FREE TOOLKIT · WORKSHEET 03 · PURPOSE & DIRECTION

Are You Living Your Best Life?

Not the Instagram version. The real one. Most people never actually answer this — they just stay busy. Ten minutes, one honest page.



B.Y.M.H

BUILD YOUR MENTAL HEALTH

1 The scoreboard

GUT ANSWER — DON'T OVERTHINK

Body energy · sleep · movement	1	2	3	4	5	6	7	8	9	10
Mind calm · focus · self-talk	1	2	3	4	5	6	7	8	9	10
People partner · kids · friends	1	2	3	4	5	6	7	8	9	10
Meaning purpose · what you're building	1	2	3	4	5	6	7	8	9	10

My lowest score is _____ . That's where the leak is — and where the biggest gains are hiding.

2 The Miracle Question

DESCRIBE THE LIFE, NOT THE PROBLEM

> **"Suppose tonight, while you sleep, a miracle happens — and the problems that weigh on you are solved. But you were asleep, so you don't know it happened. When you wake up tomorrow, what's the *first small thing* you'd notice that tells you life is different?**

The first thing I'd notice: _____

What I'd do differently before noon: _____

Who would notice first — and what would they see in me? _____

A solution-focused therapy classic: your brain stops describing the problem and starts describing the destination.

3 Where are you on the scale?

0 = WORST IT'S BEEN · 10 = I'M ON TOP OF THE WORLD

0	1	2	3	4	5	6	7	8	9	10

What's already keeping me at that number — and not lower? _____

What would one point higher look like this week? _____

You're not at zero. Something is already working — build on that, not on the whole miracle at once.

4 One rep

A VISION NEEDS A CONTAINER

The smallest piece of the miracle I can build this week: _____

When (day + time): _____ **Who I'll tell:** _____

A vision without a day, a time, and a witness stays a wish. Give it all three.

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This is one tool. There's a whole toolbox.

Build Your Mental Health is a course for closing the gap between the life you have and the one you just described. One rep a week.

Toolbox inside →
richieleatherwood.com/free-tools