



MAGNETIZING YOUR HEARTSONG WORKSHEET

This form is for your eyes only. Invest about 20-minutes a day for one to two weeks completing the steps. You could take 5-minute increments, but dedicate about 20-minutes each day contemplating your passion(s). Return to the list periodically to add a word or a phrase. You may need additional paper to complete this exercise. Keep these worksheets private at least until you completely finish.

STEP 1

List all your skills, like waiting tables, plumbing or typing. Include a list of all software programs you know.

STEP 2

List the jobs you've held in the past (include short, temporary and volunteer assignments). Keep it brief; this is not a resume.



STEP 3

List your education. Include any personal development classes, continuing education courses or weekend marital retreats (as these teach you how to relate and communicate with the opposite sex).

STEP 4

What do you like to do in your spare time? List your favorite activities, hobbies and interests, even if you've never put any physical time into the idea. If you've been thinking about it for more than one year, include that on this list.



STEP 5

Make a list of your top 10 locations/environments to live. Your answer could be the beach or Fort Lauderdale, mountains or Montana. The more specific you are the better but don't get lost in the details. Get some ideas on paper first.

STEP 6

What's your pace? _____

Slow and easy, little traffic, country living _____

Moderate with relaxing weekends _____

Big city, fast living, comfortable with traffic _____

Other _____

STEP 7

What's your favorite time of day? _____

Morning _____ Afternoon _____

Evenings _____

Wee Hours _____



STEP 8

On vacation, do you spend your time inside or outside? Do you prefer museums or hiking?

STEP 9

What talent do you not have, that you admire in others? Could you take a small step in finding that within yourself? If you like to paint, purchase a canvas and make the first brush stroke. Surprisingly, a second and third are sure to follow.



STEP 10

Create a list of professional and personal contacts and 1-3 words of their admirable traits.

Name	Contact Information	Admirable Traits
Ex: Former Supervisor	JaneSample@gmail.com	helpful, kind, motivator
Next door Neighbor	Neighbor@gmail.com	friendly, gardener, trendy

Here's a few words to get you started...

Kind	Driven	Spiritual	Reliable
Respectful	Out-spoken	Optimistic	Elegant
Generous	Free-spirited	Playful	Pensive
Financially-Secure	Frugal	Wise	Alluring
Artistic	Jovial	Dependable	Dedicated
Loving	Compassionate	Genuine	Relaxed
Committed	Worldly	Trusting	Rich
Honest	Responsible	Joyful	Wistful
Transparent	Healer	Sexy	Wise

Spend about 20-minutes a day for one or two weeks on this research. It doesn't have to be all at once. Take 1-5 minute increments to complete this assignment.



STEP 11

Create a list of the Top Ten people you admire.

There may be some overlap from the previous step or they could be celebrities or professors. Add 1-3 words that describe each person on both lists. Even though you admire them all, rank them from 1-10 (#10 being the most admired). See list of qualities previously presented to get started.

Rank	Name	Admirable Traits
Ex: 10	Barbara Streisand	singer, creative, driven
9	Dr. Wayne Dyer	orator, spiritual, innovative
8	Jillian Michaels	fitness expert, focused
_____	_____	_____
_____	_____	_____
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_____	_____	_____



STEP 13

What is your favorite activity and why?

STEP 14

What is your favorite season? What is your favorite location? It could be spring in the mountains or a specific city and state. These two questions could be answered as one.

SEASON

LOCATION

STEP 15

What was the last city you visited? Where is your favorite location to visit? Have you visited a nearby city recently? When can you do that?



STEP 16

With whom and what skills can you barter?

Find like-minded people or groups who share your interests on Instagram, Facebook, Linked In, Pinterest, Meet Up, Next Door and numerous other online communities. Get connected to a nearby group immediately.

Who will Trade

Ex: Neighbor

What Skills

Roof repair for car repair

Location/Connection

Next Door Online



STEP 17

What do you really, really, really want in life? (It's the answer to the third "really" that we're looking for.) Is it a different job or a better-paying job, a new partner, vehicle or home? What makes your heart sing?

STEP 18

Tomorrow, if you won the lottery or received an unexpected inheritance what would you do? What would your life look like next year? Even if you said, "quit my job," you still need to fill up 24 hours each day. What else would you do with your time if you don't have to work at the same old job? Identify what your ideal day looks like? Where will you spend your time and in what city? What does your house look like? Who are the key players enjoying life with you? Review your lists from above knowing you have something wonderful to contribute to this fantastic existence.



STEP 19

Look at the patterns in your life for the past 5, 10, 15 years. What is a recurring theme? For instance, you may be an accountant but everyone stops by your office for counseling. Counselor might be another career option. Review the major occurrences in your life and note what events or activities periodically return.

All these questions lead you to know yourself better and get on track for your Divine Life Purpose. Ask these questions throughout the days and weeks to come. Find out what really makes your heart sing. Return to this process several times until you find what you love to do. Feel your success now as if you've already achieved it. Allow that vision to come alive and know the excitement of your dreams coming true. Offer gratitude for what you're seeing and sensing. **See it, Feel it, Hear it, Know It Now!**