



## Secret 1: Spaciousness

How would your day unfold differently if you allowed yourself the freedom to create ample space for relaxation, reflection, and pursuing activities that bring you joy?

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What would spaciousness in your day look like to you?

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How does creating space in your life impact your ability to find clarity and purpose?

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What opportunities could arise in your life if you made more space for the things that truly matter to you?

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**"Living a life of spaciousness means allowing room for both growth and stillness, embracing the ebb and flow of existence." - Unknown**



## Secret 2: Well-Being

Imagine your ideal state of well-being five years from now. What steps can you take today to work towards that vision and ensure a more fulfilling and balanced life?

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In the pursuit of well-being, what aspects of your life are you currently neglecting, and how might addressing them positively impact your overall joy?

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Reflecting on your daily routine, are your actions aligned with your well-being goals, or are there changes you could make to prioritize self-care and fulfillment?

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How do your relationships, both with yourself and others, contribute to or hinder your sense of well-being, and what adjustments could enhance your overall happiness?

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**"Prioritizing well-being and designing your life around it  
is a revolutionary act of self-love and self-respect."**

**- Bryant McGill**



## Secret 3: Connection

How connected do you currently feel to yourself, others, your higher power?

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What is one thing you can do to deepen our connection to yourself?

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What is one thing you can do to cultivate deeper and more meaningful connections with others?

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What is one thing you can do to cultivate a sense of connection to a higher power?

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**"In the tapestry of life, our connection to self, others,  
and a higher power weaves the threads of purpose and  
belonging." - Luanne Rice**





## Secret 4: Intentional Living

What does intentional living mean to you, and how does it differ from your current lifestyle? Describe the key changes you envision and the impact they could have on your life.

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Where in your life are you riding the hustle train and/or living on autopilot? What would it look like to take back control?

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Reflect on a time when you felt most aligned with your values and purpose. What were you doing, and what made that experience so meaningful? How can you infuse more of that into your daily life?

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Imagine your ideal day, one where every action aligns with your intentions and values. Describe this day in detail, from morning to night. What steps can you take to make elements of this day a reality in your life?

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**"When you live intentionally, you create a life that aligns with your values, passions, and dreams, leaving no room for regrets." - John C. Maxwell**





## Secret 5: Adventure/Play

When was the last time you felt like you were on a great, wild adventure?  
What were you doing?

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When was the last time you played just to play? Describe it.

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Recall a thrilling adventure in your life. What was it, and how did it make you feel? How can you bring more of that excitement into your present routine?

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What's one adventure you've always dreamed of but haven't pursued?  
What's holding you back, and how might you overcome those barriers to make it a reality?

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**"Embrace the spirit of adventure and play, for they are  
the wings that lift your life to new heights of joy and  
discovery." - Unknown**