

Welcome to Living Your Best Life Now!



Welcome to Coaching Yourself to Living Your Best Life Now Guidebook! This interactive guide is designed to help you understand the big picture of your life, identify what's most important, and begin taking the steps to living your best life now! With practical tools of Coaching, self-awareness, deep insight, and advances in applied psychology, creating the life you want has never been easier or more accessible.

Hello, I am Holly Stokes, The Work Smart Wellness Coach. I am excited to be part of your journey in creating the life you want and living your personal best! If you are ready to begin your search for deepening your awareness, awakening to your life's purpose and living more consciously, this guidebook will help you find your direction, create clarity and insight, and discover your own best answers. I have brought together effective life planning tools, ways to apply your mind, ways of working smarter, self-awareness skills, and more to help you create the results you want!

The focus of this book is to help you get in touch with the big picture of your best life and begin designing your life with a solid foundation based on your values, your life purpose, mission, and vision. When you are clear about who you are, what you want, and what you are here to do and contribute, life becomes simpler. You find a greater alignment with your higher self, and a greater sense of well-being, fulfillment, and joy. Here's what this guidebook will cover:

Assess Where You Are Now.....	2
Understanding Your Big Picture.....	3
Knowing Your Values.....	4
Clarifying your Life's Purpose and Mission.....	5
Knowing Your Strengths, Talents, and Abilities.....	6
Do What You Love: Love What You Do.....	7
Your Heart's Desire: Your Guiding Compass	8
Defining Your Vision for Living.....	9
Creating The Essence of Your Best Life Now.....	10
Living By Your Priorities: Prioritizing with Purpose.....	11
Staying Focused: Engage Your Mind for Results.....	12
Conscious Living Guide.....	13
Cultivate the Positive	14
Tracking Your Results.....	15
Success Journal Template.....	16

Areas in life where we feel stuck are simply pointing to a lesson to be learned, acknowledged, or resolved. Here's to you creating your best life now!

Here's to You Living Your Best Life Now!

Sincerely, Holly Stokes

If you would like extra support, call for a focus session! 503-351-8021