



Lou Brown ADHD & LIFE COACH

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Get Crystal Clear

When you want to make some changes in your life, it is really helpful to first get crystal clear about what's important to you and why. To help you gain this clarity, below are some questions to consider.

What are your interests (the things you enjoy)?

What are your strengths?

What is important to you?

What is your purpose (what difference would you like to make in the world)?

What are you passionate about?

What makes you happy and brings you joy?

What would like to be different in your life?

If you could change one thing what would it be?

What would you like to be doing 3 months from now?

What would you like to be doing 6 months from now?

What would you like to be doing 12 months from now?

Why is this important to you?

What else may change in your life if you achieved your vision?

Anything else you want to consider?
