

YOUR *signature* LIFE

MODULE 5

LESSON 2

This is it: the final lesson of the Your Signature Life course! By now we've covered so much together and I am truly impressed that you continue to show up and do the work. This final lesson is all about measurement, course correcting and—my favourite—celebration. As you apply these learnings into your daily life you will reach a point where you feel great and may even believe you have it all down pat. But the reality is that our lives are constantly in flux—they are changing all the time! By measuring, course correcting and celebrating, you create a practice that will ensure your highest priorities and inspired goals continue to show up in your life. This is how to make Your Signature Life *stick*.

YOUR QUARTERLY BUCKET AND BIN REVIEW

Adapted from The Deliberate Effect

1. First, ensure you're in a space that you can relax and reflect in, then grab your notebook and a pen. Space is provided here for your first quarterly review, though it would be best to consolidate all reviews to one notebook so you can easily compare how your reviews change from one quarter to the next.
2. Begin by drawing out the buckets in your life as they have been for the past few months. Where are your levels of satisfaction? How do they weigh up to where they were during your last review? Have circumstances changed since then that would explain any differences?

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Draw your buckets here:

3. Then bring your bins to the table.

How are your Bin 1 priorities reflected in the levels of your buckets?

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Have any of your Bin 1 priorities changed? How so?

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4. Where there is alignment between your bins and buckets, explore what you might be doing right to make it so. Where there is a gap, I encourage you to drill down and ask yourself why that might be the case. Some questions to consider include the following. Explore what your answers might mean—go deep.

Am I really bought in to my bins? Explore.

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Do I really believe in them or do I simply feel they should be my priorities?

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Do I still have too much in my bin 1?

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Do I need to change what is in my bin 1 to reflect the needs of an empty bucket?

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How are your Bin 1 priorities reflected in the levels of your buckets?

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5. Now, brainstorm ways you can create more harmony between your priorities and levels of satisfaction. You may even want to take this to a trusted member on your board of directors that best suits your need and ask them to help you come up with a solution or next step.

Ways I can create more harmony between my bins and buckets include....

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People I can reach out to for support on this include...

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WAYS TO CELEBRATE SUCCESSES

Adapted from The Deliberate Effect

Some of the small ways I can celebrate successes include...

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Some of the big ways I can celebrate successes include...

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Once you've accomplished something as small as putting your phone away during dinner or as large as reaching a milestone on one of your visions, refer to your list and see which method of treat or celebration suits the occasion! And don't forget to bring people in on your celebration, because it's likely that the support and encouragement of others has helped you get to where you are. Acknowledging this and bringing them in is part of the journey.

— YOUR *signature* LIFE —

You have everything you need to make this happen inside of you.

You are now part of a Deliberate Community of people who, like you, are out there choosing, acting, and becoming what matters most to them.

Go forth and put your signature on life.

XOX

Tarina