

THE COMPANION WORKBOOK



**EXPLORE AND APPLY THE PRINCIPLES
OF SOULFUL SERVICE**

Your experiential guide to gain greater clarity, energy
and impact for your cause and in your life.

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Welcome to the Real. Big. Love. Companion Workbook

First, thank you for reading *Real. Big. Love*. It was written as a Love note of sorts to all the people who commit themselves to making the world a better place.

My path to Soulful Service has been filled with circuitous routes, backtracks and a fair share of potholes along the way. Based on what I've experienced and learned, my hope and goal is to light a smoother way for making your biggest difference with Real. Big. Love.

Difference-making has the potential to be inspiring, soul-enriching, empowering and uplifting. And it can also cause exhaustion, overwhelm, discouragement and a host of other challenges when the passion for doing good isn't buttressed with sound self-care.

Making your most meaningful contribution requires you to tap in and dig deep for what *really* makes you tick. Aligning your service with your strengths and values gives you an opportunity to shine. And aligned service is far more energizing than plugging away at work that is meaningful in the big scheme of things, but doesn't necessarily make your soul sing.

As you'll see, this is most assuredly a workbook. You are asked to complete exercises and answer questions that get to the root of who you are and how you can best show up for your cause and in your life.

By the end of the workbook you will likely know a lot more about yourself. You will also identify at least three BIG Dream goals that you can begin taking action on immediately.

Each exercise in the workbook builds on or draws from the exercises before it, so please begin at the beginning and work your way through. It may take you one day, or several weeks, to get through it all. Your pace is perfect for you.

If at any point you have questions or need help, please don't hesitate to contact me. You can reach me at lisa@lisawadeberry.com. Perhaps we can answer your question over email, or we can schedule one complimentary Soulful Service Amp Up call to talk directly.

Thank you for striving to make this world a better place for others.

Have fun with this. Don't let it get too heavy. Bring Love even to this process and watch what blooms!

Real. Big. Love.

Discover Your Inner Spark

The world is filled with needs. When we can marry our strengths and passions (values) with what the world needs, we hit on difference-making gold.

The first step in exploring authentic service is getting really Real about what lights you up from the inside. Take some time to explore the following questions. If you need more space, feel free to expand on your answers in a journal. The goal is to increase your clarity about what brings you joy both as it relates to service and to life. We are looking to differentiate between the WooHoo! and the HoHum in your life.

When do you feel most alive, most YOU, most WooHoo? These may be in experiences, interactions, activities, and ways of being that make you feel energized, uplifted, present.

Can you identify any commonalities in the elements you listed above? For example, my big buckets included: 1) Nature / travel adventures with family and friends, 2) Empowering and uplifting others, 3) Spiritual exploration, and 4) Communicating (writing, speaking, teaching)

Buckets of WooHoo!

1. _____
2. _____
3. _____
4. _____

What's Your Why?

What drives you? Why do you serve? What is the passion or purpose behind your difference-making?

If you immediately know the answer, fantastic! If not, you are in really good company. In the space below explore what it is at your very core that propels you forward and gets you out of bed every day.

What is your Why?

Now, let's explore your strengths. Set all humbleness or self-doubt aside to sincerely consider what you are ridiculously good at or do incredibly well. Don't think in terms of comparisons to how someone else does it or even how someone else may see your strengths.

That said, considering the compliments you receive can be a clue. We are sometimes blind to our own talents because they come so naturally that we don't consider them special or think that anyone can do them. Turn off the inner critic and let your inner light shine.

What are your strengths? What are you particularly good at? How do you effectively add value to an outcome? What are your soul-driven Inner Gifts?

Sort your strengths and/or talents into a few major categories. List them below.

Inner Gifts Categories

1. _____
2. _____
3. _____
4. _____

Thinking over your Buckets of WooHoo, your Why, and your Inner Gifts, can you identify what makes your soul sing? What brings you enormous inner joy and seems aligned with your very soul?

