

Rachel Schwab's
Ompowered Life

2018
Productivity
&
Passion
Strategy Workbook

www.ompoweredlife.com

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2018 Productivity & Passion Strategy Workbook

Hello there,

I'm Rachel and this workbook is part of the actual strategy I use every year to reflect, embrace & define my most authentic life.

Truth be told, I am a workbook junkie, so I actually have a whole binder full of worksheets and exercises, but this compilation is honestly my favourite and most to-the-point: strategically put together to help you get the most out of it in the least amount of time.

This **2018 Productivity & Passion Strategy Workbook** complements my online and in-person (Toronto) sessions where WE work together to help you dream, focus, strategize and plan your next steps.

Ok, time's a tickin' so let's get to it. Turn off your phone, shut down your email and find a quiet spot.

Be prepared to be honest with yourself, do some soul searching and recover your true desires.

ॐ Rachel

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Reflecting back on 2017

What are you most proud of this year?

What did you learn?

What did you want to accomplish but didn't?

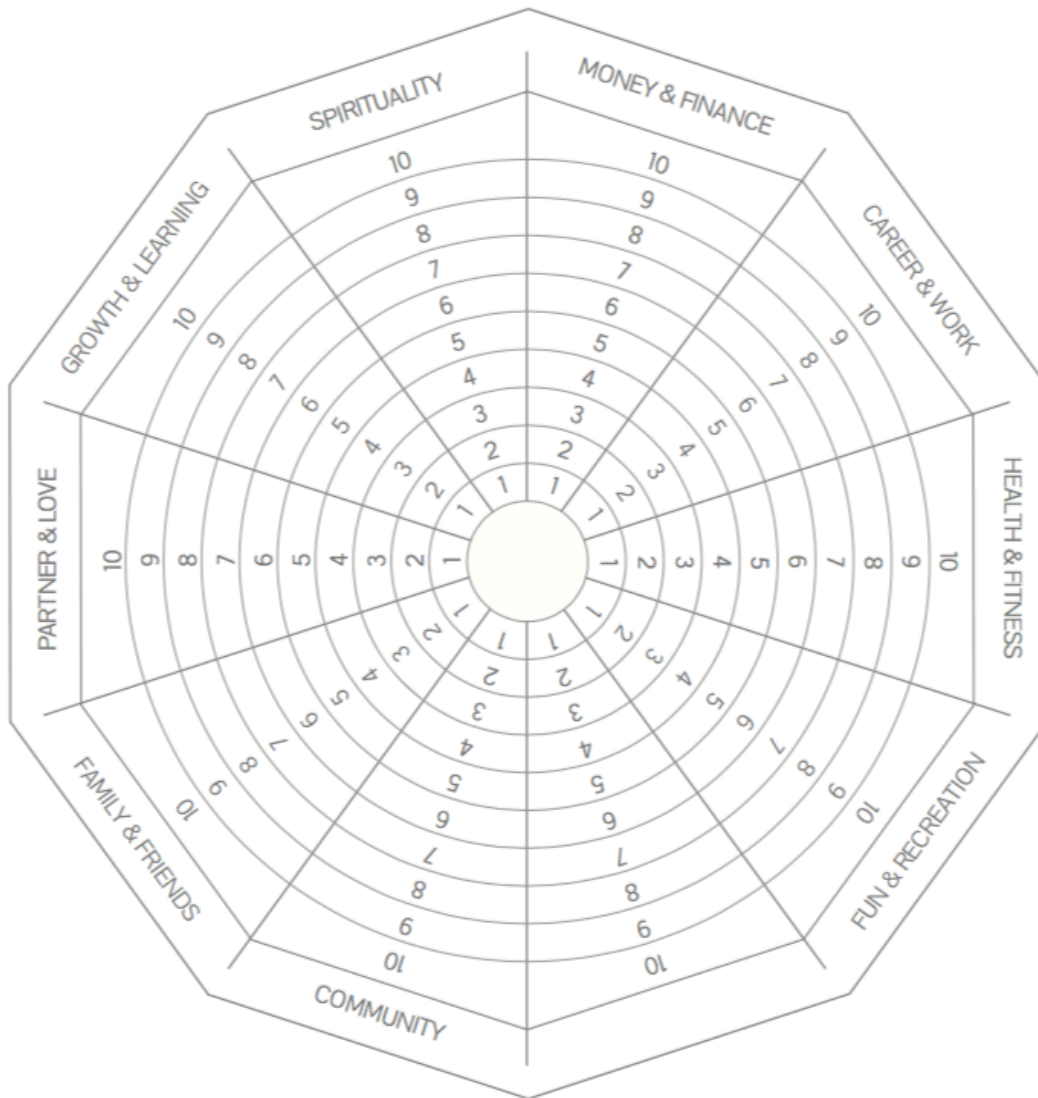
Where do think you should focus next?

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Date Completed:

Wheel of Life



1. Choose the top 10 priorities in your life and write (replace) in each section of the wheel.
2. On a scale of 1-10 (1 being lowest), what is your current level of satisfaction in each area? Trace over the number line.
3. When complete, all lines should connect (like an unbalanced circle).

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Reflecting on your Wheel of Life

What areas are most important to you? (These are your priorities)

In what ways would you want to change this wheel?

What can you do to raise your numbers?

List 3-5 actions you feel are the most important to pursue in the next few weeks.

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Things/Behaviours/Actions to...

Do more of	Do less of	Start doing	Stop doing

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Your Current Reality

What are you most grateful for in your life? (List at least 10 things)

Where are you spending most of your time?

What is your biggest time waster?

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What can you do this year to live or embrace your word?

Who are 3-5 people who can support you moving forward?

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MY 2018 _____ PLAN
(insert your word of the year)

2018 Affirmation(s)

This year, I intend to be more: _____

I choose: _____

I will embrace: _____

I will let go of: _____

I will honour: _____

I will accept: _____

I will manifest: _____

This year, I am _____
