



Real Advice That Works

Create Your Turning Point

I am a big believer in the moments that change your life, entirely. It is through these times, these turning points; that the most significant and positive changes are able to take effect. I want you to consider what areas you may need to make a change in. Go through and determine what you need more out of. Sometimes that turning point is when you start to live your life more authentically.

When you take off the “mask” and allow who you truly are, to really shine. I personally think this is a better way to live! I used to hide behind a mask because I was so afraid of what people would think of me if they really knew me. Now I live my life without apology, I don't care what others think of me and when I discovered my soul, I discovered my purpose.

This worksheet has been created to help you start to make significant changes in your life, ones where you can show up most authentically as yourself, while creating an incredible life for yourself and your family.

- Doug Dane

To complete this, give yourself the time and energy to really allow your mind to connect with this work.

Sit, in a place with little to no distractions. Allow your mind to really wander and connect the questions to you and what you really want.



Where You Are Right Now

What areas of your life, right now do you feel the most stressed about?

What may be causing this stress?

What areas of your life, right now are you the most excited about?

What is the catalyst for this excitement?

To complete this, give yourself the time and energy to really allow your mind to connect with this work.

Sit, in a place with little to no distractions. Allow your mind to really wander and connect the questions to you and what you really want.



Who You Are Right Now

What does showing up authentically mean to do you?

Do you feel as though you are doing so, now?

In what ways, can you begin to show up more authentically as yourself?

Of these, what makes you nervous about doing so?

To complete this, give yourself the time and energy to really allow your mind to connect with this work.

Sit, in a place with little to no distractions. Allow your mind to really wander and connect the questions to you and what you really want.



What You Want

What is your BIG Goal for your life? What do you want to have said you accomplished? List out all of the things you want to accomplish in the next 3-5 years. THINK BIG

To complete this, give yourself the time and energy to really allow your mind to connect with this work.

Sit, in a place with little to no distractions. Allow your mind to really wander and connect the questions to you and what you really want.



How To Do It

What actions can you take right now to make your goals a reality?

What support do you need to do so?

How can you implement actions right now that will move you closer to your goals achieved?

*If you are looking for more support to
achieve your own turning point, tune in
Every Thursday at 8pm EST to:*



Real Advice That Works