



AUDACIOUS EXPANSION

JOURNAL

CHAPTER 1

PUNCH OR PIVOT

CHAPTER 2

GLOW UP, GORGEOUS (YES, YOU!)

CHAPTER 3

MIND THE GAP (AND THEN OBLITERATE IT)

CHAPTER 4

BOLD BLUEPRINT, NO APOLOGIES

CHAPTER 5

NORTH STAR OR BUST

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NORTH STAR OR BUST

What failure have I experienced that I haven't yet extracted the lesson from?



CHAPTER 6

SMASH THE AUTOPILOT

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Where in my life have I been on autopilot the longest? What would it look like to take manual control?



CHAPTER 6

SMASH THE AUTOPILOT

What unconscious patterns am I following that were actually set by someone else's expectations?



CHAPTER 7

ROOTED & RESILIENT AF

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What corner of my triangle (health, relationships, work) currently feels the weakest or most neglected?



CHAPTER 7

ROOTED & RESILIENT AF

Where am I trying to expand without first strengthening my foundation?



CHAPTER 7 ROOTED & RESILIENT AF

How might strengthening one area of my foundation positively impact the others?



CHAPTER 8

DITCH BUSY. CHOOSE ABUNDANCE.

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What achievements have I rushed past without properly celebrating? How did that impact my experience?



CHAPTER 8

DITCH BUSY. CHOOSE ABUNDANCE.

Who or what consistently drains my energy without adequate return? What boundaries could I establish?



CHAPTER 9

CRUSH THE CAGES; OPEN YOUR CIRCLE

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When I think about expanding beyond my current life, what fears or doubts arise?



CHAPTER 10

UNFOLLOW TO FLY

CHAPTER 11

BE BOLD. STAY BOLDER.

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What specific evidence do I have that contradicts my biggest limiting belief?



CHAPTER 11

BE BOLD. STAY BOLDER.

What three daily actions would create inevitable progress toward my goal?



CHAPTER 12

BET WILDLY ON YOU

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What would I attempt if I knew I could handle failure?



CHAPTER 13

OWN YOUR OWN FLAVOR OF CRAZY

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What's one thing I've been waiting to start that I could begin today?



CHAPTER 14

CIRCLE UP, LEVEL UP

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What kind of support am I currently missing?



CHAPTER 14

CIRCLE UP, LEVEL UP

Where do I resist asking for help? What belief is beneath that resistance?



CHAPTER 15

LIGHT 'EM UP

CHAPTER 16

PLANS WITH SWAGGER

CHAPTER 16 PLANS WITH SWAGGER

Where in my life am I waiting for motivation rather than creating systems?



CHAPTER 16

PLANS WITH SWAGGER

When have I experienced the flywheel effect in my life—something difficult that eventually gained its own momentum?



CHAPTER 17

FUEL UP ON FEAR

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FUEL UP ON FEAR

When in my life have I faced a significant fear and pushed through it? What tools or mindsets helped me succeed?



CHAPTER 18

HELL YES OR HARD NO

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HELL YES OR HARD NO

How might I reframe boundaries from limitations to expansions?
Where have I already seen a boundary create more freedom?



CHAPTER 19

BOUNCE BACK LIKE A BOSS

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When was the last time I felt truly nervous about a step I was taking? What did that experience teach me about my capacity for growth?



CHAPTER 20

SETBACKS ARE SETUPS IN DISGUISE

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What season am I in right now, and what does honoring this season look like?



CHAPTER 21

LIVING OUT LOUD (FINALLY)

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When I imagine my children, or future generations, looking at my life as an example, what do I want them to see?



CHAPTER 22

WRITE YOUR OWN DAMN ENDING

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What wave am I riding that may be about to crash? What would it look like to prepare for the next wave instead of clinging to this one?



CHAPTER 22

WRITE YOUR OWN DAMN ENDING

If I were already living as my most audacious, expanded self, what would be different about how I approach today?