What makes your soul sing?

How do you currently bring your Inner Gift into your service? If you don't, why do you think that is?

How could you integrate that which makes your soul sing and your strengths / Inner Gift in a way that amplifies your service and is more fulfilling to you?

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Explore Your Values

In this exercise, you will identify up to eight values that reflect what is important to you, qualities that you would like to have guide your life and decisions, ways in which you would like to show up in the world.

Following is a list of words meant to serve as a catalyst for helping you identify your values. This list is only intended to get your own creative juices flowing. The world of values is far greater than this, so try on some of these words and feel into which concepts are the right fit for you.

IDEAS FOR VALUES WORDS			
Accomplishment	Excellence	Knowledge	Respect
Achievement	Expression	Leadership	Responsible
Adventure	Fairness	Love	Safety
Authenticity	Family	Loyalty	Self-Awareness
Community	Freedom	Mastery	Sensuality
Compassion	Generosity	Optimism	Service
Constancy	Gratitude	Order	Spirituality
Contentment	Growth	Originality	Stability
Contribution	Happiness	Peace	Strength
Cooperation	Health	Personal Growth	Success
Courage	Honesty	Playfulness	Trust
Creativity	Honor	Positivity	Understanding
Dignity	Imagination	Power	Vision
Diversity	Independence	Recognition	Vitality
Dependability	Integrity	Relationships	Wealth
Empathy	Joy	Relaxation	Wisdom
Equality	Kindness	Renewal	Zeal

WARNING: Don't for a minute think about choosing values because you think you "should." This isn't about satisfying other people or the needs of the ego. This is about identifying those values that, when you align your priorities and actions with them, might actually make your soul sing. Don't worry what others would think if they read your list. This isn't about them. This is about the way you would ideally like to be – how you want to show up in the world.

On the next page, please brainstorm values that feel real and juicy and worth integrating into your life. Ultimately, you'll choose a final list of eight values that feel like you at your REALest.

Values Brainstorm:

Narrow, if Needed:

If you are a Word Nerd overachiever like me and come up with a long list, rank the values or score them to see which ones rise to the top as the most important to you.

If this still feels incomplete, consider whether a couple of the values might fit under another term that can encompass multiple meanings. For example, in my list of values, I chose the umbrella term “vitality” to cover health, energy, and overall mental, physical, and emotional well-being. An umbrella value might be appropriate for you too.

How do these words feel? Do they seem to capture your essence? If I saw your values, would I feel like I know you a bit better, like I know what makes you tick?

Top 8 Values:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

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Starring Roles

In this exercise, list all the roles you play in your life. All of them. Whew!

Brainstorm all the roles you play, different hats you wear. Your roles might include volunteer, employee, parent, partner, daughter, musician, writer, runner, outdoor enthusiast, Mahjong champion, artist, community advocate, karaoke superstar, etc. You get the picture. Simply list all the different hats you wear in your life.

Roles Brainstorm:

Now, from the list, identify eight (8) roles that are central to who you are and what you do. That might mean combining some roles (parent, spouse, sibling might become “family member”).

Top 8 Roles:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

If you didn't already, please include in your 8 these two roles:

- Difference Maker
- Self-Care Champion

Most clients I've worked with focus all their roles on what they do for others and don't prioritize a role where they look out for themselves. They also tend to forget to include the one big role related to the difference they want to make in the world.

Let's make sure that your wellbeing and the way that you can most contribute your unique gift to the world are both represented.

Top 8 Roles:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Now, of the roles identified, do any strike you as being particularly in need of your energy and attention? If you were to make strides in any one role, might it be beneficial for one or more of the other roles as well? If so, note that below.

Be certain that you are not censoring your answers based on what you think someone else believes your priorities should be. This is about you and how you might make the most progress moving forward. Be honest. Allow yourself to be Real.

