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Your Guide to Focus & Fulfillment

Welcome! I'm so glad you're here. Consider this worksheet an essential tracking tool. The questions you find here are arrows — they point you in the direction of what matters most to you now. Your answers are the ultimate guide.

I created this tool in response to my own dissatisfaction. My life was in full swing when I started to notice patches of emptiness. I had three young, thriving children; a successful career in counseling and education; a solid marriage. I was an active member in my community, helping neighbors and hosting backyard play dates; a devoted owner of two rescue dogs and the master of getting stuff done. Like you, I was busy. Busy, busy, busy.

I was so busy that I rarely stopped to consider if I felt fulfilled.

It seemed an indulgent question, anyway. With so much for which to be grateful — how dare I consider something missing? I already had the components of a joyful life, no assembly required. Or so I thought.

I lived like that for several years — with busyness and productivity defining my life. I almost confused the checkmarks on my To Do List with a sense of purpose. With such a low level of commitment to my own self-care, my life was organized around the needs of others. The relentless schedule of managing family and work caught up with me. I had lost track of who I was and what I wanted.

When you have a decent, good life, it is hard to admit that you are not completely fulfilled by it.

Fulfillment does require assembly. It is a way of life and a perspective that must be consciously built through a connection to one's self and one's desires. There is no one-way to design your life. You have obligations, responsibilities, and also dreams and hopes for the future — and it's all moving more rapidly than ever before with the speed of our technology. It's hard to know what is truly important when there is a sense of urgency to all matters.

Your fulfillment needs your attention. It needs your focus, your awareness, your open heart and compassionate listening. It doesn't want to catch a ride with Busyness and Productivity — it wants to be driving so you are confident in your purpose and content in a life full of meaning.

Let's begin exactly where you are.

Take a moment and get comfortable. Find a place to sit, maybe light a candle, or turn on some music. Take a deep breath. Put your feet firmly on the ground. Feel where you are sitting. Press your back more surely against that which is holding you, your feet more certainly against the Earth. Feel your seat supported and relax your shoulders and neck. Notice your body, your breath.

You are here. Breathe.

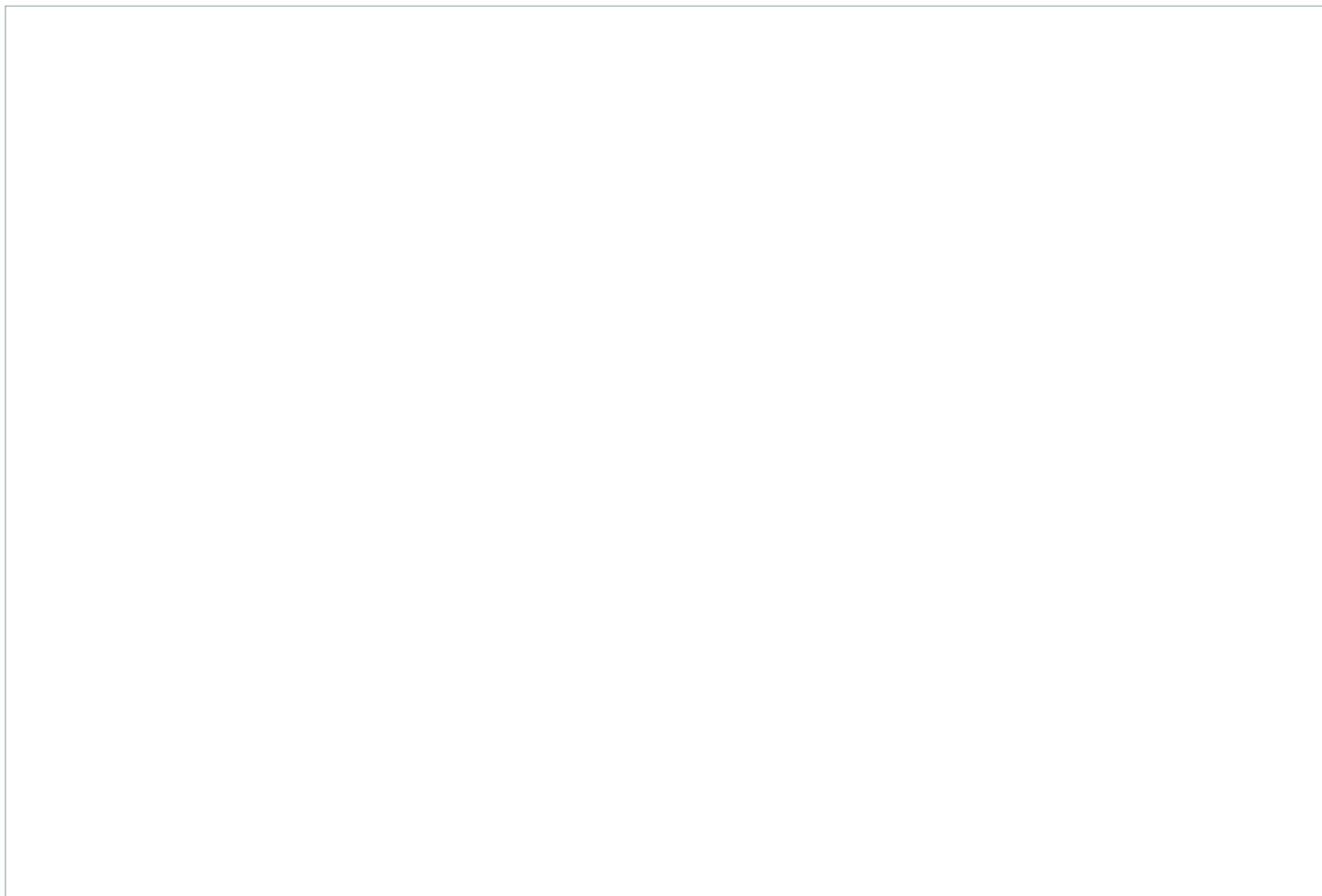
Read and answer these questions. Do not spend time overthinking your answers, rather listen for them rising from that truth in your heart.

What are the things you do on a regular basis that make you feel you are living on purpose?

If you had unlimited resources (time, money, access to people, expertise, etc.), what would you do to seek more fulfillment?

Given the resources and organization of your present life, what is ONE ACTION you can take that would bring you closer to feeling more fulfilled today?

What can you do/believe differently now to remove any barrier you may have to that action?



You are on this planet for fulfillment and joy.
Make you a priority.

This journey requires commitment. You must focus on what matters to you. I needed support when I sought a deeper sense of fulfillment — you may need or want support as well. I encourage you to share this worksheet with your friends, champion each other's joy and hold each other accountable.

In my work, I am honored to walk with my private coaching clients into the heart of these questions and explore the answers to discover a specific approach to fulfillment. With the reflections you've made here, you have started a courageous journey.

Now that you are engaged, you must develop a practice whereby you consistently make choices to create the life you most wish to live.

If you feel you need support and you would like a better understanding of how to focus your time and energy moving onward, I am here to explore those topics with you.

Please contact me at paige@paigenolan.com or 310.696.9744 and we can schedule a conversation.