

- THRIVE -

Passion Blueprint

Start your own transformation journey by
creating your own Passion Blueprint...

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Creating your blueprint

STEP 1 : ASK YOURSELF

"What do I want (in life, in business, my health, etc.)?"

STEP 2 : PREPARE

Grab a pen and paper to create your own Passion Blueprint

STEP 3 : DREAM

Set a stopwatch for five minutes. For the next five minutes, answer this question: "If I could have anything, be anything or do anything, what would it be?" NO answer is off limits. Dream (and think) outside the box! Divide your answers into a few different time frames: 3-months from now, 1 year from now, 5 years from now, my lifetime.

STEP 4 : TOP PICKS

Now set the stopwatch for 1 minute. Go back to your goals and circle the top four goals that would have the MOST positive impact on your life.

STEP 5 : FOCUS

These are the main goals that you are going to focus on. Now we are going to create a blueprint to navigate how to get there. Your blueprint visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

STEP 6 : PLAN IT

Pick one of these goals to start with. Write it in the middle of your paper. Write down as many necessary steps you must take or tasks you must complete to get you to your goal; the more detailed the better. Connect each step to the goal in the middle.

STEP 7 : DEADLINES

Assign due dates and order of priorities for each of these action steps by estimating the amount of time needed to complete them. Be specific and be sure to indicate how much, how many, or by when.

STEP 8 : BOOK IT

Next look at your due dates and create a timeline with your tasks and action steps (you can pencil these in your calendar even).

STEP 9 : WORK IT

Get it girl. Each day plan to do at least one thing to get you closer toward this goal of yours. Before long, you will look up and voila! Goal accomplished.

STEP 10 : REPEAT

Complete this same exercise for each of your goals (or as many as you like).

Ready to make even bigger things happen?



I work 1-on-1 and offer programs for individuals all over the world—guiding, counseling and coaching others to live the lives they imagine (inside and out), and discover their purpose and passions. Thrive believes YOU were meant for a GREAT BIG LIFE and encourages you to STOP SETTLING (in any area) and START THRIVING. I have lots of tidbits and tips up my sleeve that I'd love to pass on your way. Make sure you subscribe to the Thrive blog and keep up with the website for all the new programs and exciting changes coming your way!

Let's connect! Book your free 30-minute SPARK session to chat with Dr. Lauryn about getting to where you want to be.

[CLICK HERE TO BOOK A FREE CONSULT](#)

-Dr. Lauryn Lax, xoxo