

SOCIAL

with a purpose

Staying connected,
even while staying
physically apart.

LEVEL 10 LIFE

with Vanessa De Groot

Join Vanessa De Groot, a Registered Psychotherapist/Artist & owner of www.kindheartedstudio.com located in Stratford, Ontario through the creation of a Level 10 Life.

Level 10 Life is a productivity method that helps you get a better understanding of how you feel about the current state of your life. The system allows you to step back and reevaluate your life and take steps to improve.



The Level 10 Life chart is a fantastic way to discover your goals, but with a few small tweaks, it can also help you track your personal growth.

You can be a bit flexible with what categories you include, but if you want to keep it simple, you can use these basic categories:

- Health and Fitness
- Physical Environment
- Giving and/or Contributions
- Fun and Recreation
- Marriage or Relationship
- Career
- Finances
- Spiritual
- Personal Development
- Family and Friends

IT'S A GREAT TOOL TO:

- plan your life goals
- determine priorities
- set good habits
- evaluate where are you at this particular moment and where you want to be
- assess whether you've successfully improved and on what you should focus on next
- check-in with your goals

IN ORDER TO START A LEVEL 10 LIFE EXERCISE YOU NEED TO:

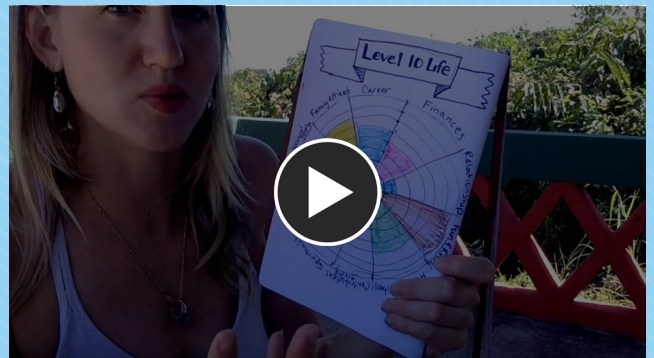
- create a wheel of life with categories
- describe your ideal life
- evaluate your life for each category from 0 to 10 accordingly
- list life goals
- set daily habits

SET GOALS

- In most cases, setting goals is the easiest part of reinventing your life.
- The next step is to determine your goals and put them down in your Level 10 Life bullet journal spread.
- Overall, it's proven that people who write down goals are more likely to accomplish them.

SET DAILY HABITS

- Once you've set your goals, set 2-3 daily habits for each goal that will lead you to accomplishing them and living a dreamed life.
- Practically, it's almost effortless to set up a few minutes throughout the day and write down where you want to be next year or in five years.
- Definitely, the biggest challenge appears when you try to stick with them. It's a lot harder to get a job done through daily routines, responsibilities, family life and career. After a short time of being extremely motivated, your enthusiasm slows down.
- Therefore, in order to stay on the right path, it's crucial to focus on developing daily habits instead of thinking about reaching your goals over and over again.



Watch the video instructions by visting:

<https://www.youtube.com/watch?v=SCdB4-z1WfM&feature=youtu.be>

WHAT YOU NEED:

- Paper
- Black pen or marker
- 10 coloured pencils
- 10 Life wheel

