

The Renovate Your Life Workbook



*Tools to help you renovate the life you currently have
in order to create the life you want*

by Michelle Neujahr

The Renovate Your Life Workbook

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Renovate Your Life

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“They always say time changes things, but you actually have to change them yourself.”
Andy Warhol

How to Use the Renovate Your Life Workbook

This workbook is intended to guide you in through the process of renovating your life. Renovating any part of your life takes time. The 16 sections in this workbook can be done in 16 days, 16 weeks or 16 months. Take time with each chapter and its questions. There’s no rush to get it done. You only need to make a commitment to follow it all the way through.

Write as much as you can in each section. The more you write, the more you will discover about yourself. Renovating is a process of self-discovery. If you are stuck on a section, put it away for a few days and then come back to it. Carry the workbook with you as you are working on tough sections and jot down ideas as they come to mind.

As you go through each section, be totally honest with yourself. No one needs to see this workbook. Keep it in a safe place so others won’t find it and then be gut-level honest.

Have fun with the process. Renovating your life is fun, it’s exciting to create big dreams, and the results can be amazing. Just remember to keep fun in the process and to keep positive.

Renovation is all about focusing on what already works and adding to it. This workbook is not intended to bring you down or to have you focus on the negatives. It’s designed to help you see what’s already working in your life and then use those strengths to renovate an area of your life that could be working better. Be gentle with yourself.

As you complete sections of this workbook, take time to celebrate your discoveries and your accomplishments. Celebrating even the little things makes the process more fun and allows you to see the progress you are making along the way.

Once again, remember – renovation is a process. This workbook will take time and it will require work – hard work. But if you put in the time and you work hard, you **will** see results.

"Our only security is our ability to change."
John Lilly

The "Renovate Your Life" Concept

If you want to change an area of your life or be more successful in your career or your relationships, then this book is for you. You can renovate any area of your life using the process outlined in this book. If you want more out of life, if you want to live the life you have imagined with more joy and satisfaction, then I challenge you to complete all of the exercises in this workbook.

Having been in both the business of residential renovations and the business of personal development, I began to see similarities in the process involved with renovating a house and the process needed to renovate or develop our lives.

Residential renovation is changing a part of your current home in order to make it more comfortable, beautiful or useful. Life renovation is about changing habits, mindsets or directions in order to make life more comfortable, fulfilling and successful.

To renovate means "to impart new vigor to, to revive, and to make new."

This workbook is designed to help you use the steps taken in a residential renovation project and apply them to renovating your life. These life renovation steps can mimic or are similar to the steps taken throughout the process of completing a renovation on your home.

With a residential renovation project, you begin with an assessment of your current home and vision of what your home could look like with some changes. Then, once you have some ideas, you need to assess your home's known strengths and weaknesses. After you have taken your time to decide that the possibility of renovating is something you want to investigate further, you call a renovation contractor to determine if the project you have envisioned can be done and, ultimately, how much it will cost.

You will have an initial meeting with the contractor to discuss your ideas, your dreams and the current condition of your home. The contractor or, if you choose to meet with more than one, contractors will provide you with lots of new information, help you create a budget and then he/she will ask you if you are ready to continue the process. You have another decision to make. Will you continue and get a firm estimate or do you decide at this point that it's not worth renovating. It's your project – you must decide. Will it be worth the time and energy to draw up plans and get a firm estimate?

When you decide that you are still interested in moving forward, your contractor will then ask you to sign a design agreement to have detailed plans drawn. These plans will give the contractor the ability to provide you with a firm price of what the project will cost.

When the contractor leaves your home, he/she will begin the process immediately by drawing up or hiring someone to draw up a set of plans for your project – the design phase. Once the plans are complete, your contractor will put together a detailed estimate complete with the project scope and timelines.

Now you must once again make a decision. You must now decide if the renovation will be worth it to you. You have assessed the current condition of your home, dreamed about its possibilities, and found out, in detail, what the project will look like and how much it will cost. It's time to decide. Take time and ask for more information.

Your contractor will give you as much detail as you need. He/she will review the project details, the budget and the entire process. Your contractor will also warn you that renovating can be stressful. There will be negatives. People will be in your home, things will get messy and, depending on the size of the project, you may have to move out for a while (or at least be without some of the basics like water, toilets, roof, etc.).

Your contractor will also tell you there will be positives. You'll learn new things, meet some great people and the final result will be a home you love. In the end it will be worth it because you'll have the home you dreamed of. It will be beautiful, more useful and you'll be proud to share your new space with others.

To decide if renovating is for you, you must weigh the positives and the negatives. There will be benefits but, in order to have the home you dream of, you will sacrifice some things during the process. Only you can decide if the positives outweigh the negatives.

The time has come to decide. You can move ahead now or you can wait. If you wait a year, the project you are considering may cost you more. If you do it now, it will cost you but you'll be enjoying it by next year. The decision is yours. What will you do? What is your final answer?

You say yes! You want to renovate your home. You want to have the home of your dreams. You call your contractor and tell him/her that the project is a go. You are excited and want to begin as soon as possible.

Your contractor is also excited. He/she quickly gets to work drawing up a contract. Now you sign the contract, make the down payment and set a project start date with your contractor. Your project is a go. You are on the contractor's calendar and have an estimated project timeline in hand.

Your contractor will begin your project by pulling a permit from the city in which you live. He/she will begin ordering materials and you'll be given a product selection schedule. You'll need to make lots of decisions in a relatively short amount of time.

Next you will have a pre-construction meeting. During this meeting the contractor will introduce you to the project manager and the three of you will go over all the project details. There will be lots of questions asked – where to park, what door to use, where to put the yard sign and how the flow of work will go. There will be many details discussed and documented for the renovation team. It is important that all team members be given the correct information and that you are aware of the project flow. At this time, you will receive information about making product selections, a detailed timeline and instructions about how to communicate with your contractor.

Up until this point your project has been in the pre-construction phase. You now enter the official start of construction. The official project start date usually begins with demolition. This part of the project is not for the faint of heart. Demolition is messy. It's scary to see your house being ripped apart but there is visible progress made every day with demolition. Demolition is about clearing out the old and making room for the new. The best part of the demolition phase is that it goes quickly.

If your project requires a foundation, this will be the next step. Putting down a foundation assures your addition will be there for you to use for many years. Normally the concrete crew is a subcontractor to the contractor.

Throughout the entire renovation process, your contractor will use subcontractors – professionals in each of the trades – to ensure the project is completed as planned. Your contractor will also use his/her own employees to oversee subcontractors, perform carpentry work and to answer your questions as they come up.

Once the demolition and tear-out is completed, the foundation is in and the materials are delivered, your project moves into the rebuilding phase. Once again, your contractor will use subcontractors. In the rebuilding phase, your contractor will oversee the installation of plumbing, electrical and heating. Next come framing, sheet rocking, taping, painting and staining, trimming and all the finishing touches. Now your project is almost complete. You really want to be done but there are still a few steps to take.

