

— YOUR *signature* LIFE —

MODULE 1

LESSON 1

Welcome to Your Signature Life online course!

It is truly an honour to have you here.

Over the next 5 modules I am going to guide you through your journey from distracted to deliberate so that you can lead a life that is most meaningful and fulfilling to you. Whether this is your first attempt at truly getting deliberate in the quality of your life or if you've been dabbling in this area for some time but need the direction and tools to take you to the next level:
you're in the right place.

Along with this participant guide, I ask you to bring the following:

1. An open mind: Everything you are going to learn is based on years of my work with others, on research, and on the approaches of the industry's best. So do your best to hold an open mind as you move through the lessons, and trust that if you keep showing up and apply what you learn here to your every day life, you will see a real difference.
2. Confidence in yourself: I know that you can live a signature life and leave a legacy that matters to you. Everything we need in order to make our most transformative changes we already have. If you bring all of yourself to this experience, dig deep and get deliberate, have faith that your efforts will be rewarded in both small and big ways in your life.

Congratulations for taking this step.

Let's do this!

XOX

A handwritten signature in black ink that reads "Tarina". The signature is written in a cursive, flowing style with a prominent initial 'T'.

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LESSON 2

In this lesson we look at the definitions of distraction and deliberateness so that you can identify both what is getting in the way of achieving your goals as well as what areas of deliberateness you will need to focus on developing in order to reach your desired state.

Distractions: Distractions get in the way of what we are aiming to direct our energy and attention to. They are what derail us from the activity or the state we want to be doing or experiencing. There are two types of distractions:

External distractions: These are the distractions that originate from outside of you. Anything from your environment, such as a phone ringing or another person speaking to you.

Internal distractions: These distractions are made up of all the chaos in our minds, the incessant thoughts, worries, and stories that not only make the realization of our visions more difficult but can even stop them in their tracks.

Examples of my key external distractions include...

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Examples of my key internal distractions include...

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Which of the above answers are costing you the most in your life?

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Deliberateness: In the context of this program and the Deliberate Community at large, deliberateness is defined through its three pillars:
Choose what matters. Act what matters. Become what matters.

The Four Archetypes of Deliberateness

Choose-Becomers: People who are great at identifying what they value, what they want out of life, and what they believe in but really struggle when it comes to developing good habits and taking action. As a result, their choices—better known as their preferences in this case—aren't visible to themselves or others. Choose-Becomers are known to fall flat when it comes to taking action on their choices, so become people who are separate from the values they hold. Despite knowing what they want in life, others wouldn't know it.

Act-Becomers: People who are super when it comes to taking action but lack the awareness behind their acts. They may be quick to deliver but haven't given much more than a second thought to what they're choosing to focus on or why. As a result, what they become are people they didn't intend to be. They may be burnt out and/or seem successful to the world but feel depleted inside.

Becomers: People who tend to feel disempowered in their ability to influence their own outcomes and as a result do not make conscious choices around what they value and take little proactive action in shaping their lives. Instead, much of the way they behave is in reaction to others and events. As a result of not choosing or acting what matters to them, the lives of Becomers simply “become” shaped by their reaction to whatever is thrown their way.

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None of these archetypes reflect a deliberate way of living, one that represents the fullest expression of who a person is and how that person would like to be remembered. As a result, a core experience of these three archetypes is the quiet feeling that something is not quite right, that who the person is on the inside is not truly reflected in her outer world.

You are the boss of your brain. Regardless of your past, your future holds enormous possibility. None of this is set in stone. We can all change our story and move toward deliberateness. The purpose of identifying which archetype best describes your current *behaviour* is to identify which area(s) you need to focus on developing most.

Choose-Act-Becomers: People who are truly deliberate, who take the time to continually revisit their values, priorities, and aspirations and who put those aspirations into daily, actionable behaviours. As a result, others come to know them in a way that reflects the visions they hold for themselves. They are people who keep showing up despite the challenges, take their life and their self-responsibility seriously and are relentless in the pursuit of the shaping the quality of their lives. Choose-Act-Becomers challenge themselves to be disciplined, to be curious, and to live with integrity. They are present in their life and life rewards them back with endless moments of beauty and grace.

Choose-Act-Becomers aren't born, they're self-made. Working toward a CAB archetype is the way to become the person you've chosen to be.