Priority Focus Roles:

1. _____
2. _____

These roles and priorities will be important later when we begin exploring what you would like to accomplish in each role.

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Roles & Values Part 2

Top 8 Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Top 8 Roles

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Role Satisfaction

How satisfied you are with your experience of each role. How well do you feel like you are doing in this particular area of your life? Rate your level of satisfaction for each role on a scale of 1–10, with one being “I’m miserable in this role” and ten being “WooHoo! This role lights me up!”

Role Intention

Rate the level of intention with which you approach each role. In some roles we may be more proactive, setting goals for ourselves or envisioning an outcome to strive toward (10). In other roles we may be more reactive, dealing with stuff as it gets thrown our way (1). Rate how consciously you choose your actions and the intentional energy you put into each role.

ROLE	SATISFACTION	INTENTION
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____

Role Alignment with Values

How are your values reflected in each of your roles? Too often, we may think of our values only in a specific situation or when making a specific decision. If we integrate our values throughout how we live into each of our roles, how we act through these roles, and how we serve in each role, then we amplify our opportunity for authentically meaningful impact.

Give yourself a score from 1 – 10 for how well each of your values is reflected in each role. The easiest way to do this is to create a grid that lists your roles vertically along the left side and your values horizontally across the top. Where each intersect, write a number.

		VALUES							
How Do Your Roles and Values Align?		1.	2.	3.	4.	5.	6.	7.	8.
		ROLES	1.						
2.									
3.									
4.									
5.									
6.									
7.									
8.									

When your values and roles align, magic can happen. When they don't, you may feel like something is missing or feel drained and depleted, especially when working in roles that are ill-aligned.

What do these observations reveal to you? Write about what this self-assessment tells you about how your roles and values are playing out in your life.

How are your values reflected in the ways you serve?

How might you better reflect your values in each role?

How intentional are you in your Difference Maker role? Are you satisfied with that?

How consistently intentional are you in your Self-Care role? Are changes needed?

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F-Bomb Detection Exercises

Let's explore the service-wrecking F-Bombs and if and how they may be at play in your service and your life. Chapter 7 lays out the danger and the antidote to Fear, Fail and Fine.

What fears are standing in the way of you stepping more fully into your service or your life?
Chapter 7 gives some examples, but what fears try to take the stage in your life?

Do you notice any themes or buckets of concern? Some fears revolve around judgement of others, or some kind of lack (money, health, love), or even fears of not being good enough, smart enough, rich enough, pretty enough, thin enough to succeed.

What theme drives your fears?

How do these fears impact your difference-making or your ability to fully pursue your Why?

Now, let's look at fear from a different perspective. When it comes to your cause or your life, what do you fear *not* happening? Or put another way, what do you fear is be the consequence of playing small and not acting Big for your cause of life?

What is the price of fear? What do you worry won't happen, what accomplishments won't be realized, if fear runs the show?

Which of these lists concerns you more? The fear of what will happen if you play Big, or the fear of what will happen (or what will never happen) if you play small? Why?

Fear can either cause paralysis, or it can become an incredible motivator toward a significant goal. When fear is a motivator, typically it's because we have our eye on our big Why and allow that to be more powerful than the fear that would otherwise keep us stuck.

The book discusses Faith as being the antidote to Fear. For some, even the idea of Faith may feel uncomfortable. Whatever Faith might mean to you, is it something that you consider when facing your fears?

How do you apply Faith in your service or life to help you feel the fear and take action anyway? How could you?

Fail: Thinking exclusively in terms of win or lose, success or failure can lead to unhelpful perspectives and can cause us to shy away from playing Big.

Thinking only of the present or toward the future, do you see any areas in your life or your service where you either feel you are currently failing, or fear that you will fail?

What is the cost of inaction if the fear of failure wins out?

Some people believe there is really no such thing as failure. That if you don't succeed at something, you've given yourself an opportunity to learn and grow. That's a much more empowered way of looking at the F-Bomb of Fail.

