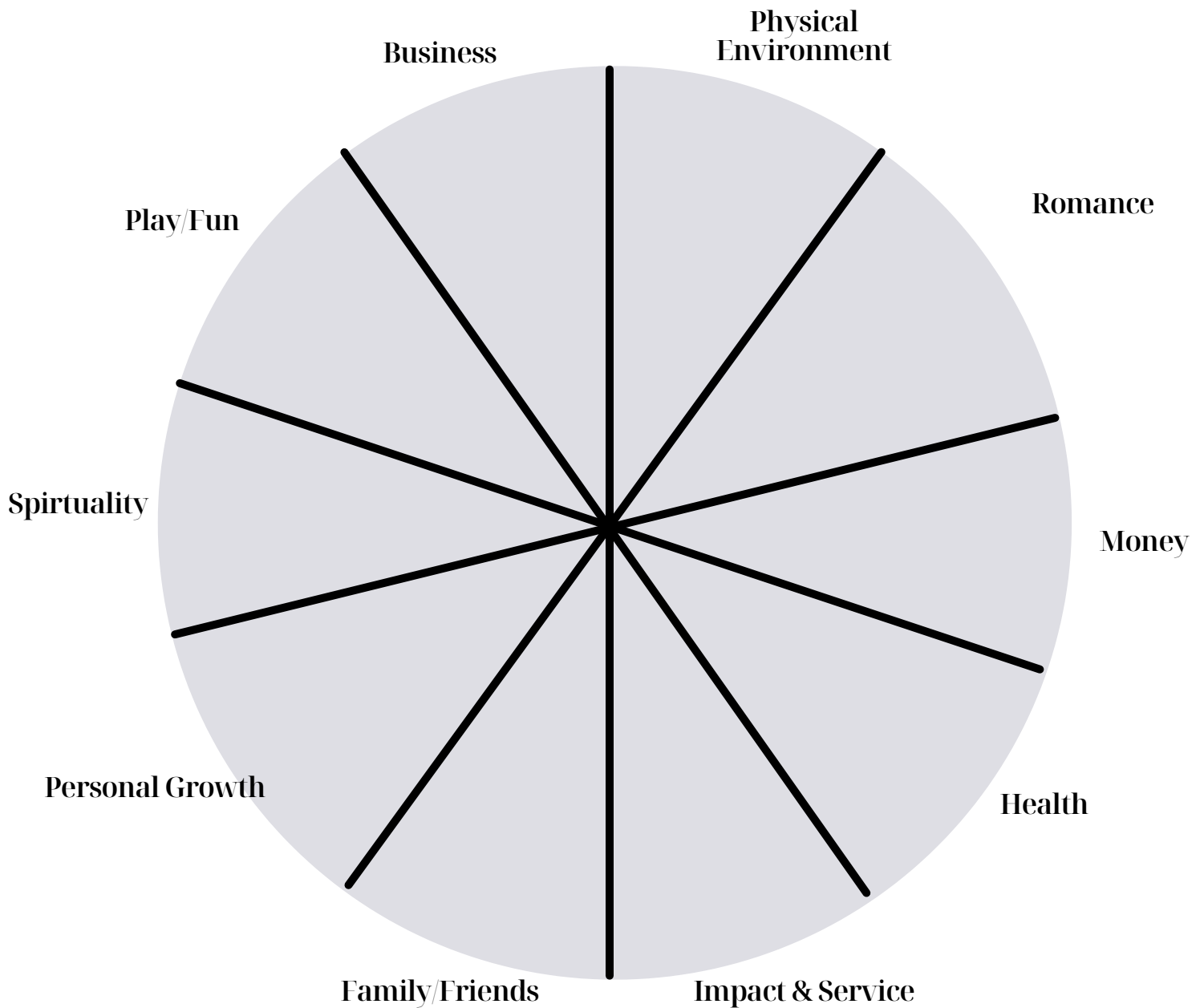


WORKBOOK

Please rate yourself on a scale from 1-10 in each of the following categories below. Answer as honestly as possible with where you're *currently* at.



Please answer the following questions based on your *Wheel of Life* Assessment that you completed on the previous page.

CURRENT REALITY

What specific actions need to be implemented to get your life areas to a 9/10?

What is your public identity? Does it match your private one? What is missing? What's the gap?

Who matters to you and do they know it? How do you make sure they know it?

