

Life Design Canvas

CAREER

BEING

- I am a confident, resourceful professional fully aligned with my purpose, thriving in a career that fulfills me.
- Each day, I embody resilience, optimism, and clarity, feeling grounded in my work and committed to excellence.
- I am continually learning and expanding my knowledge, staying at the forefront of my field.
- I am open to new experiences, adaptable, and ready to take on challenges that push me to grow.
- I am deeply aware of my strengths and values, which guide my decisions and actions with integrity.
- I show up as my best self in every moment, fully present and energized by the work I do.

DOING

- I am engaged in meaningful work that aligns with my passions and strengths, and I contribute to my organization in impactful ways.
- I build strong, inspiring relationships with colleagues and mentors, fostering a positive and collaborative environment.
- I take intentional steps each day to refine my skills, participating in ongoing training, attending workshops, and seeking feedback that helps me grow.
- I lead and contribute to projects that challenge me, keeping my work fresh, exciting, and rewarding.
- I create clear action plans for my goals and stay committed to my vision, knowing each step contributes to my ongoing success and personal fulfillment.

HAVING

- I have a career that allows me to make a meaningful impact, fully aligned with my values and supportive of my growth.
- I have a robust professional network filled with inspiring and supportive connections who share my vision and encourage my success.
- I have access to continuous learning opportunities, tools, and resources that further enhance my skills and keep me engaged.
- I have the freedom to contribute authentically, and I am financially rewarded in a way that allows me to live comfortably and invest in my future.
- I have a balanced and satisfying work-life experience that supports my well-being and allows me to pursue my passions both inside and outside of work. I have \$150,000/year coming in from my career.



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RELATIONSHIP

BEING

- I am a loving, open-hearted partner who brings authenticity and joy into my relationship.
- I am fully present with my partner, embracing vulnerability and expressing my emotions openly and honestly.
- I radiate self-love and confidence, appreciating both myself and my partner in all our uniqueness.
- I am patient, compassionate, and understanding, and I support my partner with kindness and respect.
- I am deeply grateful for the love we share, and I continually show up as my best self, contributing to the growth and harmony of our relationship.

DOING

- I am actively nurturing our relationship, sharing meaningful experiences that strengthen our bond.
- I prioritize time with my partner, making space for deep conversations, laughter, and fun moments together.
- I communicate openly and listen attentively, fostering a foundation of trust and respect between us.
- I am thoughtful and attentive to my partner's needs, and I show appreciation through small gestures that express my love.
- I invest in our growth, exploring ways we can continue learning and growing as individuals and as a couple.
- I create shared goals with my partner, building a future together that aligns with our shared values and dreams.

HAVING

- I have a deeply loving and committed relationship where both my partner and I feel supported, cherished, and respected.
- We have a profound connection built on trust, honesty, and open communication. Together, we share a life filled with joy, adventure, and a shared vision for the future.
- I have a partner who inspires me to grow and with whom I feel safe to be my true self.
- Our relationship brings balance and harmony to our lives, allowing us to pursue our individual dreams while building a beautiful life together.
- I have a deep sense of fulfillment and happiness, knowing that I am building a life with someone who enhances my journey and makes every moment more meaningful.



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FITNESS

BEING

- I am a strong, energized, and committed individual who prioritizes my health and well-being.
- I embody discipline, resilience, and a positive mindset, fully embracing the challenges and rewards of my fitness journey.
- I am connected to my body, deeply aware of its needs, and motivated to keep improving.
- I am proud of my progress and appreciate my body for what it can do.
- I approach each day with gratitude and enthusiasm, knowing that each workout brings me closer to my goals.
- I am committed to creating a lifestyle that supports my fitness and wellness in all aspects.

DOING

- I am consistently following a balanced workout routine that strengthens my body, builds endurance, and enhances my flexibility.
- I nourish my body with healthy, nutritious foods, making mindful choices that fuel my energy and help me recover.
- I prioritize rest and recovery, ensuring my body stays strong and resilient.
- I set clear goals for my fitness journey and track my progress, celebrating each milestone I achieve.
- I seek guidance, whether through trainers, classes, or fitness communities, to continuously learn and grow.
- I make time for movement each day, incorporating a mix of cardio, strength training, and stretching to keep my workouts diverse and engaging.

HAVING

- I have a fit, healthy, and energized body that allows me to live life to the fullest.
- I have the strength and stamina to engage in activities I love and to pursue new challenges with confidence.
- I have a fitness routine that fits seamlessly into my lifestyle, making exercise an enjoyable and integral part of my day.
- I have a supportive community of like-minded individuals who encourage and motivate me to stay on track.
- I have a sense of pride in my accomplishments and feel empowered by my dedication and consistency.
- I have a balanced and sustainable approach to fitness, one that supports my overall well-being and brings me lasting vitality and health.



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BEING

DOING

HAVING