Looking at so-called past "failures," what have you learned from them that can now benefit your cause and your life? *(Lots of space here for thoughtful lessons-learned.)*

FINE: If you are being really honest, are there parts of your life that you claim are “fine” when they really aren’t?

Are there areas in your life are service that you use “Fine” to mask something less than fine?

In what area(s) of your life do you currently feel drained or less than Full?

How does that affect your difference-making?

In what areas of your life do you feel Full?

How does that influence your service?

How can you bring more Fullness to the areas that feel flat?

Beware the Bully Brain

That constant chatter in our own minds can be a real drag. In its effort to keep us safe and playing small, the Bully Brain plants seeds of doubt that can undermine your potential, contribution and joy.

What unhelpful things do you tell yourself about yourself or your service?

Let's turn all those limiting beliefs and unhelpful thoughts around. You deserve a mind that supports and works to help you achieve your goals, not one that talks you out of being Real and acting Big in living into your Why.

Rewrite all the statements above into something positive, empowering and supportive.

Positive Trigger: Make a commitment to a positive trigger to remind you of these new, more supportive thoughts. Write your thoughts in your planner. Plug them into your phone with an alarm that reminds you at important times of the day. Write them on sticky notes and put them in places where you will see them daily. Get creative. If 723 worked for me, I know you can create a trigger that will work for you.

Chapter 8 begins to lay out the Eight Spheres of Soulful Self-Care by asking how invest each of these parts of yourself in your difference-making and also where you might be holding back.

The eight areas are:

- Body: Physically being active in support of your cause / life
- Mind: Using your mind to help solve problems, explore opportunities
- Heart: Investing your care and compassion in your difference-making
- Spirit: Feeling guided or inspired by something bigger in your service / life
- Energy: Enthusiasm and/or focused energy to make things happen
- Voice: Willingness to speak up or speak out on behalf of the cause / in your life
- Resources: This can be time or money or other resources you employ for the cause
- Community: Providing a sense of support and broader community working together

From which of these eight areas do you predominately serve?

Is there a portion of yourself that you withhold from service, either intentionally or subconsciously? Why?

Is there a part of you that you are scared to share through your service?

How might showing up fully from all parts of yourself improve your overall contribution?

Real. Big. Love.

Soulful Self-Care Assessment

This self-assessment is simply a snapshot in time of how you rate yourself right now in the eight spheres of Soulful Self-Care. There is no expectation of perfection. In fact, I'd call BS if you rated a 10 in every category. This is simply an exercise in awareness so that we can celebrate success and identify opportunities to make progress, as needed.

Sphere #1: Body

Current Rating (1-10) _____

Sphere #1 corresponds with your physical body. This is *not* an assessment of how happy you are with its shape or size. Instead we are looking at how much you engage the physical you in your service and in your life. Overall, do you feel fairly healthy, or are you dealing with a physical challenge? Do you move your body regularly? How are your sleep habits? How about nutrition and water consumption? Do you carry stress in your body, or are you fairly relaxed? Again, this is not a judgment exercise, but a simple observation and assessment of how your body is serving you and your service right now. Simply give Sphere #1 a rating from 1 to 10, with one being the lowest (terrible situation) to ten being the highest (ample physical resources to live, serve at a high level).

Sphere #2: Mind

Current Rating (1-10) _____

Sphere #2 refers to your mind, the mental aspects of your life. For this area, we are looking at how well your mind helps to serve your plans, purposes, and service. Do you continue to learn new things and "grow your brain"? Is the Bully Brain a perpetual and disempowering force? Do you give yourself pep talks throughout the day, especially when things get tough? Does your mind like to focus on fear and potential failure, or does it seek opportunities to grow? Overall, would you say that your thoughts help you step into a bigger version of yourself, or do your thoughts keep you small?