The archetype that most resonates with me is...because...

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Now that we've covered definitions, what do you do with the information? So many people go to amazing courses and then tell everyone about how awesome their experience was. But the next day, their learnings have vanished! If what they learned is not deliberate and planned out into their lives, it disappears. In this lesson we explore the mentality behind how to actually apply our knowledge, as well as some tools to increase our success.

YOUR WHY

One of the most important steps you can take toward seeing a change is getting clear on your "why": on the reason(s) you need and do GAF.

You know you've found your why when it feels meaningful to you on an *emotional* level. Knowing your personal mission in taking this course will bring you one giant step closer to fulfilling it.

The reason I GAF is because...

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What is at stake in 6 months, 1 year, and 10 years if I don't GAF?

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LESSON 3

What is possible for me in 6 months, 1 year, and 10 years if I stick with it?

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I can do this! I will do this because...

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MODULE 1

LESSON 3

Write your "Why" in the box below, cut it out and place it somewhere highly visible to you!

MY WHY

YOUR *signature* LIFE

MODULE 2

LESSON 1

Welcome to Module 2! By now we've covered what it means to be distracted, what it means to be deliberate, the Four Archetypes of Deliberateness, how they all apply to you *and*, most importantly, your "why". Now, you can't begin working toward a goal if you don't know where you're starting from. In this lesson we look at how satisfied you currently are in the various areas—or buckets—of your life.

YOUR LIFE IN BUCKETS

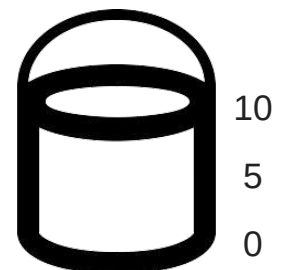
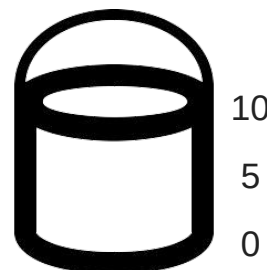
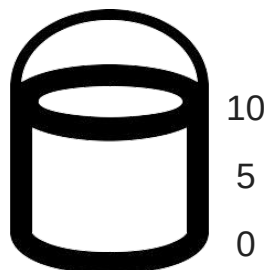
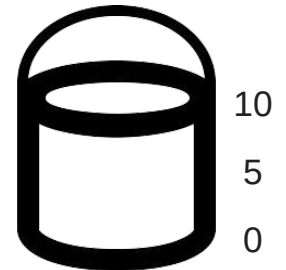
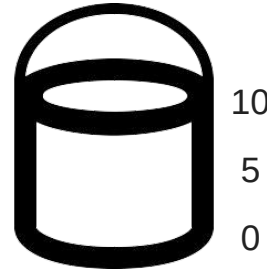
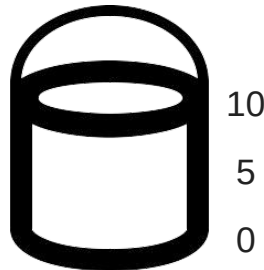
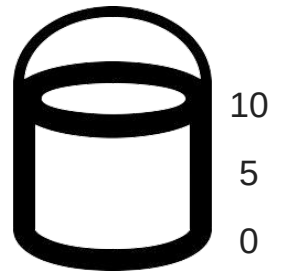
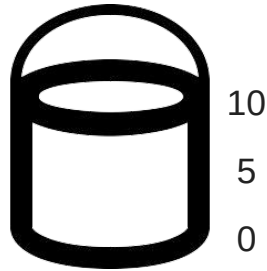
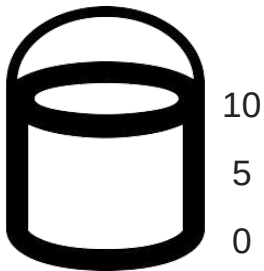
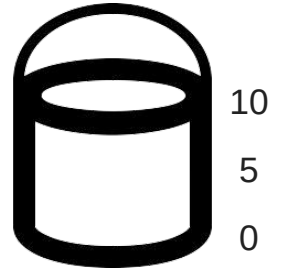
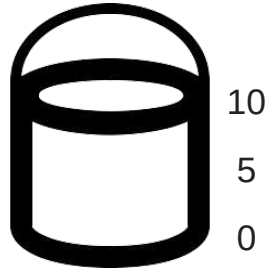
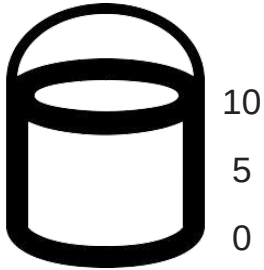
Adapted from The Deliberate Effect

