty and that is just part of our life. How can we adapt in a way that allows us to really live this life as closest aligned to our soul path as possible?

Sometimes the biggest life challenges can lead to the greatest transformations.

These tips & inspirational questions can help us to stay aligned to our soul path. They can also help us to remind us on what's important for us in our life.

Free journal on any of those or make it a monthly ritual to reflect on them and the progress you make.

**What am I dreaming up for the remainder of this year?
(Focus Areas / Missions / Actual Goals for this year)**

What will ideally fall into place?

Ideally, how I would like to feel this year in general?

Qualities and states of being emerging more strongly in me?

Ways in which I would like to grow?

What is my vision for how to be in this world in these times?



What I bring to my life and that of others, that I will create, or offer?

What will nourish my soul, be inspiring, life-affirming?

What are supportive daily habits, commitments or practices I can commit to?

Priorities beyond my self (Community, Planetary) that I intend to care for this year?

New skills to learn or take further, and whom I would like to learn from?

People I'd like to get closer to/ relationships to nurture, give to, or pay attention to?



Journal on these questions and use them when needed.

They should help you feel clearer and connected to your life purpose so you can have a kick ass year being who you truly are!!

Your biggest cheer squad.

Wiebke and team