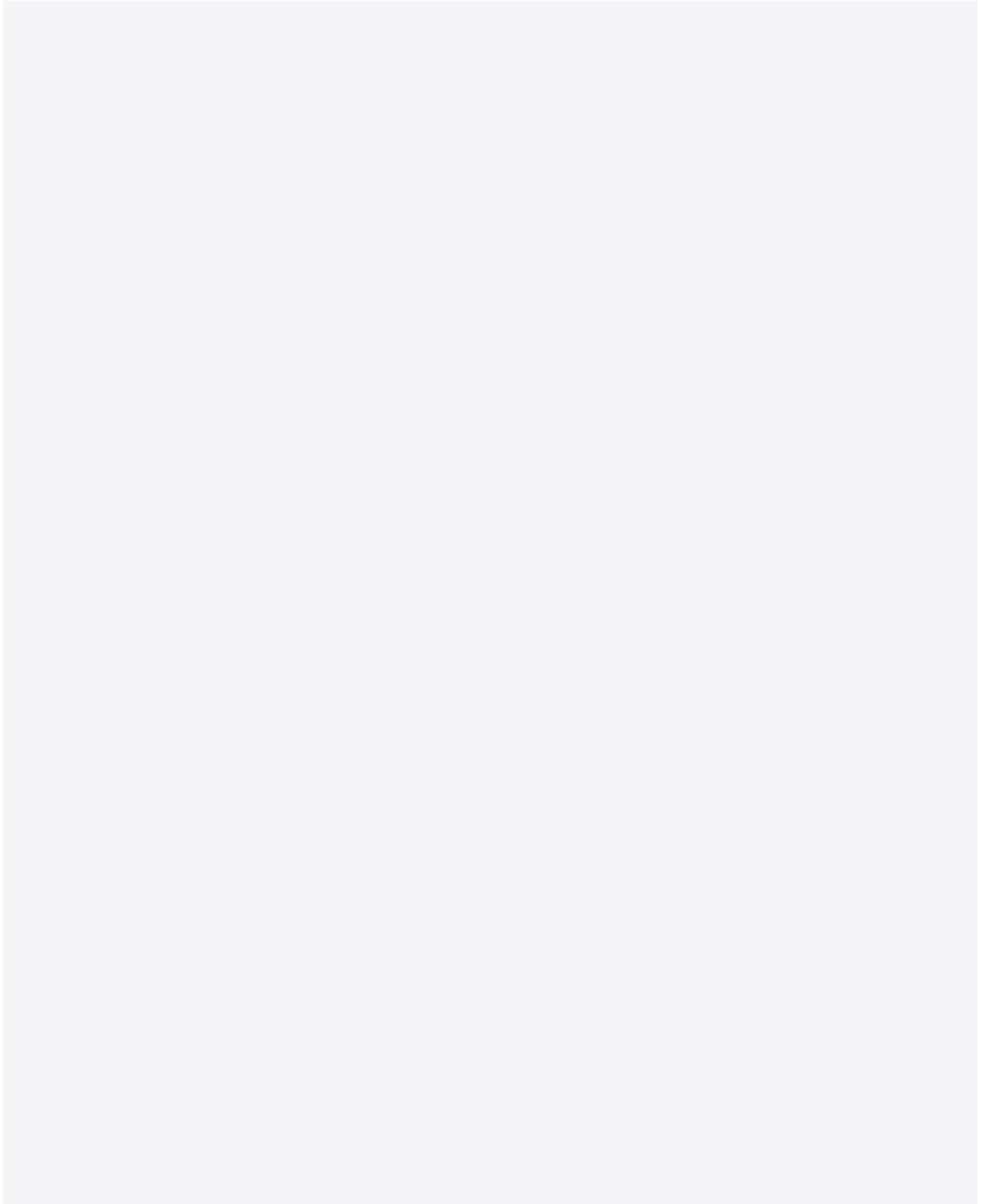
What's missing in your life?

What's working in your life?

To your child self: WHO abandoned you and WHAT story did you make about them/you/the world?

What unconscious patterns play out in your life? (I go for unavailable partners, I sabotage by drinking, I don't celebrate, I alienate myself...etc)

What consistencies and inconsistencies do you notice in the overall tone of your answers?

A large, empty light gray rectangular box, likely intended for a user to write their response to the question above.

FUTURE REALITY

What kind of impact do you want to have on the world? Why did your soul choose this?

What do you have in place to make sure you fulfill this?

How do you desire to be KNOWN by others?

What types of relationships do you desire to have in the future? Are their specific types of people? HOW will they be in your life?