1. Think of the different areas in your life. Some typical areas include work, social relationships, family relationships, personal growth, spirituality and/or religion, finances, health, leisure, romance, and your environment.
2. Use the buckets provided on the following page and label them according to the suggested categories above that resonate with you, including any other major areas of your life that you would consider "bucket-worthy". Don't be shy to label the extra buckets if you need to as well, keeping in mind that your buckets should represent broad categories.
3. Think about how satisfied you are with the area of life your bucket represents. Is it full, empty, halfway? Remember: this does not reflect the time, energy or effort you put into each area of your life, but represents how satisfied you are in them.
4. Draw a line of water in your bucket at the level of satisfaction you feel (0-10). 0 represents totally dissatisfied, 5 represents moderately satisfied, and 10 represents complete satisfaction.

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LESSON 1



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MODULE 2

LESSON 1

What surprises me about my buckets is...

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What *doesn't* surprise me about my buckets is...

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Actions I am taking to make my fuller buckets be that way include...

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Actions I am not taking to make my emptier buckets be that way include...

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The 3 most important buckets that I would like to focus on now include...

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MODULE 2

LESSON 2

In this lesson we examine the stories you've been telling yourself as well as the beliefs you've adopted that greatly influence your experiences and outcomes. We also look at the ways in which you can begin to shift your paradigm to one that is self-promoting.

1. Think of the themes or scripts that are challenging you in your life. Do they relate to your relationships, your work, a dream you may have or even the way you present yourself? Plug one of these scripts into a typical example for yourself.

A common script includes...

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2. Where might this script come from? Could it be an assumption?

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3. Think about what is happening when this script typically triggers you. What is the circumstance?

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MODULE 2

LESSON 2

4. Now, examine how you usually feel in this circumstance. What does it feel like to play this script in your mind?

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5. Reflect: What is the typical behaviour that you've chosen to act upon as a result of the thoughts and feelings described above?

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By now you've examined a script from the angle of a typical circumstance and its resulting feelings and behaviours. Chances are, this script is not serving you or anyone else, no matter how "true" the script may feel. So, now it's time for you to challenge your script and choose a different way of framing it.

Continue on the following page...

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MODULE 2

LESSON 2

6. What is an alternate way of thinking about your script? How can you reframe it into a thought that is both believable and self-promoting?

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Note: You might begin to do this by thinking about how you can leverage whatever beliefs you already hold that support your reframed script. The key is to challenge your script while also basing your reframing in something that you already know to be true so to create momentum in the right direction.

The next time you face a triggering circumstance, try this process of reflection and reframing. Check in on how you feel and choose to respond, and note whether there is a difference from past responses. In time and with regular practice, your script will transform into the evolved version you feed yourself.

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MODULE 2

LESSON 3

Module 2 is all about examining where you're currently at, both in terms of your levels of satisfaction in the various areas of your life as well as the mindset and mental scripts you bring to your everyday life. We've looked at how you can address these points on your own, but in this lesson we focus on the other piece of the puzzle, which is how to gain self-awareness through others.

When people hear the term "self awareness", they tend to consider what they think of themselves. But to live a truly deliberate life, it cannot be just about what you think. There's an entire world of people out there who experience you and whom you need to tap into in order to learn more about yourself.

HOW TO BUILD YOUR BOARD OF DIRECTORS

Adapted from The Deliberate Effect

1. Think of the people in your life who have already shown their loyalty to you, their faith in you, their candidness, and their honesty.

Ask yourself: Whom do I trust, value, and admire? Who challenges me and draws me out of my comfort zone?

Consider people in both your professional and personal circles, people of different genders and values. Use the template provided in the following pages and write your name in the middle circle of the paper. Then fill in the smaller bubbles with the names of the people you came up with. These people can be from all areas in your life: social, clubs, work, old friends, new friends, etc.