Sphere #3: Heart

Current Rating (1-10) _____

Sphere #3 explores the heart, or our feeling self. How would you rate the overall openness of your heart? Are you able/willing to acknowledge your feelings? Do you find that you are more sensitive than you would like to be, or are you a tough nut to crack in the feeling department? How would you rate your level of compassion for others, your desire to help uplift others, to recognize beauty, to grieve for loss? Are you living exclusively from the neck up, or are you regularly engaging your heart in support of your life and your service?

Sphere #4: Spirit**Current Rating (1-10) _____**

Sphere #4 explores how connected you feel to something outside of and bigger than yourself. It also explores the sense of inner divinity, the idea that we each are living expressions of a unique, divine seed planted within. There's no dogma implied in this assessment. Whatever your spiritual beliefs, whether they be religious or otherwise, please rate how connected you feel to the spiritual ideas that are relevant and meaningful to you. Do you believe in some organizing energy / spirit / power that connects all things? Do you believe in a connection between people, or between people and the rest of creation? Do you seek or receive some sense of inspiration, clarity, support, and solace from external sources? Do you feel a connection with nature or animals? When you look at the sky, do you feel a sense of wonder and amazement? Do you sense that you have an Inner Gift to share with others? Do any of these elements play a role in how you live or how you serve? If so, how much? Again, there are no right or wrong answers with any of this, simply what is true for you right now. On a scale of 1 to 10, rate how you would assess your current spiritual self.

Sphere #5: Energy**Current Rating (1-10) _____**

Some people choose to view energy as a component of either their physical self or their spiritual self. I actually see it as both, and also deserving of a category all its own. In talking with Difference Makers, it's been clear to me that many feel worn out, exhausted, overwhelmed, or energetically spent. How would you rate your overall energy level? Do you feel like you have plenty of energy to get through the day and contribute in the way you would like? Does your energy feel focused or scattered? Is your energy natural, or is it largely fueled by caffeine or other influences? Do you tend to feel that you share positive energy or negative energy? Do you feel that your energy is fairly balanced throughout your body? Do you sense spiritual energy flowing to and through you? Are you satisfied with your natural level of energy, or would you like to have more energy to commit to those things that matter most to you?

Sphere #6: Voice**Current Rating (1-10) _____**

How do you use your voice, or your self-expression, to support your cause and to advocate for yourself or your family in your life? Do you easily speak your mind, or do you find that you bite your tongue for fear of saying something others might not want to hear? Do you have a filter for what you say, or do words flow swiftly without much forethought to how they might be perceived by the listener? Do you constantly interrupt to make your point, or do you patiently wait for others to stop speaking and find that you lose your opportunity to voice your opinions? Do you feel that what you have to contribute is meaningful? If something is truly important to you, will you make it known to others? Do you have a regular outlet for expressing yourself, either in conversation, in a journal, or through some other means? Please rate from 1 to 10 how you exercise your voice.

Sphere #7: Resources (Time/Money)

Current Rating (1-10) _____

Sphere 7 explores how abundant or lacking you feel resources are in your life. The idea of resources can be expansive and may hold particular meaning for you. Many Difference Makers tell me that time and money are the two resources most on their minds or that bring them the most discomfort. So let’s go there. How is your relationship with money and/or time? Do you feel that you have plenty of both to meet your needs? Do you feel like you are the master of your time and money, or do you feel more like their slave? Regardless of where we find ourselves on the income or time scale, our relationship to and how we feel about time and money can impact many facets of our life. Some people can face the money/time relationship head-on. For others, we bury our head in the sand and keep struggling. Please rate from 1 to 10 how you view your relationship with your resources.

Sphere #8: Community/Support

Current Rating (1-10) _____

In Sphere #8, we look at how you assess your sense of community. Do you feel like there are people in your life who have your back? Do you feel like you are an accepted and welcome part of a group? Do you feel like you have allies in support of your cause or the difference you seek to make? Are there people pulling for you and eager to see you succeed? Do you feel like you are going it alone and have little help or involvement from others? Do you feel like you are good at encouraging and supporting others? How do you rate your current level of community and overall support?