When the subcontractors and carpenters have left, your contractor will call and schedule a final walk-through. This is where you walk through your project with your contractor and make a list of what still needs to be done, called the punch list. Then your contractor will complete those items before the final payment is due.

Your contractor will finish the punch list, collect the final payment and move on to the next project. And you are finally left alone – alone in your beautifully renovated home. You love your new space and you are glad the renovation team has left.

But the process doesn't end there – you still have a few more things to do. You'll be required to enjoy your new space, maintain it and call your contractor if problems arise.

After you have enjoyed your newly renovated home for a while, you'll realize that the process was better than you expected. You forget about the stresses and the messes and soon you're ready to renovate again.

The remodeling process described above is the template we will use for the process of renovating your life. This workbook will lead you through each phase of renovation tailored toward a change or a renovation that you want for your life.

“Our lives improve only when we take chances –
and the first and most difficult risk we can take is to be honest with ourselves.”
Walter Anderson

Assessing Your Current Home

To assess your current home you must get honest about your strengths and your weaknesses. Examine all the aspects of your current home – the good, the bad and the ugly. Analyze your home and decide if the good outweighs the bad. Should you move to a new home or should you renovate? If you decide the strengths of your home outweigh its weaknesses, you’ll decide to renovate.

Renovating assumes that you have more strengths than weaknesses. You are not starting from scratch. You already have a home. Your home has many great characteristics – a great yard, good neighbors, an awesome view or character that no other home would ever have.

When you undertake the process of renovating your life, your goal is to focus on your strengths. You need to look at the big picture. You need to see the good, the bad and the ugly. And then you need to focus on your strengths. Pay attention to your weaknesses only to determine what repairs, additions or special projects need to be done. Then focus on your strengths so you can move forward, achieve your goals and live your ideal lives.

For the following questions, pretend that your life is represented as a house. Write down all your thoughts in detail, let your imagination flow.

What type of house would you be? (i.e., two-story, Cape Cod, ranch, etc.)

What does the inside of your home look like? (i.e., colors, styles, rooms, etc.)

What is the current condition of your home? (i.e., broken windows, dirty floors or unfinished projects)

Who comes to visit and why?

What do people say, feel or express when they visit?

What rooms do you love the most?

Write down any other thoughts about the house that represents you.

Now imagine that you are looking at your life as an outsider. You are the renovation contractor assigned to assess your house.

What do you like about the house? What works very well?

What would you change or renovate?

What do you envision renovations would do for this house? What would the added value be? Would the renovations change the way the homeowner lived or the types of people who visited? Or would the renovation just be cosmetic?

Now look over your list. Which items are the most important to you? Which items need renovating the most?

List your most important items here:

These are the most important:

Because:

How did it feel to write the list of what you want to change?

If you felt discouraged, write about the areas or thoughts that most discouraged you.

Now list 25 things you love about your life.

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- 25.

Do not continue with this workbook until you have completed your 25 items.

"If you're afraid to let someone else see your weakness, take heart: Nobody's perfect. Besides, your attempts to hide your flaws don't work as well as you think they do."
Julie Morgenstern

Assessing Your Weaknesses

Analyze your weaknesses to determine if there are repairs that need to be done, additions to be made or special projects that may require attention throughout the process of renovating your life.

The goal of assessing your weaknesses is to use them to help you know yourself better. Don't dwell on your weaknesses – you need to look at them, do repair where needed and then move on to primarily focus on your strengths. You don't need to focus on your weaknesses to change your life. Focusing on your weaknesses keeps you stuck. Look at your weaknesses, know what they are, acknowledge that they may get in the way from time to time – and then move on.

List your weaknesses.

How do these weaknesses get in the way of your effectiveness?

How could one or more of your weaknesses be used as a strength?

Pretend you could automatically remove one weakness. Which one would you remove? Why?

“If human beings are perceived as potentials rather than problems, as possessing strengths instead of weaknesses, as unlimited rather than dull and unresponsive, then they thrive and grow to their capabilities.”

Bob Conklin

Assessing Your Strengths

Now it's time to analyze your strengths. By focusing on your strengths, you can reach your goals more quickly and with fewer struggles. By focusing on your strengths and using them to catapult you toward your goals, you shorten the learning curve, remove obstacles and get faster results.

Focusing on your strengths can be difficult. Many of us don't want to focus on ourselves. We find it's easier to focus on the things we are not good at. In order to move toward your dreams, you **must** focus on and use your strengths. Your weaknesses will not push you toward your goals.

List at least 25 strengths you possess.

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If you can think of more, keep on listing.

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50.

Now go back through your list and choose your top three. (For resources to help you discover your strengths, see the Resource Guide in the Appendix.)

My top three strengths are:

- 1.
- 2.
- 3.

What do others say are your greatest strengths? Be sure to include co-workers, family, friends and acquaintances.

What five things do you most love doing?

- 1.
- 2.
- 3.
- 4.
- 5.

Now list 20 positive things about yourself. These do not have to be strengths; they can be anything you like about yourself. If you need help creating this list, refer to the Appendix.

- 1.
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Challenge: Add five additional items to this list every week until you have 100.

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- 100.

“Go confidently in the direction of your dreams! Live the life you have imagined.”
Henry David Thoreau

Developing Your Dreams

There are two things in life that cause us to change – intense pain or big dreams. Either the pain gets so bad that we **have** to change or the dream becomes so big that we **want** to change.

If the pain in your life is intense, renovation may not be the answer for you. It may be time to move, to make drastic changes. This could mean leaving a painful relationship, starting a new career or dealing with painful issues. If you need to really move – not just renovate – seeking professional help is the best option.

If the pain in your life is not intense and you have discovered there is more in your life that works than doesn't, then renovation is for you. With a life renovation project, pain is not the motivator. In order to change, to live out your dreams, you will need to create a vision so great that you'll do whatever it takes to get there.

Many people don't have what they want because they don't know what they want. They lack dreams big enough to go after. With no vision, most of us will not change. We simply are not willing to do what it takes because we lack the desire, the **want**.

In order to get what you want, you must be willing to create big dreams. These dreams must be so great that they pull you forward no matter what. Your dreams must be so real and captivating that you are willing to give them your all. And most of all you must own your dreams. Your vision has to be yours, it has to be real, and it must motivate you.

As you develop your dreams, focus on the big picture. During this part of the process you won't define specific goals. This part of the process requires you to imagine how you want your life to be and then visualize what the life you imagine looks like.

When you get to the design phase of renovating your life, you will outline specific goals, action steps and timelines. Right now all you are doing is envisioning your life as you want it to be. You are creating big dreams – dreams so big that you **want** to change. Now is the time to dream big!

What were your childhood dreams? What did you want to be when you grew up? What did you envision your life would look like? Think back and then write down all the things that come to mind.

As you look at what you wrote about your childhood dreams, how many of those things came to be? Which ones would you still like to have happen? Describe how your childhood dreams influence your life today.

As you answer the following questions, imagine that you are at the end of your life. Describe in detail what your life looks like when you have come to the end.

