

Fearlessness

Goal: Live as an avid adventurer

- 1 Spend at least 1 day/week outdoors connecting with nature
- 2 Camp at least twice throughout the year at different places, times
- 3 Define what your adventurer style is and channel interests to future opportunities

Goal: Leap into fearlessness

- 1 Create a Fearless List, even though I know it's scary!
- 2 Check off at least 4-6 items from your list
- 3 Share in the experience of addressing your fears through creative expression

Goal: Approach new challenges with balance

- 1 Prepare body through daily activity, weekly exercise, and monthly yoga
- 2 Prepare heart through writing, creative expression, music, nature
- 3 Prepare mind through meditation, proactive learning, reflection, habit-building

Maturity

Goal: Grow as a community builder

- 1 Join a nonprofit board of directors
- 2 Volunteer at least once/month providing direct service
- 3 Participate on a committee

Goal: Develop the structure and habits of a successful business

- 1 Create a business plan complete with mission, vision, objectives, and workflow
- 2 Establish your brand through the necessary marketing strategies (logo, website, media)
- 3 Commit to a budget and financial/investment strategy

Goal: Overcome addictive behavior

- 1 Develop clear goals for what sobriety means to you
- 2 Find a support group that helps you live these goals openly
- 3 Connect with a sponsor to guide you through trying moments

Sensuality

Goal: Love your body

- 1 Touch your heart, hug yourself everyday for grounding
- 2 Write odes, letters, thanks to your body parts weekly
- 3 Do something extra special to/for your body each month

Goal: Enhance your senses

- 1 Focus on one sense each day of the week, explore new sensations
- 2 Express the experiences creatively
- 3 Fast at least once per month to improve your sensual acuity

Goal: Evolve safe spaces for sensual exploration

- 1 Take in sunrises/sunsets in natural spaces weekly
- 2 Initiate conversation about new sensations with trusted friends
- 3 Destigmatize nudity in intimate spaces

Joyfulness

Goal: Shine as your inner goddess

- 1 Create your drag persona
- 2 Film and release 6-8 shorts for Sissy That Life
- 3 Perform 10-12 songs, whether sung, played, or danced

Goal: Strengthen bonds with others

- 1 Reach out to/connect with at least one person a day
- 2 Write weekly Gratitude Notes and send them out
- 3 Host a collective party to gather people together

Goal: Improve and reinforce my web

- 1 Recreate the dimensional model of your soul with new axis
- 2 Enhance the physical temples of my soul through focused creativity
- 3 Determine how to bring the temples with you while traveling

Confidence

Goal: Stand tall in the mirror

- 1 Return to the mirror every day and affirm your existence
- 2 Align your eye contact, posture, expression, and energy
- 3 Embrace the emotions that arise and record your discoveries

Goal: Explore the depths of imagination

- 1 Read at least one book/week
- 2 Visualize yourself in different situations, environments; express this
- 3 Complete *Where'd You Go?* Series and begin writing *Bad Girl*

Goal: Invigorate your voice

- 1 Analyze your voice through recordings and set goals for improvement
- 2 Speak publicly for a group (10+) 3-4 times
- 3 Record 1-2 podcasts

Peacefulness

Goal: Extend your organizational skills

- 1 Monitor and track progress against goals daily
- 2 Reflect on success and challenges weekly
- 3 Declutter and discard unnecessary items monthly

Goal: Thrive in moments of silence

- 1 Listen to a Shine meditation every day
- 2 Meditate an increasing amount of time each week
- 3 Listen to understand, not to respond, and notate what you hear

Goal: Develop as an optimist

- 1 Recite mantras outloud daily
- 2 **Assign yourself "complaint free" days each week**
- 3 Challenge negative thoughts by respinning them creatively

Integrity

Goal: Follow through

- 1 Develop big wins/small wins lists and ensure daily progress is made
- 2 Check your expectations at the end of each week and realign before the new week

- 3 Procrastinate consciously by taking small breaks in between projects/activities

Goal: Get comfortable with saying no

- 1 Reduce the number of apologies you make each day
- 2 Practice saying no to activities and plans that don't fit your schedule
- 3 Record how it feels to say no, particularly in tense situations

Goal: Balance your needs with the needs of others

- 1 Prioritize your self care when you feel divided, anxious, or afraid
- 2 Focus on others and practice small acts of kindness daily
- 3 Forgive and forget