

## IDENTIFY YOUR VISION

### RAPID FIRE BRAINSTORM

"Even when we're brainstorming, we often put parameters on our thoughts or edit and second-guess ourselves while we're writing. Not today! For approximately 5 minutes, free write below about what you want to accomplish in your lifetime.

Brainstorm without limits. . .nothing is too big, silly, challenging, etc.!

- write a book
- get PhD
- teach zumba
- live in another country
- run retreats → women's leadership retreats!
- Bridal & Mortar Thrift Shop! & women's center / space
- expand life coaching
- Webinars & e-course
- develop multiple streams of income
- give major contributions to my alma mater & orgs
- be more politically active
- teach more
- have a big library
- garden!
- own a home &/or rental property
- more tattoos
- office space
- regain German proficiency
- be on a non-profit board
- develop tighter friend-group in NOLA
- get a dog
- have a kid ... or, two!
- be a foster parent?
- travel more
- speaking & "lecture course"
- solid relationship & family
- activism

### PASSIONS & TALENTS

1. WHAT MAKES YOU FEEL ALIVE? travel, brainstorming w/ someone & the ideas are just right, walking & public transportation w/ good playlists (headphones) = soundtrack to life, great deals, on-ha moments for myself or those around me, fighting for what is right! hiking some mountain, being on a stage, late night creativity
2. WHAT ARE SOME OF THE BEST COMPLIMENTS, FEEDBACK, OR POSITIVE PRAISE YOU'VE RECEIVED?
  - "If anyone can do it, it's you"
  - when I've made people think
  - when my actions speak louder than my words
  - when I'm more than just "positive or enthusiastic"
  - good taste/style
  - when my words are helpful to people
  - What else...?
3. WHAT TASKS, PROJECTS, JOBS, EXPERIENCES HAVE BROUGHT YOU THE MOST JOY?
  - retreats! speaking & presenting
  - trainings (a training manuals/docs lol.)
  - success coaching & 1-on-1s w/ students
  - MIVAY • P. BOUND
  - evaluating & making strategic plans
  - time w/ all parts & Intl. folks
  - Intl. travel!
  - reconnecting w/ my people
  - zumba
  - NCOVE & related work