What difference did your life make? What legacy did you leave behind?

What did others say about you? How did you touch the lives of people around you?

What were your most important relationships?

What did you accomplish professionally?

How did you live? Where did you live? What was a normal day like?

What hobbies did you enjoy? What did you do for fun?

What words best describe the life you lived?

Complete this exercise before moving on. Writing down 101 things you want to do before you leave this earth will take some time. Take all the time you need but complete this before moving on. There are sample lists in the Appendix. These lists can help get your creativity flowing.

101 things I want to do before I leave this earth:

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- 101.

Rip your 101 list out of this workbook and hang it someplace where you can look at it often.

"Only the truly wise and only the truly strong ask for help."
Anonymous

Calling Life Renovation Contractors

After you have assessed your life and created your vision – you need to call a renovation contractor. If you are going to change your life, you'll need help. You've already taken the first step by calling your renovation contractor – this workbook. Or if you are in the seminar, you've called on those of us in the room to help you with renovating your life. Congratulations! You are on your way to living the life you have imagined.

Asking for help can be scary, especially when asking for help in working toward your dreams and the vision you have created for yourself.

In this part of the process you are not asking for help from a large group of people – you are simply deciding who could help you and what they have to offer. You will have plenty of time to ask for help later on.

How do you feel when you ask others for help?

How do you feel when you help others?

Make a list of all the people you know. This is your network. Include friends, relatives, co-workers, professional service providers and anyone else you have an acquaintance with. This list will be very helpful in many areas of your life, especially when finding others who can help you achieve your dreams and renovate your life.

My network includes:

Look back through the list. Who could help you renovate your life?
And in what ways could they help?

Take action – Choose two or three people you trust and are comfortable with and call them. Tell them about the process you are starting and ask if they would be willing to help you. You don't need to ask for specific help at this time – just ask if they are willing should you need some help. This exercise is all about asking for help.

Once you have made the phone calls or talked to the people in person, write down how it felt.

Who else would you like to know? How could you meet them?

“Choices are the hinges of destiny.”
Edwin Markham

Preliminary Decisions

Once you have talked with a few people you trust about this process, you must decide if you will continue. Will you find out what you need to know in order to complete a life renovation project or will you continue on with your life as it was? If you continue, you must be willing to find out more about yourself, about what it will cost to change and about how your life will look once it is renovated.

This is just a preliminary decision. You are making a decision to get a proposal for renovating your life. In the next phase of renovation, you will have blueprints drawn, establish a budget and know the process your project will follow.

I challenge you to keep moving forward. Find out what it will take. Continue on the journey – you can do it! It will definitely be worth it.

If you are committed to going after more in your life, if you want to renovate an area or areas of your life, sign the contract below.

Preliminary Remodeling Contract

I _____ agree to continue on the journey of renovating my life. I am committing my time and energy to finding out if a life renovation project is right for me. I will now go forward to draw life blueprints, determine a budget and create my life renovation timeline.

Date _____

Signed _____

“Every person is the architect of his/her own future.”
Sallust

Life Blueprints

Congratulations on making the decision to move ahead with your life renovation process. You’re now ready to move into the design phase – the creative phase. This is where you determine what your life currently looks like and start making decisions about what you would like to change. Here is where you will decide what to change and how the changes will look.

The beauty of the design phase is that all the work is done on paper – you don’t have to do anything yet. You simply need to think, to create, to dream and to focus on what you would like to see.

Once you have decided what you want your life to look like – draw it. Create a complete set of blueprints for your life by writing out your goals, your dreams and your imagined lifestyle.

The parts of your house could be described as follows:

Foundation = Spiritual Life

Frame = Relationships

Mechanicals = Career/Business/Work Life

Roof = Finances

Windows/Doors = Fun/Personal Growth

Landscaping = Physical Health

These are just illustrations, chosen simply as a way to define the different areas of your life. There are many different parts of renovating a home just as there will be many parts involved when you renovate your life. Use these illustrations to draw a blueprint for your life renovation project. Begin with your spiritual life and then focus on your relationships. Look at your career, finances, fun and health. When you are drawing your blueprints, remember that these will be uniquely yours, so make them what you want them to be. Own them, use them and draw them uniquely to your dreams and desires. It’s okay to list lots of things but don’t focus on all of them right away.

Now create your life blueprints.

Write down your goals or renovation projects for each area of your life. But before you write down your goals, take each area of your life and ask yourself these questions.

1. If I had no fear and I could not fail, what would I do in this area of life.
2. Am I satisfied with this area of my life?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?

The following pages are the beginning of your life blueprints. Take your time with these. Be thorough and really look at where you are, where you want to be and what you would like to change. Good luck.

Foundation = Spiritual Life

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my spiritual life.

Foundation = Spiritual Life

My goals for this area of my life:

1.

2.

3.

4.

5.

6.

7.

Frame = Relationships

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my relationships.

Frame = Relationships

My goals for this area of my life:

1.

2.

3.

4.

5.

6.

7.

Mechanicals = Career/Business/Work Life

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my career, business or work life.

Mechanicals = Career/Business/Work Life

My goals for this area of my life:

1.

2.

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5.

6.

7.

Roof = Finances

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my finances.

Roof = Finances

My goals for this area of my life:

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6.

7.

Windows/Doors = Fun/Personal Growth

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my fun/personal growth.

Windows/Doors = Fun/Personal Growth

My goals for this area of my life:

1.

2.

3.

4.

5.

6.

7.

Landscaping = Physical Health

1. If I had no fear and I could not fail, what would I do in this area of life?
2. Am I satisfied with this area of my life? Why or why not?
3. What do I most like about this area of my life currently?
4. What could make this area even better?
5. Is there something I know I should do with this area of my life but avoid doing?
6. How important is this area? Am I living out its importance?
7. Other thoughts about my physical health.

Landscaping = Physical Health

My goals for this area of my life

1.

2.

3.

4.

5.

6.

7.

After you have written the goals or renovating projects for each area of your life, put this workbook away for a few days. Then come back and read through the list. Take time with each area and choose your top renovation project for each area. Ask yourself, "If I could only choose one goal in this area, what would it be and why?" Write your number one goal/renovation projects below.

Foundation = Spiritual Life _____

Frame = Relationships _____

Mechanicals = Career/Business/Work Life _____

Roof = Finances _____

Windows/Doors = Fun/Personal Growth _____

Landscaping = Physical Health _____

Now put this list away again for a few days. During that time, think about which renovation project is the single most important one to you right now. Which goal/renovation project would you complete if you could only choose one to work on right now? Take all the time you need but only choose one renovation project from the entire list. If you could only remodel one area, only achieve one of the goals, which one would you focus on? Which one holds the greatest pull?

What is your top goal/renovation project?

Once you have decided which item on the list is your top priority, spend some time envisioning what your life will look like when that project is completed. Can you see it? Is the vision so great that you are willing to do whatever it takes to get there? Write out in detail what life will feel like when you have completed that renovation project.