I have never worked with a client who gave themselves perfect tens in each of these eight spheres. Typically, we all have work that can be done in at least one area, or maybe even all of them, that would improve and enhance the way we show up in the world, give to our cause, and enjoy our life. Again, as with all things in this book, do not take any of this as an invitation or opportunity to beat yourself up. Self-awareness is a starting place. We are simply assessing where you are so you can find opportunities to serve with more Real. Big. Love. and to show up as your best and fullest self.

Soulful Self-Care Priorities

Based on your self-assessment, identify the four areas you believe could benefit the most from additional attention. Is there one sphere, that if improvements were made in that area, you might experience positive ripple effects into other areas? Where could intentional investment in your own wellbeing pay dividends to your overall service and life?

1. _____
2. _____
3. _____
4. _____

Real. Big. Love.

Service and Life through the Lens of Love

When you serve from a place of Love, both for others and for yourself, difference-making takes on a whole new meaning. The following questions are intended to encourage insight surrounding how you show up in service to others.

Do you intentionally lead with Love in your service and/or in your life?

Are you able to recognize when judgment potentially hampers service and/or relationships?

How are your boundaries? Are you able to offer Love and be of service while also respecting your own time, energy, and priorities?

How do you manage disappointments or heartbreak with those you serve?

Many people, most of us actually, accumulate hurts and negative experiences that can form a wall making it difficult for Love to flow in or out. Forgiveness is one of the most powerful sledgehammers we can use to bring down the wall. Forgiveness is the ultimate act of kindness and compassion we can give ourselves.

Forgiveness isn't easy. It doesn't mean forgetting, nor does it mean accepting. Forgiveness is a conscious choice to not continue to be saddled with the emotional baggage of someone else's bad choices, or even our own choices.

What do you need to forgive? Are you holding on to past resentments or regrets that are weighing you down and blocking your heart? Are you willing to let them go?

Honor yourself enough to seek help if necessary to release the baggage of past wounds. You deserve to build your future and make your difference through Love.

Resistance is a tricky little bugger. It often shows up when we are making progress toward our Why, or when we are set to do something that could be a Real, Big, positive game changer. Often it's the thing that could make the biggest difference in our lives that we resist most.

What do you resist?

Why do you think you resist it?

What would happen if you quit resisting and simply did the thing, without making a big deal out of it?

GRATITUDE!!!

Possibly the very best way to shift a heavy heart is through gratitude. Intentional gratitude shifts our perspective and helps usher in more of the stuff for which we are grateful.

List at least 10 things for which you are grateful. Big. Small. It doesn't matter. Simply write out 10 things. GO!

Doesn't that feel good? Now, consider making it a regular ritual to acknowledge those things you appreciate or are grateful for. Regular gratitude practices are like magic; they have a fascinating way of lifting your spirits, opening your heart, and inviting more good into your life.

My regular gratitude practice will be to:

SHOWING YOURSELF LOVE THROUGH SELF-CARE

Chapter 12 offers many ideas for how to amp up the love you show yourself in each of the Eight Spheres of Soulful Self-Care. From the Soulful Self-Care Assessment affiliated with Chapter 9, you identified four areas that could most benefit from your conscious attention. Write those below:

Soulful Self-Care Priorities:

1. _____
2. _____
3. _____
4. _____

Using the lists and descriptions from Chapter 12, identify at least one self-care practice in each of the eight categories that looks promising to you. If you already have a routine, practice or other method for supporting that area, please write it down. Give yourself credit for what you already do.

For the four priorities listed above, consider at least two ideas for focusing Love and attention on that part of you.

BODY	MIND	HEART	SPIRIT

ENERGY	VOICE	RESOURCES	COMMUNITY

In thinking about these Eight Spheres of Soulful Self-Care, what specifically will you commit to do regularly to ensure that your teapot, the vessel of your service, is full?