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MODULE 2

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2. Reach out and tell these people why you'd love for them to be on your board, explaining your desire for their candidness and honesty. Below is an example message that you can work off of as a base to send to them, but feel free to tweak and personalize it in whichever way feels most authentic to you. **Schedule a time in your calendar to reach out.**

Sample email script:

Hi [their name],

I'm reaching out because I'm focusing on my personal development and strongly value your opinion. I'd like to know if you would be on my Board of Directors.

You might be wondering, What does being on [your name]'s Board of Directors mean?

Successful companies are built with the support of a great board of people behind them, and that's how I'm approaching my own development—I want to build on my growth with the support of the people I trust and whose opinions and advice I deeply value. So, I'd like to know if I could reach out to you when in need of some feedback or advice. I give you the green light for total candidness and honesty!

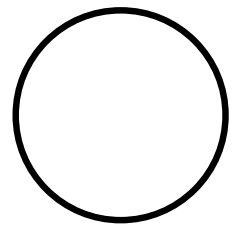
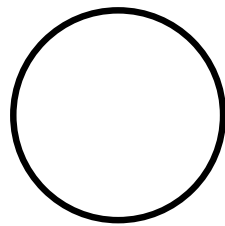
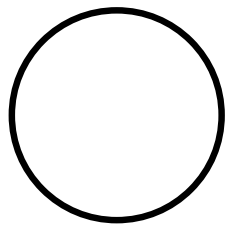
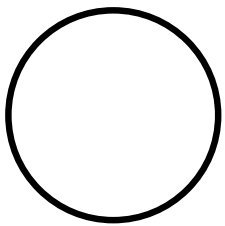
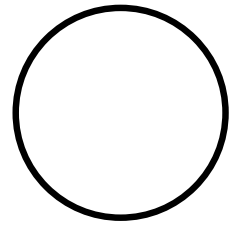
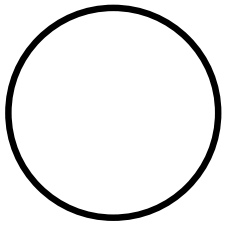
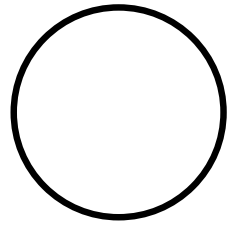
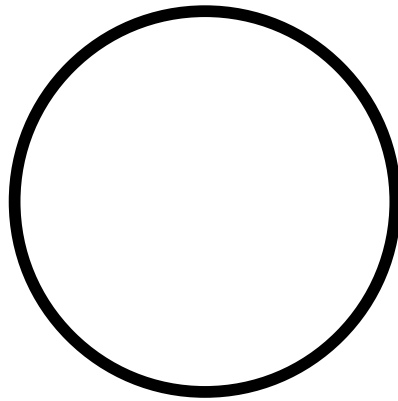
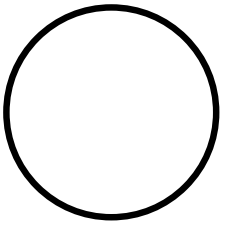
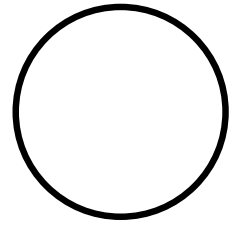
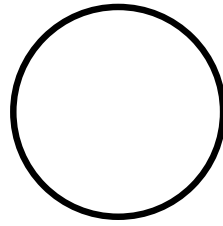
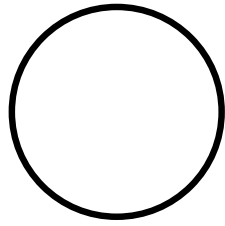
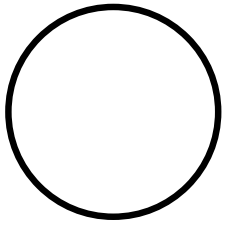
Would you do me this honour?

With deep gratitude,
[Your name]

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MODULE 3

LESSON 1

In this lesson we focus on your highest values and priorities in a way that you've probably never considered before. This is one of my clients' absolute favorite exercises! The reason we're going to start this module by looking at your priorities is because this is where the crux of deliberateness comes from. So many of us get caught up in the rat race of life—you may very well feel this way right now. One key reason for this being the case is people not concretely knowing where their priorities lie. So, let's get to it!

