



Fast-track to  
Fulfillment

WORKBOOK:  
MODULE FIVE

a  
Hidden Moments Lifestyle Course  
with  
Samantha Conway

# The Power of Decisions

Example of stating a preference: "I would like to make more money"

Example of a decision: "I will make \$100,000 in a year, by doing X, Y and Z."

## HOMEWORK

After listening to this week's audio, use the space below to:

1. Reflect on areas of your life where you have been stating a preference
2. Transform your preference statement to a decision statement

Examples of "stating a preference" in my life:

1.

2.

3.

4.

5.

How these preferences look as a real decision statement:

1.

2.

3.

4.

5.

# Routines

Take some time using the tips in this week's training to create an awesome morning and evening routine. Remember, it may look like my routine, but it may look totally different, this is about YOU!

## HOMEWORK:

Take a moment to reflect on your ideal day's routines and then apply your current time and energy constraints to create a routine that feels good to you.

Imagine your ideal morning routine, what does it include? How long do you spend on each activity?

Activity	Time Spent on Activity

# Routines Continued...

Now, do the same for your evening routine!

Imagine your ideal evening routine, what does it include? How long do you spend on each activity?

Activity	Time Spent on Activity

# Routines Continued...

Okay, now it's time to bring in your current time constraints and tailor this to your current realities by completing the activities below.

What amount of time can you allocate to your morning and evening routine?

Morning:

Evening:

Go back to your lists from your ideal day, which pieces are non-negotiable? Mark them with a check-mark.

Now it's time to get creative.

Play around with your timing and number of activities until you find a winning combination.

You may want to shorten the length of time spent on each activity so you can fit your time allocated above, or you may decide to shorten your list to fewer activities.

Either way, choose a morning and evening routine that feels good to you and record your final routine in the space below.

And, I challenge you to share your routines with the group! I'm super interested to see the similarities and differences.

# My Morning Routine

Activity:

Time Allocated:

# My Evening Routine

Activity:

Time Allocated:

# Questions for this week's call:

## REFLECT IN THE SPACE BELOW

What questions come up for you during this week's training?

Where do you still need support?

What do you need to be able to apply this in your life?

What are the pain points for you?

What a-ha moments did you have?

A large, empty rectangular box with a thin orange border, occupying the lower two-thirds of the page. It is intended for the user to write their reflections in response to the questions listed above.