

The Align Wellness Podcast Episode 41: The Path to Fulfillment

Worksheet

Grab your journal, diffuse some oils, and answer these 10 questions when you have some focused, quiet time.

1. Determine your Core Desired Feeling:

What is the one word that you want to feel the majority of the time? Don't overthink this, it's usually the first word that comes to mind.

To get you thinking, some common ones are:

Joy

Freedom

Love

Abundance

Bliss

Aligned

It's okay to pick 3-5 core desired feelings, but it's helpful to have 1 CORE feeling that you can come back to each and every day in the moments that you notice yourself off track.

My word is JOY. But I also have love, abundance, passionate + nourished as my other core desired feelings.

2. Where in your day to day life are you experiencing this emotion already?

Get specific and go through each part of your day.

3. Where in your life are you feeling the opposite of this feeling?

4. What can you do to change the way you feel about that circumstance or do it less?

5. What are other tasks/things that you can start doing that will bring more of your core desired feeling into your life?

6. Schedule those things into your calendar. {Even though everyone is busy, you can likely still fit in some stuff into your schedule, either by juggling things around, or cutting out some things that are no longer serving you - ie: t.v, scrolling on your phone etc.}

7. What does fulfillment mean to you? What would make your life more fulfilling?

8. What do you want for your health/body/mind?

9. What is your dream career?

10. What would make my relationships (with yourself, spouse, family, co-workers, friends) more fulfilling?

This is a great start. If you want more personalized help with practicing better self-care and infusing more of your core-desired feelings into your life, email megan@alignwellnessyxe.com to schedule a FREE 30 minute breakthrough call.