

6 DAILY STEPS TO FEELING MORE

*Alive*



## My desired outcome **TODAY**: Activating feeling more **alive**!

**Alivefulness™** is a powerful daily practice to remind you of who you really are and who you really want to be. By activating your Alivefulness™ in the everyday world, you stay on an optimal life track, encourage others on theirs, and enjoy the ride.

Use this checklist every morning before starting your day, to stretch yourself and lean into real life. This revolutionary system helps you discover that you have all you need within yourself - No more need for study or homework, it's real life showtime!

Simply focus on committing yourself to living your day focused on **JUST ONE** real world activity **EVERY DAY** and you will instantly start to feel fully alive. Your world will change, as you **evolve and align naturally with life**.

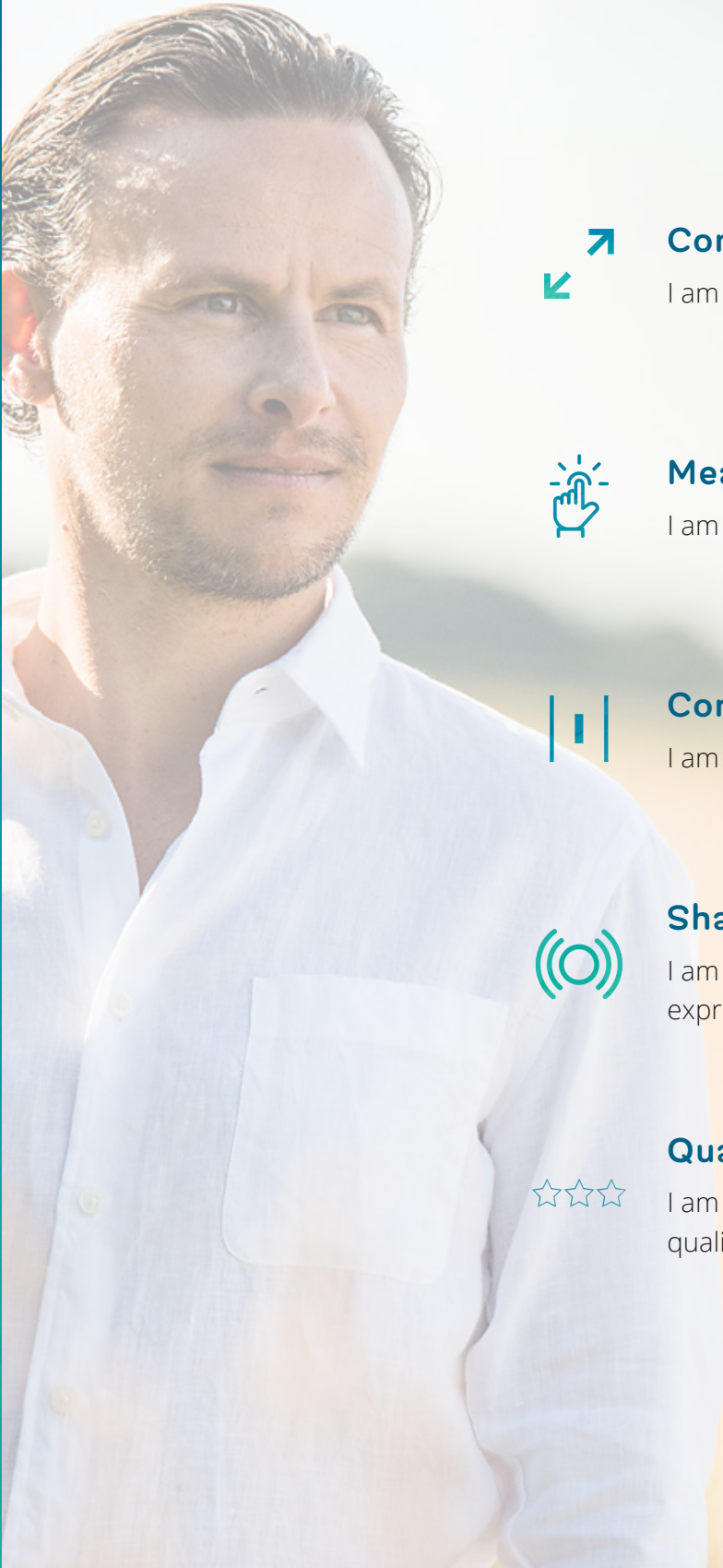
In realizing your comfort zone is way larger than you have let yourself believe, you will start to dare more and take ownership of your whole life so that you can focus on growth, every single day.



Alivefulness™ is a powerful creation and a fundamental way of **being** which reminds you of who you are naturally. Who you most want to be with others and what matters most in your real world life, not just inside your head!

Feeling more alive is contagious and interactive, so expressing your love for life to others is the greatest way you can support them too.

To live a beautiful life and bask in the feeling of Alivefulness™, commit to your **core principles** to remind you that your choices and actions **every day** are what you most want and need in your life.



### **Comfort Zone Expansion**

I am joyfully daringly stretching myself.



### **Meaning Making**

I am choosing the meaning of my life events.



### **Conscious Aligned Choices**

I am making choices that align with who I am.



### **Share Personal Power**

I am offering the world my strengths, and expressing the power of who I am.



### **Quality Over Quantity**

I am choosing quality over quantity as a high quality life standard.

## Six daily steps to living my day feeling fully alive:

1

Review five core principles

2

Choose one Action Theme that feels right for your day (e.g. Connector)

3

Note date, Action Theme, and sign your self-commitment.

4

Read out loud to myself Action Theme intention (and record it!) five times, seeking to feel myself expressing and living it naturally. "Today I am an Authentic Relationship Connector. I cultivate..."

5

Set your smartphone alarm for just before lunch, listen to and speak out loud your Action Theme intention. and on your way home to listen to your daily Action theme.

6

With everyone you encounter today, activate this new aware state of well-being and ease in your world. And watch your world start transforming.

Date: \_\_\_\_\_ Today's Theme: \_\_\_\_\_

Self Commitment Signature: \_\_\_\_\_

Today I get to choose one Action Theme to live with today to feel more alive. I commit to turning my positive intentions into real world actions today by focusing my energy today on being the (Action Theme)

[**TIP:** Read the role out loud to yourself. Be super tactical by recording yourself on your smartphone to replay during the day].

## Alivefulness™ Action Themes “CALMO”:



### Authentic relationship

I cultivate meaningful relationships based on integrity and trust, with myself and others: Colleagues, peers, friends, family, lovers...



### Awareness & appreciation

I learn to be more regularly self-aware observant and attentive of others and the beauty and positive side of people and life. I express appreciation to myself and others in this new level of awareness.



### Actor creator

I acknowledge I am the leader in the creation of my life which requires I shift from participant to actor, from spectator to creator. I am here to demonstrate my leadership this way.



### Vitality & well-being

My physiology and health, happiness and energy must be a top priority for me to feel strong, resilient and optimistic in everything I do in life. And using my creativity to infuse pleasure, joy, surprise and serendipity so I stay committed enduringly.



### Responsibility & choice

I take responsibility for the choices I make, and stop “renting” my commitments, stop blaming others or something else. I focus on my role as “owner” of my lifestyle, relationships, finances, career or work situations.

[**High Achiever?** Copy paste everyday your daily theme and send it to yourself by email entitled with the Action Theme. And text message yourself. Send it to someone you care about to share with them what your day is going to be about.]