



5 SIMPLE SHIFTS TO LIVE LIFE ON YOUR TERMS

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Your Life, Your Terms Declaration

This is your space to begin crafting the life you desire - a life full of purpose, wellness, freedom, and faith.

Declaration: I choose to live life on my terms. I honor my health, follow my purpose, walk by faith, and design a life that gives me time and freedom.

Reflection: What does living life on YOUR terms look like?

Scripture Inspiration: For freedom Christ has set us free... (Galatians 5:1)

Shift #1: Clarity of Purpose

What do I feel called to do in this season of life?

Identify your top 3 values, passions, or goals:

1.

2.

3.

Where does my faith align with my purpose?

Scripture Inspiration: For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Ephesians 2:10)

Shift #2: Wellness with Wisdom

True or False:

- I believe I have control over my health decisions.
- I believe alternative health options exist beyond insurance.
- I prioritize preventative care.

List 3 things you can do to take back control of your health:

1. _____
2. _____
3. _____

What does “health freedom” mean to me?

Scripture Inspiration: Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself... (1 Corinths 6:19)

Shift #3: Residual Income for Time & Choice Freedom

Residual income is money you earn repeatedly for work you do once.

What would you do if income came in while you sleep?

Design Your Freedom Day:

Morning:_____

Afternoon: _____

Evening: _____

Scripture Inspiration: But seek first the kingdom of God and His righteousness, and all these things shall be added to you. (Matthew 6:33)

Your Next Shift: Start the Conversation

Choose your next shift:

- ☐ I want to get clear on my purpose
- ☐ I want to improve my health
- ☐ I want to learn more about residual income
- ☐ I want all of the above!

You have taken the first steps.
Now let's talk about what's next.
Let's connect and explore how these shifts can become your reality.

Book a call with me:



Scripture Inspiration: Every good gift and every perfect gift is from above, and comes down from the Father of lights.. (James 1:17)