“You block your dream when you allow your fear to grow bigger than your faith.”
Mary Manin Morrissey

Review Project Details and Budget

Once you have the blueprints created, you will move into the decision phase. You will need to decide what your life-remodeling project will cost, if it’s worth it and if you are willing to do what it takes to get it done.

Your life-remodeling project will cost you. It will cost you time, energy and quite possibly money. To determine the cost, you must look at the negatives and positives, and review them in detail.

In addition to cost, there will also be fear when remodeling. In order to remodel, you must face your fears – look at them and deal with them. Fear can get in your way and keep you from making the changes you need to make.

After you look at your fears, you need to analyze the project and decide how you will take care of yourself through the tough spots. You will need to pay close attention to good self-care when renovating.

There are lots of details with a renovating project. Look back at your top project. Think about and write all the positives. Think about how your project will look and feel when it’s complete. Think of all the negatives. Listen to the feedback you’ll get from others and imagine all the things that could possibly go wrong. Now review your top project in detail.

Positives

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Negatives

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

8.

8.

9.

9.

10.

10.

11.

11.

12.

12.

13.

13.

14.

14.

15.

15.

Write out your fears. What is the worst possible thing that could happen?

Now look at all three lists. Decide what is the worst thing that could happen, the best thing that could happen and the most probable thing that could happen. Can you live with what you have reviewed?

Worst thing:

Best thing:

Most probable thing:

Can I live with this?

Five reasons to make this life renovation happen:

- 1.
- 2.
- 3.
- 4.
- 5.

If you are still ready to move forward, then you must decide how you will take care of yourself during the stressful parts of your project.

List 10 ways that you can take care of yourself during the renovation process.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

"The first step to getting the things you want out of life is this: Decide what you want."
Ben Stein

Make Final Project Decision

The time has come to make the final decision. You must decide if you sign the contract or not. It's your life. You get to decide. Are you ready to renovate? Are you ready to stop just thinking about it and actually do it? If so, sign the contract below.

<p style="text-align: center;">Renovate Your Life Contract</p> <p>I _____, will commit my time and energy to renovate the following part of my life:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Signed _____</p> <p>Dated _____</p> <p>Witnessed _____</p>
--

Hang this someplace where you will see it every day.

“Too many of us wait to do the perfect thing, with the result we do nothing. The way to get ahead is to start now. While many of us are waiting until conditions are ‘just right’ before we go ahead, others are stumbling along, fortunately ignorant of the dangers that beset them. By the time we have, in our superior wisdom, decided to make a start, we discover that those who have gone fearlessly on before, have, in their blundering way, traveled a considerable distance. If you start now, you will know a lot next year that you don't know now, and that you will not know next year, if you wait.”

The William Feather Magazine

Project Start

To begin a construction we must first pull a permit. In residential renovating, you get a permit from the city in which you live. In life renovating, you receive a permit from yourself.

After you have pulled a permit, you need to write out a material list – a list of all the things you will need to complete your project. And then you must create a timeline.

Write yourself a permit giving yourself permission to succeed.

I _____ give permission to renovate _____ part of my life. I am committed to starting now, doing the work required and finishing strong. I will be successful at _____ and I will feel good about the results. I deserve this renovation and I will enjoy the process. I am awesome! I am successful! And I have permission to succeed.

Signed _____

Dated _____

Write a material list for your project.

Supplies needed:

Professionals to consult with:

Knowledge needed:

Help needed:

Weekly time needed to complete tasks:

Write out a timeline for your renovation.

Today	2 weeks	1 Month	6 Weeks	2 months

10 weeks	3 months	4 months	5 months	6 months

9 months	1 year	18 months	2 years	5 years

Create your own:

"All changes, even the most longed for, have their melancholy for what we leave behind us is a part of ourselves; we must die to one life before we can enter another."
Anatole France

Demolition Begins

The demolition phase is all about tearing out the old to make room for the new. We need to get rid of the old in order to live out the new.

What demolition needs to happen in your life in order to achieve a successful renovation? What things do you need to get rid of or let go? Brainstorm all the ways to get rid of the old.

Negative self-talk needs to be demolished if we are to succeed. What negative self-talk needs to be removed from your life in order to allow yourself to succeed with your renovation project? Take some time over the next few days and listen to the things you tell yourself. Tune into your self-talk. Is it positive? Are you hard on yourself? Do you believe you can change? Do you want to change?

Write down all of the negative self-talk you hear yourself saying. Then write an affirmation next to it. For example, the negative – “I am fat” – could be followed by the positive affirmation “I am taking good care of myself” or “I am okay just the way I am.”

Negative Self-Talk

Positive Affirmation

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

6.

6.

7.

7.

8.

8.

9.

9.

10.

10.

Negative people keep us stuck, they drain us of energy and they rob us of our excitement. Who are the negative people in your life? How can you limit time with them or stay away from them? How can you avoid falling into their negativity?

On the flip side, positive people draw the best out of us. We are energized being around them and they encourage us to follow our dreams. Who are the positive people in your life? How can you involve them in your life in new ways?

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."
Henry David Thoreau, *Walden*, 1854

Building the Foundation

Building a strong foundation requires commitment, strength and accuracy. Once a solid foundation is built, anything is possible. To start your renovation on a solid foundation guarantees you will be able to build what you intended.

Commitment:

To renovate my life I need to be committed to the following things:

1.

2.

3.

4.

5.

Strengths:

When I am struggling with this process, I will fall back on my strengths, my foundation. My greatest strengths are:

1.

2.

3.

Accuracy:

I will accurately assess each step of the process. This means I will not make things bigger or smaller than they really are. I will avoid exaggerating or minimizing accomplishment, problems or the truth.

In order to accurately assess my progress, I need to:

Do I struggle with exaggeration or minimization? How do these get in the way of my effectiveness?

"Intimate relationships cannot substitute for a life plan.
But to have any meaning or viability at all, a life plan must include intimate relationships."

Harriet Lerner

Hiring Subcontractors

Hiring subcontractors is all about asking for help. In section three we discussed who could help us and how we could use their help. Now is the time to put it into action by asking for and receiving help from others. Renovating is much easier and more lasting when we recruit help from others. There are many different types of subcontractors. I have listed them here.

Mastermind or Dream Team

This is a group of four to seven people who meet regularly to support and encourage one another to reach their dreams. This group holds one another accountable, shares information and networks for other members of the group. Each member is committed to the success of everyone in the group. It's best to meet as often as possible; the more often the group meets, the stronger the bond will be and the more each person can achieve.

Suggestions for a Successful Group:

1. Start with two or three people and then be open to other people who will fit.
2. Create rules you are committed to and will follow as a group.
3. Make the group what the group wants it to be. Be creative and flexible but once you agree on what the group looks like – stick to it.
4. Have regular times set and follow them.
5. Schedule e-mail or phone updates between meetings.
6. Respect and support each member of the group and his/her goals.
7. Take turns leading the group.
8. Try using this workbook or reading a book together as a group.
9. Use a dream and goal form and update it monthly. See the Appendix for a sample.

