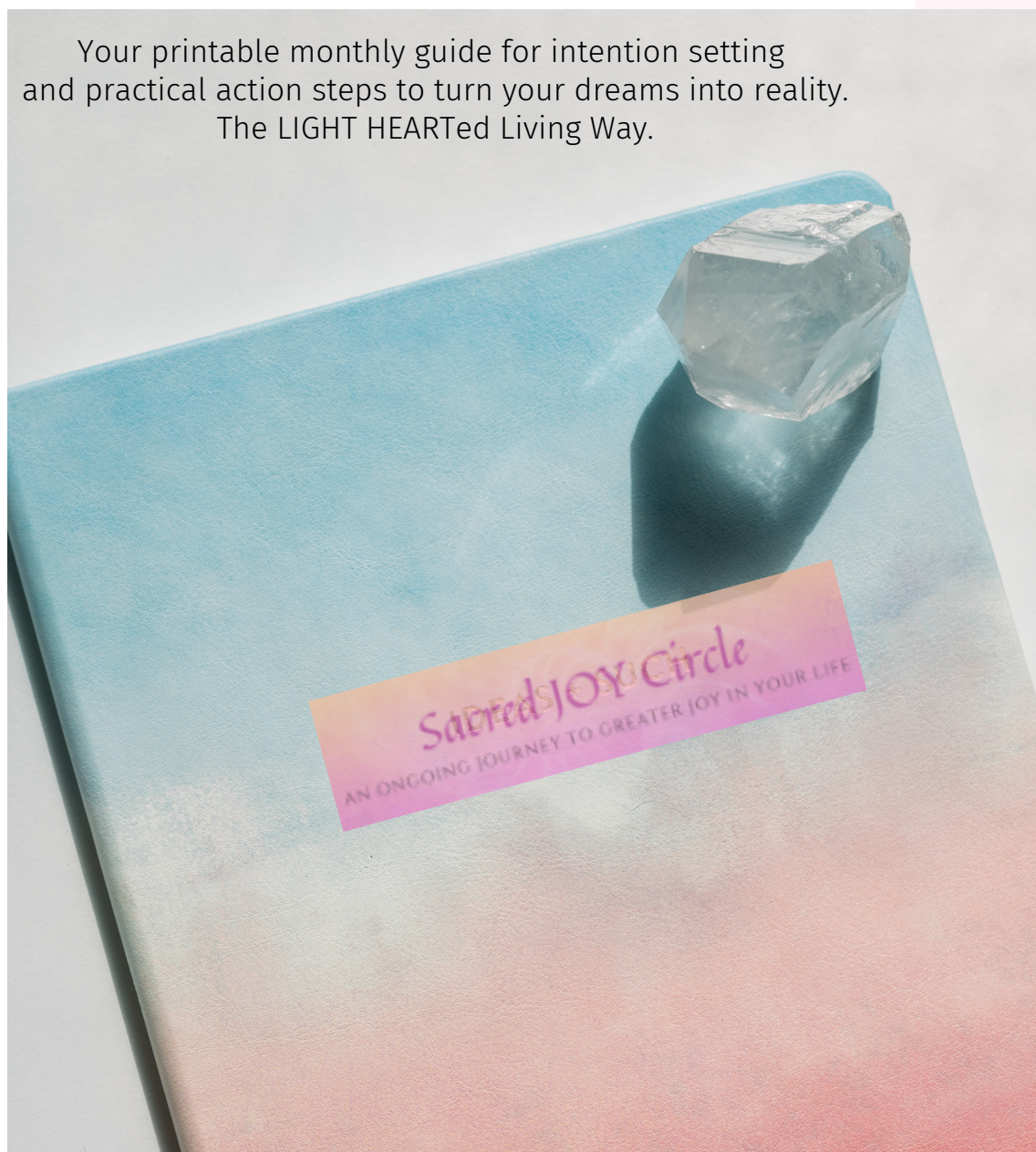




LIGHT HEARTED LIVING

Playbook

Your printable monthly guide for intention setting
and practical action steps to turn your dreams into reality.
The LIGHT HEARTed Living Way.





Hi gorgeous,

Congrats! You're about to experience the magic of this printable Playbook to support you with turning those cherished dreams of yours into reality!

As Rumi so beautifully wrote:
'Let yourself be silently drawn by the strange pull
of what you really love. It will not lead you astray.'

Set aside some ME-time and let's dive in so you can get crystal clear on where to focus your time and energy. And then take practical action steps in partnership with your radiant soul as you create your life the LIGHT HEARTEd Living way.

I'm so thrilled to be sharing this sacred journey with you.
Joyful blessings,

Tina

A close-up photograph of a pair of hands gently cupping a vibrant pink rose. The rose is in full bloom, with many layers of petals. The hands are positioned around the base and sides of the flower, with fingers slightly curled. The background is a soft, out-of-focus light grey or white, creating a clean and minimalist aesthetic. The overall mood is gentle and nurturing.

“

Always go with your
passions. Never ask yourself
if it's realistic or not.

Deepak Chopra



My Current Situation

An honest reflection of where I'm at in my life right now...

What's going *well?*

7 Things I like about my life right now:

1.



2.



3.



4.



5.



6.



7.



What's not going *well?*

7 Things I don't like about my life right now:

1.



2.



3.



4.



5.



6.



7.



What do I *desire?*

7 Things I desire to create in my life:

1.



2.



3.



4.



5.



6.



7.



Priority matrix



Important	Urgent	Not Urgent
Not Important		

Top 3 Priorities

What am I *choosing?*

You might like to include any of the 5 core choices that set the FUNdation for everything else in your life...

- I choose to love myself.
- I choose to choose.
- I choose health - physical, mental, emotional and spiritual.
- I choose freedom.
- I choose to be true to myself.

This is *your* life and YOU get to choose... so what are you choosing?

Choice #1

Choice #2

Choice #3

Choosing this, I feel:

Monthly Choices



January

February

March

April

May

June

July

August

September

October

November

December

Practical action

Choice #1:

I'm choosing this because:

As I accept this in my life I feel:

What's the simplest next action I can take on this choice?

What's the most courageous action I can take on this choice?

When will I do this? If not now, when?

Practical action

Choice #2:

I'm choosing this because:

As I accept this in my life I feel:

What's the simplest next action I can take on this choice?

What's the most courageous action I can take on this choice?

When will I do this? If not now, when?

Practical action

Choice #3

I'm choosing this because:

As I accept this in my life I feel:

What's the simplest next action I can take on this choice?

What's the most courageous action I can take on this choice?

When will I do this? If not now, when?

Weekly planner



Mon
Tue
Wed
Thu
Fri
Sat
Sun

Week:

Priorities:

I choose to BE:

Reflection and *Celebration*

What's been challenging this week?

What amazing things have I accomplished this week?

What inspired me this week?

What brought me joy?

Weekly planner



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“



Shoot for the moon.
Even if you miss, you'll land
among the stars!

Norman Vincent Peale

A person is sitting on a sandy beach in a meditative pose, with their hands resting on their knees in a mudra. They are wearing a white crop top and a red skirt. The background is a blurred view of the beach and the ocean under bright sunlight.

Inspiration



You are an infinite divine BEing of LIGHT, here on the planet at this time in this physical body to express your unique brilliance in the ways only YOU can.

This is your time to SHINE.

And to thrive as you allow your heart to lead the way.

You are enough.

Oh... and you've got this!

If you'd like more of where this came from, then hop on over to

www.tinavanleuven.com

And be sure to connect with me on social and share your celebrations as your dreams come to life.

Tina

STAY CONNECTED

