

Women's Pathways

The road to recharging your life . . .

Pixie Stevenson, the Medical Marriage Coach

REMEMBERING WHO I AM

What I like and don't like.

- What things do you love to do?
- What things do you hate to do?
- What do you do just for fun?
- What would you do for free?
- What comes to you easily and with no effort?
- What is the No. 1 thing you would change in your life if you could?
- What things do you do that makes you feel great and you lose track of time?

Here are some examples of values. Make your own list. You may add to or take away from this list.

Family

Friends

Work ethic

Personal time

Play time

Courage

Loyalty

Honesty

Unselfishness

Love

What are your hopes and dreams? The sky is the limit and money is not an object. What is your dream job? Your dream car? Your dream home? Where would you live? What characteristics does your dream mate have? Do you want a dream mate? What is your dream relationship? What would you give back to the Universe in the way of service and how would you do it?

You recharge your cell phone.

NOW RECHARGE YOUR LIFE!

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What are the top three goals you would like to achieve?

What is the No. 1 thing you would like to achieve in the next 3 months?

Write all this down on paper or on your computer. For fun you could get a beautiful notebook and decorate it any way you like as a touchstone for the progress you make with Women's Pathways. Have fun!

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