Life/Business Coaches

A life/business coach can be a great tool to move you ahead quickly. A coach is someone you hire to be committed to working with **you** on **your** goals. His/her job is to be your cheerleader, your paid accountability partner and your sounding board. This person is a neutral party in your life. This helps him/her to offer a new perspective and it allows you the safety of sharing all your life with someone who is not in it on a daily basis. A coach is not a counselor. A coach assumes you are already in a great place, you are not dealing with issues requiring professional help, and that you are committed to reaching your life dreams. In working with coaches I find the following suggestions helpful.

1. Be clear about what you want a coach to help you with prior to beginning the selection process.

2. Interview several coaches.
3. Call past clients.
4. Set clear guidelines up front.
5. Be willing to be open and honest.
6. Once you choose a coach, try his/her suggestions, be willing to stay open and listen to what he/she has to say.
7. Trust your gut. If a suggestion truly does not fit, throw it out.
8. A coaching relationship is not forever. You may end it at any time.

Accountability Partner

This is an informal relationship and it is free. An accountability partner is someone you ask to help hold you accountable for your goals and then you, in turn, hold them accountable in an area of life he/she is working on. For example, if you are working on losing weight, you could have a workout partner. The two of you could agree to meet a certain number of times per week. It's a lot easier to accomplish any goal when you have someone working with you. An accountability partner can be applied to any part of your life and it's free.

Counselors

There may be issues in your renovation process that require you to seek additional help. Renovating can uncover old hurts and issues that need more attention. It's okay to seek professional help. Often counseling can be a great way to speed up the process and get your renovation done faster.

Mentors

A mentor is someone who has done what you want to do. They are traditionally farther along in their process of renovation than you are. These types of relationships can be very helpful, often taking years off of your learning curve. The hardest parts with mentoring relationships tend to be finding the right people and then asking. I find that most successful people are willing to give us some of their time but we need to ask. A mentoring relationship can be long term or it can be just a phone call. No matter how long it lasts, the goal is to ask the questions of your mentor that will move you along, listen to the answers and then follow what he/she did. Our mentors were successful for a reason. If we are willing to apply what they share with us, we will have a successful renovation.

Heroes

Heroes are people we admire, usually people who are not accessible to us – or at least we think they are not accessible. Often famous people are accessible through their writing, biographies or through other people. We can learn from our heroes by studying and observing their lives. Learn what you can about them and when possible make the contact. Many people are afraid to contact people they see as famous, yet those people are often the most giving. Take a risk and try contacting one of your heroes.

Which subcontractors do you need for your project?

When will you contact those subcontractors?

Commitment:

**I will contact the following people _____,
_____, _____, and
_____, by this date_____.**

"When defeat comes, accept it as a signal that your plans are not sound,
rebuild those plans, and set sail once more toward your coveted goal."

Napolean Hill

Rebuilding Your Life

With the rebuilding phase we are putting in the new. Walls, cabinets, floors and whatever else was removed during the demolition phase needs to be put back new. With life renovation, the rebuilding phase is about setting new boundaries, creating new ways of thinking and developing new habits.

Set new boundaries.

I will no longer:

I now choose to:

The boundary most important to my renovation is:

Create new ways of thinking.

I will focus on these strengths:

I will use these affirmations:

My cheer will be:

I am _____

I am _____

And I have permission to _____

Develop new habits.

The habits I need to develop are:

I will keep old habits from sneaking back in by:

My favorite new habits are:

I will keep them going by:

Staying with the rebuilding phase

Stay with this phase by continually using your timeline, your subcontractors and your commitments until you have successfully renovated one area of your life. Do not move on to the next phase until you have established your renovation as a new way of life, i.e., if you want to get out of debt, do not move on until you have made significant progress and are consistently using the new systems you created for debt reduction. If you set out to lose weight, do not move on until you have lost at least one-third of your goal loss or you have consistently been living your new lifestyle of exercise and healthy eating for a period of time. Only you can decide when your renovation feels stable or complete. When you are ready, you may move on to the following sections.

It's okay to go back through this workbook. Take your time but keep moving forward. You may want to revisit or revise any of the steps you have already taken. You may need to go back and spend more time with certain sections or to review your plan with your accountability partner. There's no rush and there's no right or wrong way. Just keep taking steps forward. We all take a few steps back once in a while. That's normal – just keep moving ahead.

Questions to ask yourself before moving on.

Am I successfully living my renovation or am I living out the habits needed to complete my renovation? How does it feel?

What steps do I still need to take? How will I make these things happen?
What areas do I still need to focus on?

Do I feel that the previous sections are complete? Am I ready to move on?

"Finish each day and be done with it. You have done what you could.
Some blunders and absurdities no doubt crept in; forget them as soon as you can.
Tomorrow is a new day; you shall begin it well and serenely."
Ralph Waldo Emerson

Project Completion

Congratulations! Your renovation is complete or, if it still in process, you are on your way to living a newly renovated life. Now that the project is complete, let's review what happened, what still needs attention and then move on to celebrate our accomplishments.

What did you learn about yourself during the process?

What would you have done differently?

What still needs attention?

What was the best part of this process?

What was the worst part?

"Enjoy your own life without comparing it with that of another."
Marquis de Condorcet

Celebrating Your Renovation

Now is the time to celebrate your newly renovated life. You have worked hard. You deserve to celebrate your life and your accomplishments. One thing to consider would be to throw a Renovation Complete Party to celebrate yourself and all the people who helped along the way.

List 10 reasons to celebrate your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How can I reward myself? When will I do it?

Who can I help or give back to as the result of the work I've done? Who could I mentor or be an accountability partner to? Once we have learned something and renovated a part of your life, the best way to keep it alive is to help others accomplish the same thing.

Who participated in my success that needs to be celebrated? How will I celebrate those people?

Maintaining the Renovation

Even though your renovation is complete, you still need to maintain it. Lifelong change requires maintenance. Any one of us can slip back into old patterns and habits if we do not continue moving forward with the work we have done.

1. Keep daily routines.
2. Keep subcontractors.
3. Help others.
4. Perform periodic maintenance, i.e., revisit this workbook and keep check on problems that could pop up.
5. Call for additional help when needed.
6. Revisit this process when you need to.
7. Keep celebrating your success.

Ready to Remodel Again

Once the dust settles and you are consistently enjoying your life renovation, you will be ready to renovate again. It will take some time to forget about the process and to just enjoy what you have created but eventually you will get the opportunity to renovate another area of your life.

Life renovation is never complete. It's an ongoing process of self-discovery, renewal, rebuilding and growth.

My next project will be:

In order to keep dreaming big dreams, I must:

Appendix

Recommended Reading List

Now, Discover Your Strengths by Marcus Buckingham & Donald Clifton

This is a great book for discovering our strengths and then understanding how they work.

