

How to Have Your Cake and Eat It, Too

{Week 1: Tell Your Story}

What is your passion? Are you already pursuing it, or has it been put on hold?

Is it a hobby or business? Are you already working from home? Are you struggling to find the elusive balance, or are you already living your dream?

What are your goals? Why do you work at home or want to work at home?

Does your family need the money? Are you looking for a creative outlet? Do you want to be home with your children? Do you miss working? Do you have a dream that just won't let go?

How have your past experiences brought you to where you are now?

What have you tried that hasn't worked? What have you tried and simply not liked? What lessons have you learned along the way about yourself?

How can you use your current circumstances as stepping stones to the future?

Whether you're currently unhappy and struggling or content and thriving, how can you use where you are now to help you get where are you going? What hard lessons are you in the middle of now?

Who are the people who have played a role in your story?

Do you have mentors that you look up to, ask questions, etc? Who is your biggest fan and support? Who's willing to ask the tough questions? Do you have any friends who are also walking this road?

Additional Resources:

- [Goals Worksheet](#)
- [MICRO Goals Reminder Cards](#)
- [Motivational Quotes Desktop Wallpaper](#)