
Open for your dream-life checklist | Snapshot

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From: **Chalene Johnson** <chalene@chalenejohnson.com>
Date: Fri, Jul 28, 2023 at 2:44 PM
Subject: open for your dream-life checklist | Snapshot
To: <bericka@liferebranded.com>

Hey Boo!

I've got a few questions I said I'd share with you.

As promised...

Have you created a vision for the next season of your life?

(If you've never thought about that, I'm sorry to hear it. But today is the day that changes).

Bret and I are living the same crazy-ridiculous-fun-filled-life that we envisioned just five years ago.

We've been traveling for eight months, working when we want, and never when we don't. We have security, financial F R E E D O M and the ability to take care of the ones we love, as well as bless strangers and causes close to our hearts.



For us, it's near perfection. And, it's because we deliberately, methodically and intentionally mapped it out.

If you're thinking, "must be nice, my toddler is screaming at my feet as I read this," just know that I recognize the season we're in might differ from yours.

But that doesn't mean you shouldn't visualize what you want the next five years to look like.

It's time to dream, plan and ask yourself questions that inspire growth, hope, change and joy.

Every five years or less you will be in a new season.

Very few extraordinary things in life just land in your lap. The happiest and most successful people I know got to where they are because they asked themselves key questions, and then created a blueprint around their answers.

People who feel stuck, or unable to see a way to a better and brighter future often lack a path and a growth mindset.

I can help you with both!

You see, our minds will make sure that whatever we focus on grows.

Think you're always going to be broke? You probably will, because you'll overspend or unconsciously sabotage your bank account to confirm that thought.

Think you'll never get in shape, find the right mate or have your dream career?

Guess what? You're right. Because your limiting beliefs will ensure you get more of what you don't want.

I know it sounds crazy, but we crave what's familiar, even if we don't like it or if it's uncomfortable.

And that's why you need to do something you've never done to get what you've always wanted.

So, if you're one of the thousands of people asking me in my DMs and over on YouTube how Bret and I created our "dream life," here's the blueprint.

Take out a pen and paper and take this seriously. You only get one life, and you can design it however you want. But you have to take action. And that begins today with the following questions people never ask themselves...

1. What interests, hobbies, skills or education do I want to expand or develop?
2. What would I want my daily routine to look like?

3. What things have I put off that with more time I would be excited to pursue from a personal standpoint? Example: bodybuilding, volunteering, friendships.
4. What things am I excited about pursuing professionally?
5. What things would I be happy never having to do again or wish I was able to do much less of?
6. What professional or career goals would I like to pursue?
7. Do I want to continue working, retire, or perhaps start a new career, or start investing? (important questions to ask yourself especially if you're considering starting a family soon.)
8. How might I need to shift my mindset to accommodate this new lifestyle?
9. What are my health and wellness goals for this new stage of life?
10. What are my financial goals for the next season?
11. Do I want to travel, if so, where and how often?
12. What type of travel and accommodations do I enjoy?
13. What relationships will be most important to me in this season?
14. What do I picture my physical health and routine looking like?
15. How will I maintain or improve my relationships with my children (even though they've moved out?)
16. What kind of support might my adult children still need from me, and what do I feel is appropriate for me to provide?
17. What kind of support might parents need from me, and what do I feel is appropriate to provide?
18. Where do I want to live?
19. Will we downsize, upgrade or change my current living situation?
20. What causes me the most stress in this season and how can I improve that for my next season?
21. Are there any unfulfilled dreams or goals that I will have the time and resources to pursue in this next season?
22. How might our plans change (or not) if a family member needs us to care for them or assist with childcare or illness?
23. What things will I be doing that give me a sense of purpose?
24. Will I have more or less time for my friends?
25. Will it be more or less important to devote time to my professional pursuits?
26. How do I envision balancing my time between leisure, productivity, and other obligations?
27. What current obligations do I plan to, or need to relinquish?
28. What will bring me the most joy in this next season?
29. At the end of this next season of my life... What will I most regret not doing or experiencing?

I recommend you start there. Take your time, and dream big. Do NOT play small!

Bret and I talked all about our process, the choices we made when our kids were little, versus now that they're adults, and how we mapped out the crazy, ridiculous, fun-filled life we're living in this week's podcast. Click below to hear how we did it.



I like to do all of my dreaming and planning in a journal. [A Push Journal](#), to be exact. Give your aspirations the credibility they deserve by writing them in something special, beautiful and that you keep by your side at all times.

If you do this on scrap paper, you're basically telling yourself that your dreams aren't worth more than a wad of trash.

Right now we have beautiful new covers for sale...so grab yours while you slay your dream-life planning, today!

Please add a picture of me, holding one of the new Journals here.

Love you, mean it,

Chalene

P.S. If you're REALLY serious about designing your dream life, or even just your next chapter, join my upcoming workshop on 8/10/23. I'll break down exactly how to create multiple streams of income in order to significantly improve your life. [Register here](#) before we fill up. This is for people who don't want hype - just real talk and zero B.S.!

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