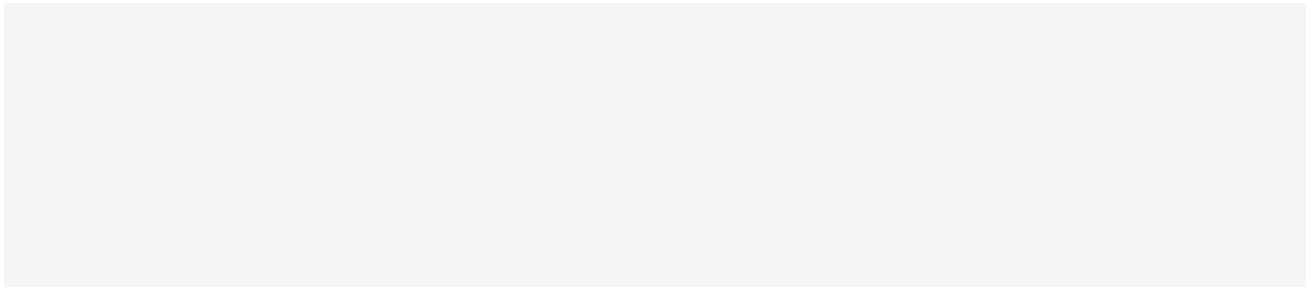
Eg. I am committed to having high level celebrities and influencers who know me, and for the reason of me coaching / supporting them in building a life that feels free. ALSO I am committed to being a house hold name to African and African American people for helping them learn emotional intelligence, and restore their dignity in the west.

What is the feeling/ experience you'd like to have as the general ethos of your life?

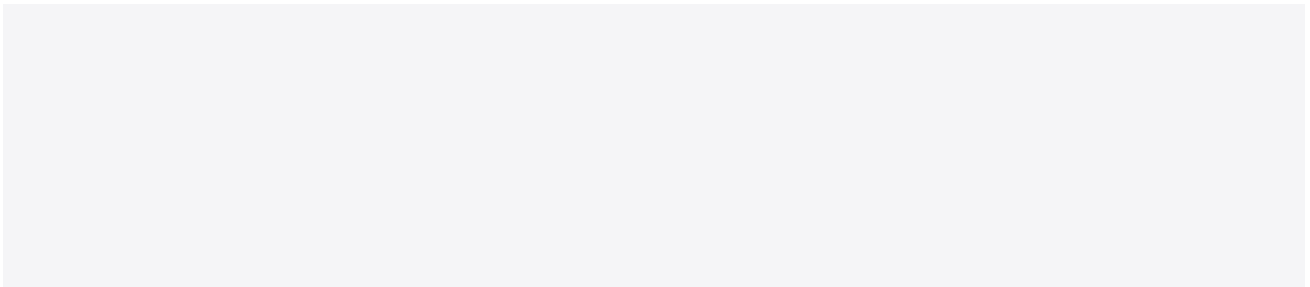
What are the contributions you're committed to making with your life? And to whom?

What would you like to learn more about?

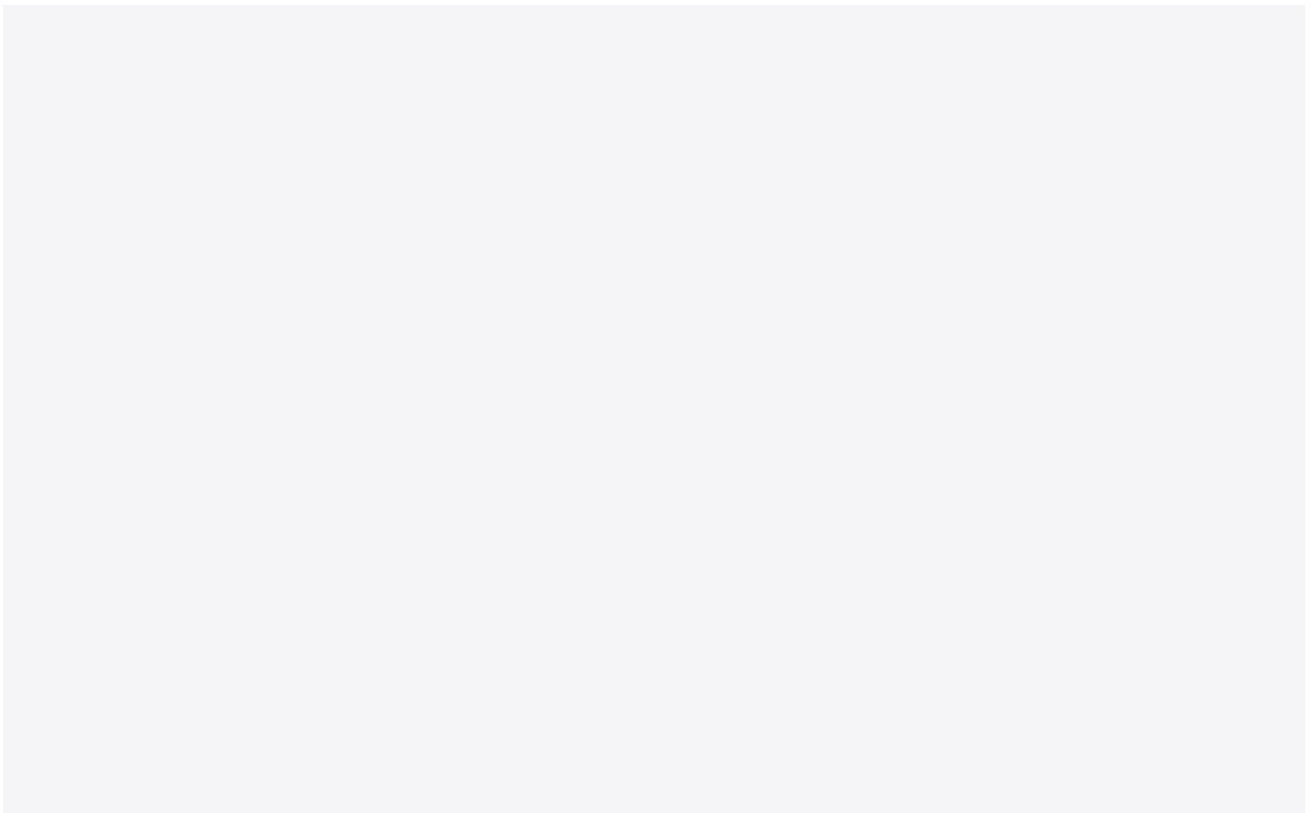
What are you doing to take care of your long term health?