Disc® Behavioral Profile

You can take the profile online at www.discreports.com or at one of the many other sites I found while searching the Internet for Disc® resources. When you conduct an Internet search, you will find hundreds of resources for taking, interpreting and using any of the disc profiles. The Disc® is a very useful tool in determining both strengths and weaknesses.

Feel the Fear and Do It Anyway by Susan Jeffers

The Dream Giver by Bruce Wilkinson

Help Yourself by Dave Pelzer

The Power of Focus by Mark Victor Hansen and Jack Canfield

You Can Be Happy No Matter What by Richard Carlson

The Power of Positive Thinking by Norman Vincent Peale

Even Eagles Need a Push by David McNally

Free the Beagle: A Journey to Destinae by Roy H. Williams

Burn Brightly Without Burning Out – Balancing Your Career with the Rest of Your Life by Richard K. Biggs

Take Time for Your Life by Cheryl Richardson

How Full Is Your Bucket? Positive Strategies for Work and Life
by Tom Rath and Donald O. Clifton

Power of Purpose: Creating Meaning in Your Life and Work
by Richard Leider

Artist's Way by Julia Cameron

101 Things to Do Before You Die

To help you get started, here are 500 examples of things some people have put on their lists of 101 things to do before they die.

1. Buy a motorcycle
2. Fish every lake in Minnesota
3. Buy a boat
4. Stay in a tree house
5. Cruise the world
6. Hire a gardener
7. Own a sauna
8. Shop until I cannot possibly buy any more
9. Meet Wayne Gretzky
10. Get a bachelor's degree
11. Get a master's degree
12. Earn a doctorate (Ph.D.)
13. Buy a totally new wardrobe
14. Buy a big Diamond
15. Learn to surf
16. Catch a fish bigger than me
17. Go on an African safari
18. Visit the Wailing Wall in Jerusalem
19. See a baseball game at Yankee Stadium
20. Become a minister
21. Fly first class
22. Own a motorized scooter
23. Build a house for Habitat for Humanity
24. Swim with the dolphins
25. Visit the pyramids
26. Climb the Mayan pyramids
27. Go elk hunting
28. Have a massage
29. Work with a fitness trainer
30. Scuba dive
31. Go on a mission trip
32. Go to Europe
33. Hold a koala bear
34. Ride on an elephant
35. Go to a Broadway play
36. Be on TV show
37. Be a nurse
38. Skydive
39. Be a camp counselor
40. See giraffes in the wild
41. Go to Venice

42. Meet Jim Carey
43. Parasail
44. Go on a Disney cruise
45. Have my own TV show
46. See a blue whale
47. Learn to surf
48. Go to Egypt
49. Have an aquarium
50. Meet Julia Roberts
51. Have a dog
52. Have a pool with a big slide
53. Own a hammock
54. Go to Hawaii
55. Learn French
56. Learn German
57. Learn Spanish
58. Go to a movie premiere
59. Ride in a limo
60. Ride in a private jet
61. Meet Oprah
62. Bungee jump
63. Go to the Emmys
64. Do a high ropes course
65. Be in a band and play the drums
66. Go to the symphony
67. Learn to play the clarinet
68. Snowboard
69. Take wine classes
70. Be in a school play
71. Go shopping in New York
72. Go fishing on Lake Mille Lacs
73. Get my colors done
74. Have a slide going out of my house
75. Go camping
76. Ride in an RV
77. Ride in a hot-air balloon
78. Taste a star fruit
79. Catch a lobster
80. Play varsity volleyball
81. Design a new type of soda
82. Own a Foosball table
83. Own an arcade-style Pac-Man game
84. Own a Bubble Hockey game
85. Have an albino rat

86. Go to every state
87. Catch a salmon
88. Ride on a train
89. Meet Chris MoneyMaker
90. Go to Las Vegas
91. Go to a lighthouse
92. Own a pool table
93. Take a cooking class
94. Learn to make a cheesecake
95. Have two or three kids
96. See the Eiffel Tower
97. Go to Disneyland
98. Meet Manny Fernandez
99. Hold a Stanley Cup
100. Be a mascot
101. Sing karaoke
102. Cut down a Christmas tree by myself
103. Go in a submarine
104. Sleep under the stars
105. Sleep out on the beach
106. Go to New York on New Year's Eve and watch the ball drop
107. See Big Ben in London
108. Be in love
109. Go to Paris
110. Go to the White House
111. Go to the Winter Olympics
112. Go to a spa
113. Own a limo
114. Go to the Hockey Hall of Fame
115. See the Hollywood sign
116. See a baseball game at Wrigley field
117. Visit NASA
118. Score 85 or under in golf
119. Try underwater diving
120. Go to the moon
121. Ride in a helicopter
122. Sponsor a foreign family
123. Shake hands with the president of the USA
124. Have a whole room for my closet
125. Visit the Great Wall of China
126. Bench press 200 pounds
127. Visit Austria
128. Visit Asia
129. Scuba dive the Great Barrier Reef

130. Own a professional stove and cook top
131. Be a body builder
132. Set up college trusts for each grandchild
133. Take singing lessons
134. Learn American Sign Language
135. Go horseback riding on a beach
136. Graduate with a 3.8 GPA
137. Write a best-seller
138. Speak at the Crystal Cathedral
139. Have a personal lunch with Oprah
140. Host a TV show
141. Own a Hinckley picnic boat
142. Take a sculpture class in Italy
143. Own a shop in Kennebunkport
144. Go on a Pottery Barn shopping spree
145. Visit the Holy Lands
146. Visit Italy and ride on a gondola in Venice
147. Visit Sonoma Valley
148. Cruise the California coast in a convertible
149. Have a weekly manicure
150. Watch an NHL hockey game in every arena in the country
151. Have a monthly facial
152. Have a weekly massage
153. Hang glide
154. Go to France
155. Visit Fuji for three weeks
156. See the Panama Canal
157. See sharks while diving
158. Go to England and have tea
159. Visit Washington, D.C.
160. Visit Yellowstone National Park
161. Take a train to Chicago
162. Go to a formal in a tux
163. Visit the Sistine Chapel
164. Write an award-winning song
165. Create a scholarship
166. Take golf lessons
167. Own a Lear jet
168. Play in an amateur golf tournament
169. Go rock climbing
170. Own a 1,000-acre ranch in Montana
171. Drive a Porsche
172. Have a husky dog
173. Win the Stanley cup

174. Own a water park
175. Retire
176. Own horses
177. Get a new bed
178. Hire daily help with the kids and the house
179. Own a movie theater
180. Have a girls' week once a year in a different location in the US
181. Be part of a mastermind group
182. Drive a Ferrari
183. Try out all the different brands of yachts
184. Take power boating classes
185. Take a cruise to Alaska
186. Own a Hall of Fame jersey
187. Learn to sail
188. Sing the National Anthem at a sporting event
189. Visit Greece
190. Join a political campaign
191. Take voice lessons
192. Take art lessons
193. Run for mayor
194. Build a park
195. Pay cash for a car
196. Take a personal retreat for five days every year
197. Have two kids
198. Meet Bill Gates
199. Pay cash up front for a house
200. Visit Ireland
201. Be on the board of a foundation
202. Own all of my favorite movies
203. Start a diabetes charity
204. Take a houseboat vacation
205. Rent a windjammer with a crew
206. Take a gun safety course
207. Take shooting lessons
208. Have an arts-and-crafts studio in our home
209. Visit the Netherlands
210. Ski in Switzerland
211. Visit Pearl Harbor
212. Do a Global Volunteers project
213. Rent a villa for a month in Tuscany, Italy
214. Visit Monte Carlo
215. Attend the Sundance Film Festival
216. Be an extra in a film
217. Visit Maine