Who specifically can you rely on for encouragement, support and accountability in the pursuit of your goals and Real. Big. Love. approach to difference-making?

If you don't currently have access to a supportive community, please brainstorm ideas for where you might be able to find a group of like-minded people to serve in that role.

Real. Big. Love.

In Action

Real. Big. Love. and the idea of Soulful Service are nice in theory, but have no real meaning until they are put into practice. This is where your difference-making and possibly even the enjoyment you receive from service and life get amplified.

Now, we are going to review all the fantastic work you've done so far and then use it to create a vision for you, your life and your service moving forward.

REAL

Buckets of WooHoo

1. _____
2. _____
3. _____
4. _____

Strengths / Inner Gifts

1. _____
2. _____
3. _____
4. _____

Your Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Your Roles

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

<p style="text-align: center;">Your Why</p>
--

<p style="text-align: center;">What Makes Your Soul Sing</p>

<p style="text-align: center;">Priority Roles</p>
--

BIG

If you put Fear, Fail, and Fine aside in favor of focusing on Faith, Fortitude and Fullness, what would that look like for you?

In what areas could you act in a more courageous and/or consistent way to make an even bigger difference for your cause and/or in your life? Be specific. Make these actionable.

What have you learned from past experiences that can help you step into making an even BIGGER difference in your service and life? *(It's never failure if you are learning!)*

List the two most powerful thought reframes that will support your success:

1. _____

2. _____

LOVE

You've identified ways that you can open your heart, reduce judgment and let go of past hurts. That's important and courageous work that will benefit your cause and help you better enjoy your life. Now, for the Self-Love part.

What specifically will you do to tend to the Eight Spheres of Soulful Self-Care?

How will you regularly practice gratitude?

Love for your cause and for yourself asks that you also show some love to your future. Think forward to the next three, five or ten years, you choose. Approaching your future with Real. Big. Love., what would you like to accomplish? What difference would you like to make? If you're stuck, think about your roles and what you could accomplish in each of those areas.

Brainstorm your Future Vision Here

Look back over the list. How do your future goals align with your values and your Inner Gift? Those that don't align you might consider re-thinking. Do these goals promote more LOVE?

Choose eight BIG ideas that feel REAL and aligned to you that you would like to see become reality. For each of eight goals/ideas, correlate it with one or more of your roles.

Future Vision Goals:

Corresponding Role(s):

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

Would your roles need to change for you to achieve these dreams? Do you need to step into different or bigger shoes?

Of these BIG goals, identify three that you will take action on, even baby steps, in the next three months. Then brainstorm at least three steps for each of the key future goals that you will commit to take within the next two weeks.

Future Goal #1

Future Goal #2

Future Goal #3

Three Action Steps

Three Action Steps

Three Action Steps

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

As you plan your months, weeks and even days, put these BIG future goals top of mind so that you can begin now consistently taking aligned, courageous, Love-driven action toward them.

OBSTACLES

Obstacles happen. If we don't at least consider what obstacles we might encounter, we have no way of proactively dealing with them.

What obstacles do you anticipate will stand in your way of these Big dream goals and/or of your self-care goals? How might you stand in your own way? How might others get in your way? How might the Universe throw you a curve ball? For each obstacle you imagine, also envision the possible solution.

Possible Obstacles	Possible Solutions

One of the best things you can do for yourself is to connect with a coach or a group of like-minded people and get support and encouragement while you aim for those big dreams.

If at any time you need support along your path of making your difference with Real. Big. Love., please reach out to me. It would be an honor to support you in your journey. Feel free to email me at lisa@lisawadeberry.com. I also lead difference makers through this process during retreats, through group and individual coaching programs, and for nonprofit staff development.

Thank you so much for reading Real. Big. Love. and for completing the workbook. May the tenants of Soulful Service light your way as you make your most meaningful contribution.