HOW TO ORGANIZE YOUR BINS 1, 2, AND 3

Adapted from The Deliberate Effect

You can use this tool for any of the following purposes:

- Establishing priorities in your overall life.
- Establishing priorities in the buckets of your life.
- Determining priorities when facing a specific problem or big decision.

The following explanation describes how to establish priorities in the different buckets of your life, but the same process applies to the other two possible applications. If you choose to establish priorities for each individual bucket of your life, repeat the following exercise with each bucket in your notes section for easy reference.

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MODULE 3

LESSON 1

1. Take one of the buckets of your life from Module 2 and reflect on some of the values and expectations you currently hold in this area of your life.

The bucket I am looking at is...

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Typical values and expectations I hold for this area of my life include...

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2. It's time to get clear on your priorities. To do this, envision each value and expectation as a physical item taking up space in your life. You want to get organized, so you sort through your items and put each one into one of three bins: Bin 1, Bin 2, or Bin 3.

Which bin do you choose for each value and expectation?

Description on the following page...

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MODULE 3

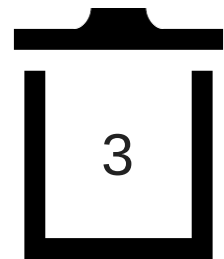
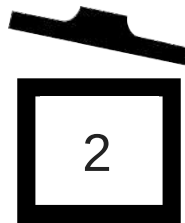
LESSON 1

Bin 1—small: They say good things come in small packages, so Bin 1 is the smallest and contains your highest-value items. These are the values of greatest importance to you and are largely non-negotiable.

Bin 2—medium: This is your medium-sized storage, the kind that contains important enough things that you keep it in the house but don't look through it every day. Everything in this bin is negotiable: nice to have and sometimes will, but also won't focus on all the time.

Bin 3—large: We may as well call this one the garbage bin, because you're completely willing to let go of these items. It's those things you're not ready to put your energy into, at least for now. It's also the biggest and kept the farthest away from your focus.

BUCKET: _____



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MODULE 3

LESSON 1

The ultimate goal with your bins is to make:

- Your Bin 1 the smallest (maximum of 5 items).
- Your Bin 3 the largest.
- Your Bin 2 somewhere in the middle.
- *Your life a whole lot simpler.*

Thinking about your priorities in terms of Bins 1, 2, and 3 will save you from so much unnecessary anxiety and pain and will replace your troubles with clarity and confidence. Being clear on your (few) top priorities will also provide great direction to your life.

In order for your bins to show up in your life and make an impact, you will need to align yourself with those who are impacted by them.

Consider the following when communicating your bins:

- Explain the “why” behind your priorities, including the benefits for both you and the other person(s).
- Explain what the person can expect from you as a result of your priorities.
- Explain the time frame that these priorities may be in place (as some may be short-term).
- Ask, ask, ask: How do they feel about your bins? What are their concerns? What are they excited about? Open up a dialogue and see what comes of it.

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LESSON 1

WEEKLY BIN CHECK-IN

Take 15 minutes once a week and ask yourself:

- “How is my week according to my bins?”
- “How did I align with them? Why?”
- “How did I go against them? Why?”
- “What can I learn from this and what can I tweak in my behaviour to make next week better?”

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LESSON 2

At the heart of deliberate living is shaping a life around our highest priorities and values (choosing what matters!). But nothing will come of these priorities unless they're translated into actionable goals (acting what matters!). In this lesson we look at setting inspired goals based on our Bin 1 priorities.

HOW TO CREATE INSPIRED GOALS

Adapted from The Deliberate Effect

1. Considering what's important to you, write down all the aspirations you've been wanting for yourself. They don't have to seem at all plausible—let yourself really play with your imagination and dreams. Don't hold back!

Dreams, aspirations, goals, I've been dreaming of for myself include...

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MODULE 3

LESSON 2

2. Write down your list of needs: What are the responsibilities in your life that are important for you to uphold to support your welfare emotionally, financially, health-wise, etc.? Are you a parent? A leader at work? Get these needs down in another list.

My list of key responsibilities that are necessary to uphold in order to support the welfare of myself and those I'm responsible for include...

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3. Take your list of aspirations and weigh them up to your Bin 1 items and list of responsibilities: Are they authentic to your highest priorities and values? Are you willing to stretch yourself to do the work to attain them? Do they conflict or work in harmony with your non-negotiable responsibilities? The more ambitious, the better! Far too many people only create goals they're sure they can accomplish. This said, you need to see that at the very least they do not by nature conflict with your prime responsibilities.