What do you have in place to deal with your death?



Describe your life 1 year, 5 years, 10 years and 20 year from now (use images, smells, words, colors, be free with this)



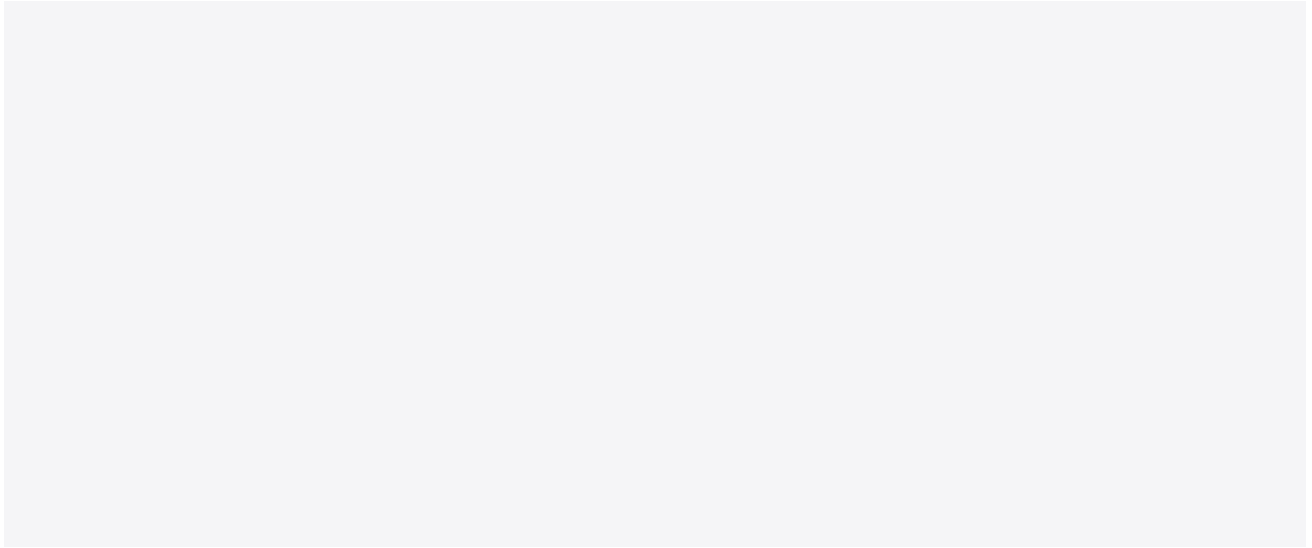
A large, empty rectangular box with a light gray background, intended for a user to write their reflection on their responses.

What inconsistencies do you notice or experience as you reflect on your responses?