218. Be appointed by the Minnesota governor to sit on a commission
219. Own a Blackglama mink coat
220. Go deep sea fishing
221. Learn to fly fish
222. Learn to play the piano
223. Own a lighthouse
224. Pay my hairdresser to come to me
225. Create an anonymous giving group
226. Cruise the Mississippi all the way to the Gulf of Mexico
227. Buy a ski boat for the cabin
228. Learn to dock a pontoon
229. Take sailing lessons
230. Own a house with a swimming pool
231. Drive a yacht
232. Get a private tour of behind the scenes at Disney World
233. Own a pool table
234. Go antiquing on the East Coast in the fall
235. Sponsor an orphanage
236. Get a neck and face lift
237. Get a tummy tuck
238. Go to the Indy 500
239. Buy my parents' house
240. Have a Dale Earnhardt Jacket
241. Get a digital camera
242. Own all the country #1 recordings according to Billboard from 1944 to the present.
243. Catalog trading cards and keep up to date
244. Catalog and file all my music.
245. Own A Race Car
246. Own a corvette
247. Go to Bethlehem at Christmas
248. Own a deck of cards from all 51 states
249. Play college hockey
250. Take a trip to Hawaii
251. Meet Patrick Roy
252. Create a will
253. Go visit the Baseball Hall of Fame
254. Visit the NASCAR Hall of Fame
255. Go visit Teddy Roosevelt National Park
256. Raise my own food (cows, pigs, chickens, turkeys)
257. Own a cat
258. Own a horse
259. Have a pig as a pet
260. Go to the Summer Olympics

261. Go to the World Series
262. Visit the Alamo
263. Have a concert with my own band
264. Take a trip to Canada
265. Go to the National Finals Rodeo in Las Vegas
266. Own a hockey store
267. Go visit Dale Earnhardt Inc. and get a tour
268. Get front row tickets to a country music concert
269. Have a game room
270. Build my dream home
271. Own an expensive chess board in my chess room
272. Learn to play the violin
273. Play in an orchestra
274. Start a company
275. Design clothes for performing artists
276. Be a firefighter
277. Write poems again
278. Be an EMT
279. Be a doctor
280. Perform with my kids in a concert
281. Own a Lexus SUV
282. Dive for pearls in Broome, Australia
283. Start a business on eBay
284. Have my dream house on a beautiful beach
285. Own 500 pairs of shoes
286. Sing in a church choir
287. Own a Coach purse
288. Visit New Delhi, India
289. Own a hockey rink in my backyard
290. Fly fish
291. Run a marathon
292. Create a musical garden
293. Go on an archeological dig
294. Pan for gold
295. Develop a family cook book
296. Create a family quilt with memorabilia
297. Compose music
298. Travel Route 66
299. Have a summer house by Nantucket
300. Have a clam bake
301. Have a spice rack with all kinds of herbs/spices
302. Build our own home
303. Become a singer in a nightclub
304. Buy a camper and go camping out West

305. Go shopping with a \$1,000 bill
306. Plant a small apple orchard in our backyard
307. Buy a motor home and cruise the America
308. Work at a garden center
309. Install hardwood floors in our house
310. Hire a housekeeper
311. Own a timeshare
312. See Martina McBride in concert
313. Attend photography classes
314. Have my own dark room for photographs
315. Buy a fishing boat for my husband
316. Play BUNCO with a group of friends
317. Install a wood fireplace
318. Get an office makeover
319. Live on a ranch for a summer
320. Go bow hunting
321. Have a breast enhancement
322. Have my hair done at an expensive salon in New York
323. Have a full body massage with facial scrub
324. Own our own cabin up in the North Woods
325. Have a picnic in Central Park in New York City
326. Go on a hike up a steep mountain
327. Open up a scrap booking bed & breakfast
328. Remodel our home
329. Buy a karaoke machine
330. Record a song
331. Go leaf-peeping in West Virginia in the fall
332. Be a Big Sister to a child
333. Eat dinner at the top of the IDS building
334. Go to the American Girl museum in Chicago
335. Go to a professional women's basketball game
336. Go on a trip with just my mom and sister
337. Go on a limo ride to see the holiday lights
338. Go to the Holidazzle parade
339. Hang with Bob Dylan and/or Jessica Lange
340. Visit New Hampshire
341. Have a summer home on Cape Ann
342. Publish fiction
343. Create a children's music tape
344. Carol during Christmas
345. Be a patron of the arts
346. Create a bottle-cap piece of furniture
347. Make a bird house
348. Have a raptor on my arm

349. Personally meet a lion and a dolphin
350. Belong to Amnesty International
351. Get a dog "good citizen" certificate
352. Organize networking happy-hour
353. Go to Bali and stay in a hut on the water
354. Own a green Jaguar convertible
355. Write *New York Times* best-seller
356. Own a 36-foot SeaRay Sundancer
357. Own a wave runner
358. Hire a personal shopper
359. Scuba in Australia
360. Take a hot air balloon ride
361. Ride in sea plane and land on the lake
362. Own a wine bar/gourmet restaurant
363. Take a sailing trip on the Great Lakes
364. Run a 5K
365. Do a bike race
366. Speak at a commencement
367. Have a wine cellar
368. Start a foundation to help youth
369. Take acting/improv classes
370. Create a family board game
371. Publish journals
372. Own a 26-foot Bennington pontoon
373. Teach a course at a college
374. Run a women's retreat
375. Stay at Canoe Bay
376. Go to Cape Cod
377. Have a library with a rolling ladder
378. Have a theater room
379. Have an exercise room in my home
380. Stay in a presidential suite
381. Fly in a private jet
382. Host a foreign exchange student
383. Move out of state
384. Skydive
385. Have a patio with a built-in fireplace and grill
386. Rent a yacht and cruise the Caribbean
387. Go to a health spa/exercise camp for a week
388. Climb a mountain
389. Take a family mission trip
390. Take a carriage ride in Central Park
391. Sail around the world
392. Visit the pope