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LESSON 2

4. Write out these ideas in the form of goals with the following criteria:

- Address each goal in the present tense beginning with “Now that...” followed by how you feel.
- Consider the SMART goal method: Make your goals specific, measurable, actionable, realistic, and timely. (When I say realistic here, I mean respecting fundamental laws, etc. So much more is possible than we allow ourselves to believe!).
- Include as much detail as you can, especially describing how you feel “now that” it’s come true. This part is critical!

Ex: Now that I’m _____ I have _____ and I feel _____!!!”

5. Read these statements to yourself often or record yourself reading them and listen to the recording again and again! Integrate them as a ritual for yourself and allow yourself to get emotionally involved in what it will feel like when those words genuinely reflect your reality. This part is key and brings so much excitement and joy to the process.

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MODULE 4

LESSON 1

Welcome to Module 4! What I think is so important about this module is the fact that it is one of the most overlooked parts of a person’s pathway to fulfilment. Because of this, distractions are most often people’s Achilles’ heel – the weakness that throws them off their game just when they’re getting revved up and ready for change. In this lesson we explore one of the greatest external distractions of our time: technology.

What are the typical ways in which you allow technology to distract you while at work?

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What are typical ways in which you allow technology to distract you while at home?

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Given this lesson and the bonus checklist “10 Out-of-the-Box Ways to Manage Technology”, what are some concrete steps you will commit to taking to lessen the impact technology has on your focus in your life?

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MODULE 4

LESSON 1

What is your timeframe for integrating these actions?

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How does your “why” relate to these actions?

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MODULE 4

LESSON 2

Welcome to our second distraction: perfectionism and analysis paralysis! These might not be obvious distractions to some, but the reason they are not only distractions but hugely important ones too is because they are closely related to how people prioritize.

Perfectionism is a key distractor because it tends to lead people into believing that they have less time in a week than they do because they're spending extra time trying to make everything as perfect as possible. But part of being deliberate is about being able to let go of certain things while giving it your all in others. If you need to be great at everything you will have a hard time prioritizing and making choices – hence what so many perfectionists run into: analysis paralysis!

For some it is simply easier to analyze something than to act on it. And so instead, people self-sabotage and find themselves stuck in a choosing spiral. Perfectionists tend to be more comfortable in an analysis paralysis state because they want to get it just right but it leaves them as it sounds—paralyzed, stuck. The only way to lead that signature life deliberately, with fulfillment and energy is to find a balance, to see where you can let go in your perfectionist tendencies.

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MODULE 4

LESSON 2

YOUR 70-150% RULE

Adapted from The Deliberate Effect

In order to break free from perfectionism, some activities and tasks will demand your very best (150%), while others will merely require your “good enough” (70%). According to this rule, the values that are at the top of your priority list—your Bin 1 items—are given 150% of your devotion and effort, whereas everything else receives your 70%.

Have a think about the ways in which perfectionism may be showing up in your life. What might some of your own 70-150%ers look like?

70% (GOOD ENOUGH)	150% (GREAT)

— YOUR *signature* LIFE —

MODULE 4

LESSON 3

Sometimes, multitasking can be a strategic move—*when done deliberately*. Multitasking becomes a distraction when it becomes our default, our way of life that we don't question. In many cases it causes us anxiety and stress and leaves us with the feeling that we are never truly present, that life is passing us by as we put out fires. In this lesson we look at multitasking and examine the ways in which we can remove thoughtless multitasking from our lives and how we can turn *some* multitasking practices into part of our strategic vision.

What is thoughtless multitasking costing me?

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What activities am I currently combining that I would become more effective and derive more joy from if I single-tasked them?

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MODULE 4

LESSON 3

What do I need to adjust in order to single-task these activities and be more present?

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What can I gain from single-tasking these activities?

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What routine tasks can I strategically combine to save me time?

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YOUR *signature* LIFE

MODULE 4

LESSON 3

BRAIN BOXES

Taken from The Deliberate Effect

1. You're at home enjoying dinner with your family and hear your phone ring. You immediately feel anxious, as you know you missed a deadline today and it's more than likely that your boss is calling to chew you out. Instead of rushing away from the table, allow yourself to feel the anxiety for a minute and stay with your family.
2. Put that thought—that you need to check your call and deal with it— into a box in your brain labelled “work,” and move it from the front of your brain to the back. Then, return to being mentally present with your family.
3. When the time comes, say 9pm when your kids have had their story and tuck-ins, pull the brain box back to the front of your brain and deal with business.