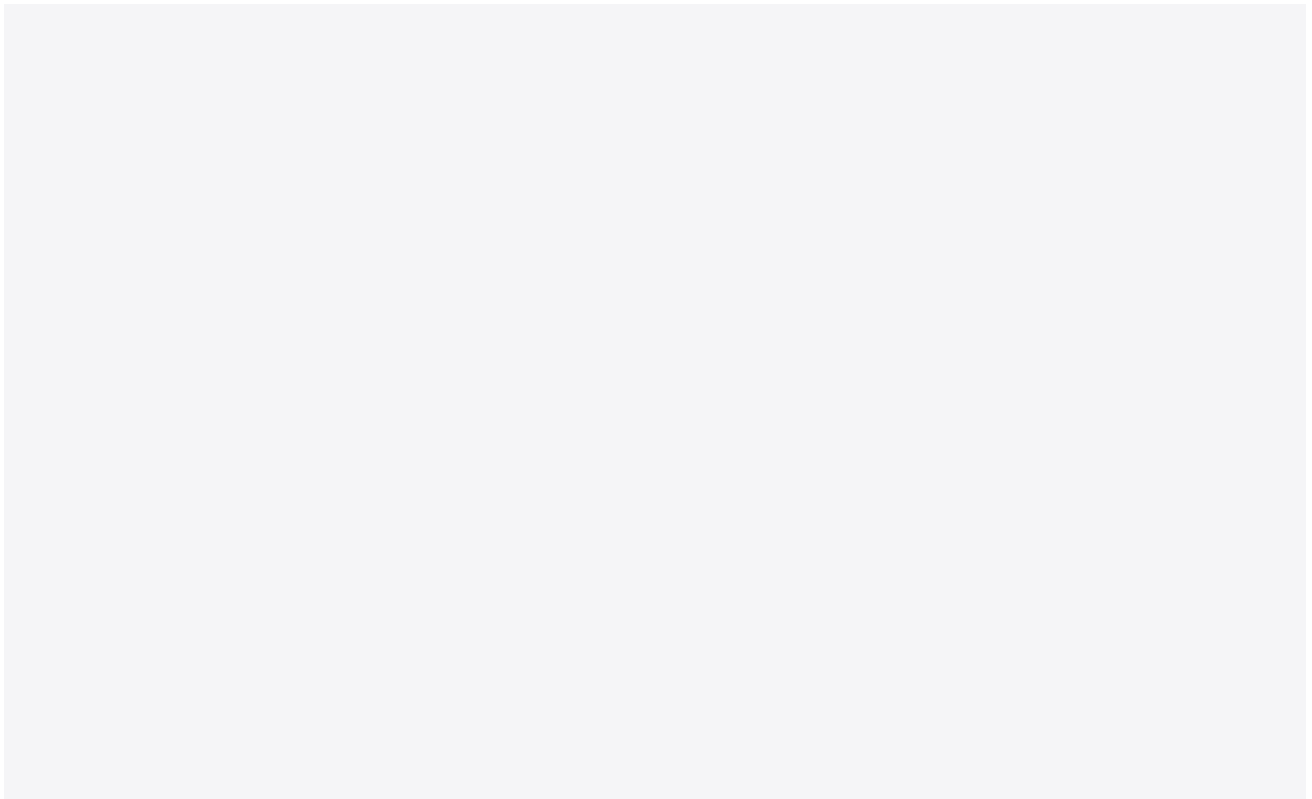
A smaller, empty rectangular box with a light gray background, intended for a user to write their reflection on their responses.

THE GAP

Elevation requires separation. What needs to shift/ go away/ leaned into in order for you to position yourself to experience what you cast as your future?



As you launch into taking action on living by DESIGN, what are you committed to doing and how are you committed to being from this place?



Let's Stay in Touch :)



About Preston Smiles



With the success of his new books, **LOVE LOUDER: 33 Ways to Amplify Your Life** and the bestseller **NOW OR NEVER: Your Epic Life in 5 Steps** published by the world-renown Simon & Schuster, Preston is **breaking all the rules, and carving out his own path as a Next Generation Thought Leader.**

Recently winning Elixir Magazine's Millennial Mentor Award, and gracing the cover of Millennial Magazine and Inspired Coach with his wife Alexi, Preston Smiles is a LOVE force to be reckoned with. A self-proclaimed Swiss army man for love, **Preston has generated millions of views with his message of LOVE, and personal freedom.** Making a deep impact through writing, speaking, and inspirational videos, using his unique gift to make complex ideas simple and relatable.

He's been featured in **Forbes, Cosmopolitan, LA Weekly, Los Angeles Magazine, Origin Magazine,** and many others. He's also a contributor to Huffington Post, The Daily Love, Good Guy Swag, and has appeared on top podcasts such as Lewis Howes's The School of Greatness and Addicted2Success.

All in all Preston Smiles is a regular guy doing extraordinary things because he truly cares.

If you feel called to work together, please reach out at Preston@prestonsmiles.com