393. See the Grand Canyon
394. See alligators in the wild
395. Swim in a waterfall
396. Catch a shark
397. Make a music video
398. Be on *Survivor*
399. Live on an island
400. Create my own arcade
401. Watch a movie in production
402. Ride all the roller coasters in the world
403. Visit the North Pole
404. Ride on a whale
405. Be an animated voice
406. Draw cartoons
407. Meet Meg Ryan
408. Own a jet boat
409. Belly dance
410. Create a video game
411. Play professional baseball
412. Be on *America's Funniest Videos*
413. Eat caviar and drink expensive champagne
414. Ride on the Concorde
415. Have a car made just for me
416. Hire an interior decorator for our home
417. Chop down a tree by myself
418. See fireworks in exotic places
419. Visit the Outback
420. Go to an opera
421. Work with a personal life coach
422. Visit China
423. Ride on the Orient Express
424. Go to Russia
425. Visit the geothermic spas in Iceland
426. Go on a whale-watching trip
427. Go lobster fishing with a real crew
428. Write an advice column
429. Ride a camel in the dessert
430. Go to a dude ranch
431. Spend a night alone in the wilderness
432. Hold a large snake
433. Eat dinner at a restaurant where you sit on the floor
434. Mentor with a world-famous chef
435. Work at a flower shop
436. Have Lasik surgery

437. Botox the wrinkles
438. Make wine
439. Volunteer at local food shelf
440. Buy one pair of expensive shoes
441. Learn photography skills
442. Start the family tree
443. Live on a lake
444. Visit Niagara Falls
445. Have a family reunion
446. Ring the bells for the Salvation Arm
447. Paint with watercolors
448. Visit an art gallery
449. Milk a cow
450. Go to Cancun
451. Submit a design to Hallmark cards
452. Visit the seven wonders of the world
453. Whiten my teeth
454. Find a four-leaf clover
455. Get married
456. Go on a honeymoon
457. Start a daycare center
458. Buy a patio set
459. Fix my teeth
460. Start a greenhouse
461. Create a scholarship foundation
462. See the ocean
463. Go to a nudist colony
464. Learn to shoot a handgun
465. Take a self-defense class
466. Have a playhouse built for my boys
467. See *The Phantom of the Opera*
468. Own a horse
469. Teach an adult class
470. Become an elementary school teacher
471. Complete an afghan
472. Take a photography class
473. Raise chickens and ducks
474. Make tiramsu
475. Anonymously pay for someone's meal
476. Enter my jelly in the fair
477. Write a grant proposal
478. Teach a child to read
479. Teach piano
480. Put up a family picture display

481. Tie a baby quilt
482. Teach my granddaughter how to embroider
483. Learn some simple massage therapy
484. Learn how to set tile
485. Invent something
486. Go to the Chanhassen Dinner Theatre
487. Go to the International Festival of Nations in St. Paul
488. Read European classics
489. Work for Literacy Volunteers
490. Work with the homeless
491. Learn to mind map
492. Learn to be a hair stylist
493. Learn to fly a plane
494. Explore a cave
495. Drive on the Autobahn
496. Be an extra in a movie
497. Ride horses on the beach
498. Skate in Rockefeller Plaza
499. Tour a winery
500. Go to a rodeo

Discover Positives About Yourself

Ask yourself the following questions. List as many answers to each question as you can think of.

What are you good at? (i.e., cooking, sports, crafts, etc.)

What words best describe you?

What are your core values? (See the Core Values page in the Appendix for help.)

What knowledge do you have?

What makes you unique?

What do others say about you?

What roles do you play in life?

What physical attributes about yourself do you like?

What accomplishments are you proud of?

What obstacles have you overcome in life?

What awards or promotions have you received?

Use the following list of what others have said about themselves to help you come up with ideas.

Others have said these things

I am good at:

Hockey, soccer, baseball, cooking, baking, drawing, leading, engineering, hosting, creating, designing, selling, marketing, swimming, believing in others, cheerleading, golfing, building, painting, sculpting, organizing, traveling, photography, research, details, writing, speaking, running, lifting weights, eating healthy, walking, biking, crafts, editing

I am:

Awesome, beautiful, conscientious, reliable, funny, gifted, fun, spontaneous, courteous, nice, energetic, creative, laughable, determined, goal-orientated

I am: (See Core Values)

I know a lot about:

Family, physics, gardening, water sports, crafts, engineering, marketing, medicine, cars, boats, leadership, motivation, customer service, people, emotions, goals, life, magazines, writing, architecture, travel, Broadway musicals

I am unique because:

I lived in many different places, I am adopted, I speak more than one language, I am from another country, I put myself through college, I went back to school as an adult

Other say I am:

Positive, caring, outgoing, friendly, compassionate, understanding, a great friend, funny, easygoing, generous, happy, courageous, daring, sensitive, fun to be with, spontaneous, a good communicator, committed

I am a good:

Mother, friend, husband, wife, daughter, son, aunt, uncle, cousin, mentor, volunteer, support, caregiver, teacher

I like my:

Eyes, nose, feet, weight, hair, ears, skin color, hands, belly button

I have accomplished:

Career success, weight loss, college degree, independence, a promotion, awards for performance, a clean driving record, giving birth, managing a large project, taught a class, recognition for hard work, lasting relationships

I have overcome these obstacles:

An illness, divorce, job loss, relationship issues, financial hardship, the teenage years, having a teenager, moving to a new location, an accident, downsizing, physical limitations, learning disability, abuse, death of a loved one, raising children

I have been awarded:

For a job well done, for performance, volunteerism, academic achievement, recognition from peers, letters from my kids, perfect church attendance, innovation

Core Values

Accomplishment	Focus	Personal Growth
Accuracy	Friends	Play
Acknowledgement	Free Spirit	Power(ful)
Achievement	Freedom	Privacy
Adventure	Full Self-Expression	Productivity
Art	Growth	Quality
Authenticity	Harmony	Recognition
Autonomy	Health	Religion
Beauty	Honesty	Reputation
Career Fulfillment	Humor	Resilient
Certainty	Imagination	Respect
Challenge	Independence	Risk Taking
Clarity	Integrity	Romance
Close Relationships	Intelligence	Security
Collaborative	Intimacy	Self (knowing)
Competitiveness	Joy	Spirit
Contribution	Justice	Spirituality
Cooperation	Lack of Pretense	Sophistication
Creativity	Leadership	Stability
Democracy	Love	Success
Directness	Loyalty	Task Accomplishment
Diversity	Mastery	Time
Elegance	Moderation	Tradition
Empowerment	Nature	Tranquility
Ethical	Nurtured	Trust
Excellence	Orderliness	Vitality
Expertise	Participation	Well Being
Faith	Partnership	Wellness
Family Closeness	Peace	Wisdom
Fear of failure	Performance	Zest

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Michelle Neujahr provides transformational, strategic coaching services to entrepreneurs and individuals who are serious about growth. In addition she provides dynamic, authentic presentations to audiences who want more out of life!

Michelle works with entrepreneurs and organizations who want to renovate and create lasting change. Her coaching services and motivational programs are engaging and transformational - designed to reinvigorate, refresh and revive.

Some of Michelle's client include: Carlson Companies, Clemson University, 3M, Deloitte & Touche, Wells Fargo, SHRM, IEEE, United Defense, MomCamp, Maine Medical Center and Sam's Italian.

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