

YOUR MILLION-DOLLAR GIFT

Answer the questions in rapid-fire format. Write the first thing that comes to mind. If nothing comes to you, move on. Cycle through them until all are answered.

What do you enjoy doing so much that you would do them for free? What you consider relaxing, therapeutic, enjoyable or even fun that others consider work? What do you do that you don't even notice time passing, you forget to eat, you get consumed in these activities?

What have people told you time and time again that you're so good at? What are some things that you don't feel are "special" gifts, but that people always compliment you on, or that they're even in awe of?

What are the activities, work, hobbies, etc. that you do that flow easily for you? What activities fuel your energy levels?

What activities deplete your energy levels? What activities do you dread or get frustrated by? What activities do you struggle with or have difficulty learning or have no interest in whatsoever? What are the activities, work, hobbies, etc. that do not flow easily for you?

For each activity in your responses above, note what makes that true about the activity you listed, what each activity makes you feel and why. For example, I am not interested in tax planning. What makes that true? I don't enjoy learning complicated tax laws. It makes me feel bored because it's too much to keep up with.

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Once you've answered all the questions, identified what you love to do and what you don't like doing, identify the activities you want in your ideal, million-dollar life. What is it that you value about each activity? For example, what I value about coaching is helping others.

Go back through your answers above and make a list of activities, strengths, interests, frustrations, weaknesses, values, motivations you've discovered in this exercise that you feel accurately captures who you are or who you want to become.

From the list above, develop a statement that describes an overall picture of the million-dollar gift you want to share with the world. For example, Inspiring women to recognize and develop their significance and value in the world in order to fully step into their potential.

What is this worth in the world? Consider tangible and intangible value, benefits of this gift, what it contributes to their quality of life as well as their emotional, physical, or financial health, how the benefits compound over time, what it's worth to you, what it might be like for you to lose it, what you might pay to get it back if you lost it.

What makes your gift worth a million dollars?