The reason for consciously compartmentalizing these emerging thoughts and responsibilities is so that you can effectively manage opposing worlds and the stresses that result. We could feel anxious all day long and never fully do the things that are right in front of us if we allowed ourselves to be swept up in the endless interruptions. The key is to think of your brain as having boxes in it that are prioritized from most important at the front to least important at the back. When the appropriate time comes for the given box, deal with it then but not sooner!

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MODULE 4

LESSON 4

Part of designing Your Signature Life involves learning how to protect it. You've worked hard to set your priorities, create your inspired goals, and remove the other distractions from your life—now you need to protect what is yours and set boundaries around it. A lack of boundaries is a killer distractor because not establishing them has everything to do with other people's priorities and urgencies and none of yours. If you're constantly saying, "yes" to people or not establishing your own mental boundaries, you will sacrifice the signature life you want to lead. In this lesson we touch on what it means to protect your boundaries and explore some tips on how to do so.

Internal boundaries: These are the boundaries you put up in your mind, the ones that help you manage the worrying, the rumination, and the incessant thoughts that derail your focus. Internal boundaries relate to our mental scripts as well as our brain boxes to an extent, because all three are about managing our thoughts for the sake of our wellbeing and effectiveness.

External boundaries: This is our more traditional understanding of boundaries and relates to the agreement we make with ourselves regarding what we will and will not accept from others, as well as what we expect from ourselves in relation to others. A main reason that people struggle with setting healthy external boundaries is their desire to "people-please": to say yes to everyone in order to please other at the expense of their own desires and needs.

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MODULE 4

LESSON 4

THE TWO-MINUTE RULE

For internal boundaries

When you find yourself caught in a worry spiral, set a timer and give yourself two minutes to indulge in your thoughts. Get in touch with yourself, mull it over, and simply allow the feeling to exist. Once those two minutes are up, you might decide that you need to go into action mode over your concern, which may include researching a solution or others' experiences, talking to someone (perhaps someone on your board), or executing a plan to directly deal with whatever it is you're thinking about.

If none of these options are the right fit for your circumstances or needs at the time, write down your points of concern and then put that list away.

The key is to get your worries or negative scripts outside of your body one way or another. **The distraction is having them in your body without parameters.**

At this point you've given yourself some guilt-free time to explore your concern—now it's time to either take action or release it.

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MODULE 4

LESSON 4

TOP TIPS

For external boundaries

Take your time, weigh it up, let them in:

If you're a bonafide people-pleaser, chances are when someone asks you to do something you say, "yes" first and think about it second. A simple but hugely effective move you can make to build healthy external boundaries is a process of weighing up before responding to someone:

1. First, let the person know you'll get back to them after having a think about it: "That sounds interesting (if it does), I'm going to have a think and get back to you." This way, you have a chance to weigh your options without the person right in front of you, resulting in a less emotionally charged decision.

2. Then, ask yourself:

- Is this request in line with any of my Bin 1 items? My Bin 2 items?
- Will this suck my energy or will it energize me?
- Do I want to do this?
- If I did do it, what would be my intention?

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MODULE 4

LESSON 4

TOP TIPS CONTINUED

For external boundaries

Use your answers to help determine your response. Doing so will enable you to prioritize your needs over someone else's. And in many cases, you will find that there are plenty of win-wins to be had through sharing your thoughts!

When you do create an external boundary, there will inevitably be times you will choose to decline certain requests. When doing this, it helps to let the other person in on your world a little bit. Perhaps this is a busy period in your life, or you have other commitments or values that conflict. This is not to say that you must justify your boundaries to others, but in some circumstances it does help to provide context for the other person, especially if you deeply care about the relationship.

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MODULE 5

LESSON 1

Welcome to our final module! This is where we really make it happen, where we work toward seeing results and bringing those priorities and inspired goals to life. Before we can reach our larger goals, many smaller steps and factors—let’s call them “micro goals”—must first occur. In this lesson we focus on the fundamentals to making it happen, from the big picture, through to these micro goals.

