



Awaken Your Life

A simple guide to help you break through what's holding you back.

Where is Life Asking You to
Grow?

JESSICA DUNIAM

Welcome

Welcome from Jess Duniam

Hello, I'm so glad you're here

This short workbook is here to help you make a shift — from feeling stuck or unsure, to taking your next step with confidence.

It doesn't matter if you've been overthinking for months, juggling too many things at once, or second-guessing your every move. You don't need to be perfect to move forward. You just need one small breakthrough. And that's what we'll create together in these next few pages.





About me

Hi, I'm Jessica Duniam, Counsellor, Life Coach, and founder of the Abundant Living Project.

A few years ago, I looked like I had it all together. But inside, I felt empty, anxious, disconnected, and asking, "Is this all there is?"

That's when I began doing the deep inner work, healing emotional pain, reconnecting with myself, and learning how to live with purpose and peace.

One of the tools that helped me most was the Wheel of Life. It showed me where I was out of balance and helped me take honest steps toward healing and alignment.

Today, I help women like you break free from emotional burdens, reconnect with themselves, and discover clarity, peace, purpose, and powerful self-leadership.

This workbook is a small taste of that journey. My hope is that it helps you see where life is asking you to grow, and reminds you that lasting change starts within.

With love,
Jessica
Abundant Living Project

What You'll Walk Away With:

Right now, you might be...



Feeling stuck or unmotivated



Unsure where to focus your energy



Disconnected from your purpose



Repeating patterns that drain you



Wanting change, but not sure how



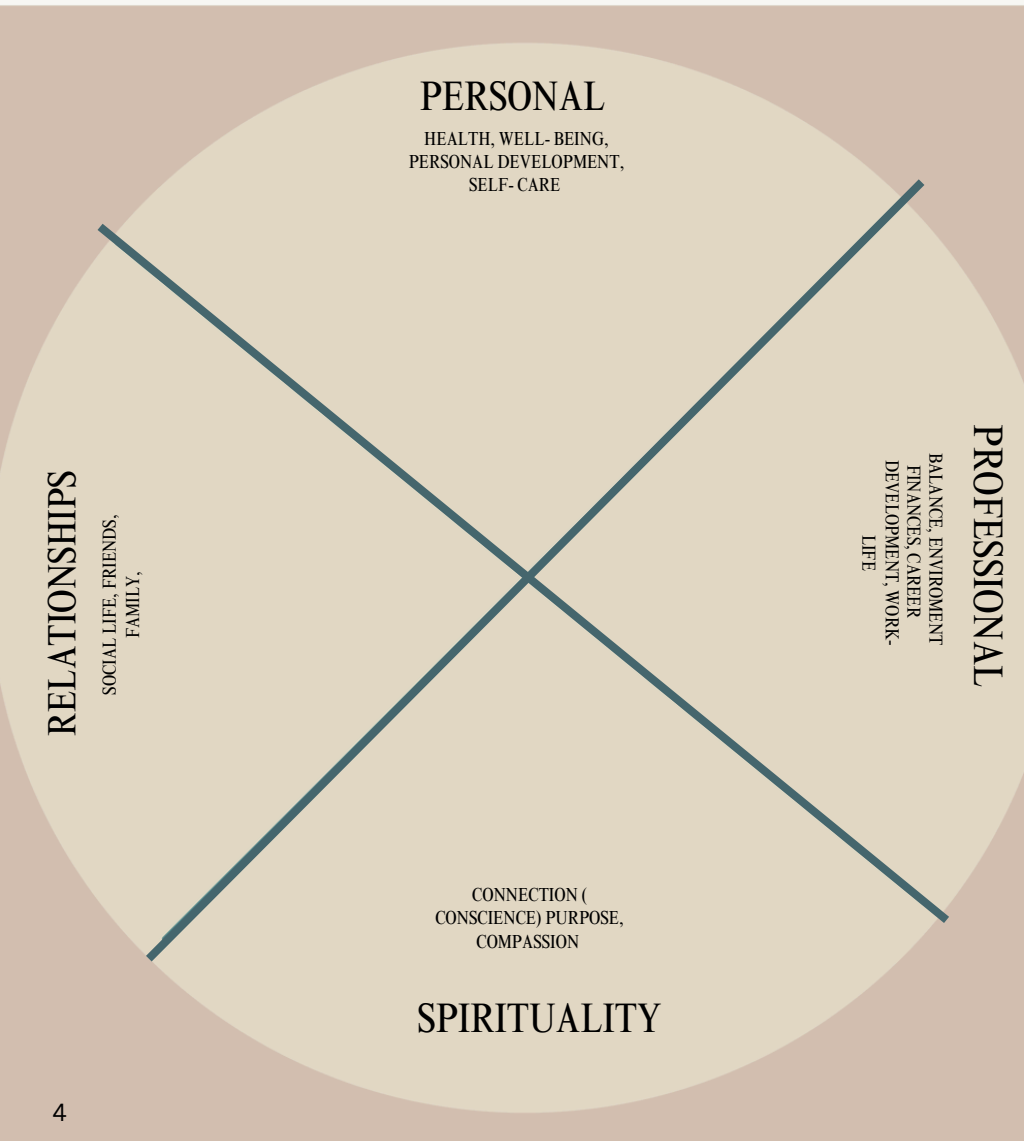
By the end of this short workbook, you'll have:

- ✓ A clear snapshot of where you are right now in key areas of your life
- ✓ Insight into the area that's calling for the most attention and growth
- ✓ Clarity on what's been holding you back — mentally, relationships or spiritually
- ✓ A simple, aligned action step to help you move forward with purpose and peace

Let's begin the journey inward  Your
Abundant Life starts here.

STEP 1: WHEEL OF LIFE

It's an important tool designed to measure your overall level of satisfaction in relation to your life and to identify areas that may have been overlooked and need attention. This will help you create balance across all areas of your life. For each item, please rate on a scale of 0 to 10 in ascending order (0 being very poor, 2 being poor, 5 being average, 6 being good, 8 being quite good, and 10 being excellent).



WHEEL OF LIFE ASSESSMENT

1. Personal Health & Well-Being:

Score: _____

Areas for Improvement: _____

2. Intellectual / Personal Growth:

Score: _____

Areas for Improvement: _____

3. Self-Care & Emotional Balance:

Score: _____

Areas for Improvement: _____

4. Financial Health & Resources:

Score: _____

Areas for Improvement: _____

5. Work & Career Development:

Score: _____

Areas for Improvement: _____

6. Work-Life Balance:

Score: _____

Areas for Improvement: _____

7. Work Environment:

Score: _____

Areas for Improvement: _____

8. Spiritual Connection / Consciousness:

Score: _____

Areas for Improvement: _____

9. Life Purpose:

Score: _____

Areas for Improvement: _____

10. Compassion (for self and others):

Score: _____

Areas for Improvement: _____

11. Relationships & Social Life:

Score: _____

Areas for Improvement: _____

12. Friends, Family & Service:

Score: _____

Areas for Improvement: _____

AWARENESS PROCEEDS CHANGE



*BEING AWARE OF THE AREAS THAT NEED MORE
ATTENTION AND FOCUS IS ESSENTIAL FOR
CREATING MEANINGFUL CHANGE.*

WHICH AREAS IN YOUR LIFE CURRENTLY NEED THE MOST
ATTENTION AND FOCUS? AND WHY?

WHAT'S HOLDING YOU BACK FROM MAKING CHANGES IN
THOSE AREAS? BAD HABITS? NEGATIVE EMOTIONAL
PATTERNS? LIMITING BELIEFS?

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



*IN ORDER TO MAKE CHANGES IN YOUR LIFE YOU
NEED TO STEP OUT OF YOUR COMFORT ZONE AND
EMBRACE THE UNCOMFORTABLE*

IF YOU CHANGE NOTHING, WHAT'S THE LIKELY OUTCOME 1
TO 3 YEARS FROM NOW ?

HOW CAN YOU REWRITE INTO SOMETHING MORE
POWERFUL?

OLD BELIEF → NEW BELIEF

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



EMBRACE THE UNCOMFORTABLE

WHAT ACTION CAN YOU TAKE TODAY THAT SUPPORTS
YOUR NEW BELIEF ?

My action step is:

I will do it by:

Final Thoughts

You don't need to fix everything at once.
You just need to move forward one clear, kind step at a time.

You've already started — and that matters.

Want More Support?

This workbook is a small piece of the work I do with clients every day.

If you're ready for deeper change, I'd love to support you.

Let's connect:

☞ [\[Book a Free Discovery Call\]](#)

☞ [\[Follow me on Instagram @abundant.livingp\]](#)

☞ [\[Check out my full coaching journey here\]](#)

***You're not meant to do this alone.
And you don't have to.***

With love,
Jessica Duniam



Questions?

abundantlivingp@gmail.com
<https://abundantlivingproject.com>