

# Creating Options

HEALTH, TIME AND ABUNDANCE

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Balance

with Krista Kehoe

Creating Options  
The Worksheet

1. Using the first few minutes before we really get started, please set your intention for this masterclass. What would you like to get out of it?
2. If there is a time/situation/scenario where you repeatedly notice you feel torn, conflicted or stressed in life, jot that down here to identify a space that may need your attention.
3. What is YOUR passion? (the thing or things...activities that give you a fundamental BUZZ in life--they elicit a feeling of a sweet spot for you...)
4. Who do you care most deeply about in life? Be specific and feel free to list all the ways you are present for them in your life. (Phone calls, social events, direct/in person care...)
5. What core beliefs do you have that keep you from realizing your most joyful life? You might recognize these as "I have to" statements or things that begin with "I can't". Freely list them here as a brain dump.

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6. Hold up a mirror to your life. If an observer sat and watched you for a week, what would they list as your highest priorities as demonstrated by your actions? Remember, they aren't hearing your thoughts or your words...just your actions and daily routines. If you have trouble with this...simply envision your daily activity beginning Monday morning and jot down key words for what you'd be doing at certain times of the day...through the following Sunday. This is just like a mini-time tracker...but I don't want us to get too hung up with minute details. Think "thematically" or list your "overview".

7. Revisit your answer to #6. What is missing in your current routine/lifestyle that you want to emphasize as a priority? (PS: THIS is your opportunity to recalibrate your personal internal compass.)

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8. If you were to “customize” your life around your internal compass...what daily actions would be different than they are today? What does YOUR vision of a transformed life look like? Pay attention to #7 here...where are you inserting that into your transformed life? It’s OK not to know “how” that will happen yet...just know you are intentionally going to CREATE that.

9. Time: What is your current relationship with time? Are you hurried? Stressed? Over-booked? Disorganized? Tell us what you think of when you think of time...is it abundant? Is it available to you? Is time lacking or scarce? What are your thoughts around time?

10. Health: What is your current state of health? What is your energy level like on a daily basis? What is your frequency of illness? Do you have body aches? What is your stress level like? Your sleep pattern? How stable are your emotions? Are you fueled or drained by your emotions?



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11. Finances: Do you believe money and joy are related? What do you “not” do in your life “because of money”? How much money per month would it take to cause a shift for you? \$50? \$250? \$500? \$1000? \$2000? Name your amount. Would having more money allow you to have more joy in your life? If so, how? If not, why?
  
12. Do you believe money is abundant and available to you? Explain.
  
13. Location: Is your current space (home, community, region, country...) where you want to BE? If there IS someplace you'd rather live or have the opportunity to regularly visit, where is that? Why? What feeling does your location generate within you? If there's someplace you'd rather be, please explain the feeling that place emits within you.

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13. Is the opportunity to partner and work with me something you are interested in exploring further? If yes, explain why you believe you are a good fit. What qualities do you have that align with what you see as my vision?
  
14. If you are not interested in partnering in business, but you are interested in further support with health and holistic options, provide your email and a phone number (that also accepts texts) so we can connect for our Lifestyle Consult.
  
15. List any questions you'd like me to respond to individually.

To be considered for a business partnership, please submit the completed worksheet (either this one or the google form) to me at  
[Krista@WiseBalanceLifestyle.com](mailto:Krista@WiseBalanceLifestyle.com)

Cheers to Vibrance & Health...and Options! xoxo

*Krista*