Step 1: Taking Where You Are and Turning It into an Idea

**Finding Where You Are**

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| **Realities and Responsibilities**(ex. Caring for a child or parent, mortgage payments, student loans) |  |
| **Things that make you happy**(ex. Helping others, teaching others to embrace themselves, spending time with my family) |  |
| **Things that make you unhappy**(ex. Being stressed about money, not having time to myself, a messy home) |  |
| **What Do You Want to Create?**(ex. A holistic health practice encompassing massage, reflexology and aromatherapy; a place for souls to come and be coached and freed) |  |
| **Your ideal life looks like…**(ex. Making enough money with my business to travel exotic places, owning my own home, retiring early) |  |

**Turning It into an Idea**

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| **Your Likes: What You Really Like Doing**(ex. Blogging, taking photos, spending time with friends and family, helping others) |  |
| **Your Skills and Capabilities: What are Your Gifts?**(ex. Massage, planning parties, cooking, working with people, great time management) |  |
| **Your Track Record: What You Have Experience Doing**(ex. Balancing many things at once, learning quickly, maintaining records) |  |
| **Your Ideal Work Style**(ex. Full time, part time, at home in your pajamas, traveling, with a lot of people at once, with few individually) |  |

**Your Mission Statement:**

*Ex. SWIHA’s Mission Statement is “to help individuals discover their gifts and graces, and support them in taking their skills and talents out into the world in a loving and profitable way. SWIHA embraces individual, community and global healing, and teaches how to Touch Lives, Heal Bodies and Free Souls.”*