WHAT MUST BE TRUE?

Adapted from The Deliberate Effect

Pick one of the inspired goals you previously created—one that’s resonating extra powerfully with you right now. Repeat this exercise with all of the goals on your list in your notes section to begin creating a strategic plan.

Ask yourself the following questions and fill in your responses:

How does this inspired goal relate to my “why”?

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Remember: You can do anything if you have the will to do it, and your will is directly tied to your why, your “so what”, your reason to Give A Frig. Hold this tight and remember the possibilities that await you as you map out a strategic plan.

— YOUR *signature* LIFE —

MODULE 5

LESSON 1

In order for this goal to come to life, what are the micro goals that must happen before this ultimate goal can become my reality?

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Of the micro goals listed above, which do I have control over executing?

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Is there an order that these micro goals with naturally occur in? Organize them in chronological order to determine your starting point.

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MODULE 5

LESSON 1

How can my board of directors help me in executing these steps?

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What are some creative ways I can go about making these micro goals happen?

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When will I commit to beginning?

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MODULE 5

LESSON 1

RITUALIZATION

Creative ways that I can set myself up for success in achieving my micro goals include...

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YOUR *signature* LIFE

MODULE 5

LESSON 2

This is it: the final lesson of the Your Signature Life course! By now we've covered so much together and I am truly impressed that you continue to show up and do the work. This final lesson is all about measurement, course correcting and—my favourite—celebration. As you apply these learnings into your daily life you will reach a point where you feel great and may even believe you have it all down pat. But the reality is that our lives are constantly in flux—they are changing all the time! By measuring, course correcting and celebrating, you create a practice that will ensure your highest priorities and inspired goals continue to show up in your life. This is how to make Your Signature Life *stick*.

YOUR QUARTERLY BUCKET AND BIN REVIEW

Adapted from The Deliberate Effect

1. First, ensure you're in a space that you can relax and reflect in, then grab your notebook and a pen. Space is provided here for your first quarterly review, though it would be best to consolidate all reviews to one notebook so you can easily compare how your reviews change from one quarter to the next.
2. Begin by drawing out the buckets in your life as they have been for the past few months. Where are your levels of satisfaction? How do they weigh up to where they were during your last review? Have circumstances changed since then that would explain any differences?

— YOUR *signature* LIFE —

MODULE 5

LESSON 2

Draw your buckets here:

3. Then bring your bins to the table.

How are your Bin 1 priorities reflected in the levels of your buckets?

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Have any of your Bin 1 priorities changed? How so?

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— YOUR *signature* LIFE —

MODULE 5

LESSON 2

4. Where there is alignment between your bins and buckets, explore what you might be doing right to make it so. Where there is a gap, I encourage you to drill down and ask yourself why that might be the case. Some questions to consider include the following. Explore what your answers might mean—go deep.

Am I really bought in to my bins? Explore.

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Do I really believe in them or do I simply feel they should be my priorities?

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Do I still have too much in my bin 1?

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— YOUR *signature* LIFE —

MODULE 5

LESSON 2

Do I need to change what is in my bin 1 to reflect the needs of an empty bucket?

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How are your Bin 1 priorities reflected in the levels of your buckets?

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— YOUR *signature* LIFE —

MODULE 5

LESSON 2

5. Now, brainstorm ways you can create more harmony between your priorities and levels of satisfaction. You may even want to take this to a trusted member on your board of directors that best suits your need and ask them to help you come up with a solution or next step.

Ways I can create more harmony between my bins and buckets include....

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People I can reach out to for support on this include...

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MODULE 5

LESSON 2

WAYS TO CELEBRATE SUCCESSES

Adapted from The Deliberate Effect

Some of the small ways I can celebrate successes include...

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Some of the big ways I can celebrate successes include...

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Once you've accomplished something as small as putting your phone away during dinner or as large as reaching a milestone on one of your visions, refer to your list and see which method of treat or celebration suits the occasion! And don't forget to bring people in on your celebration, because it's likely that the support and encouragement of others has helped you get to where you are. Acknowledging this and bringing them in is part of the journey.

— YOUR *signature* LIFE —

You have everything you need to make this happen inside of you.

You are now part of a Deliberate Community of people who, like you, are out there choosing, acting, and becoming what matters most to them.

Go forth and put your signature on life.

XOX

Tarina