



## MILLIONAIRE LIFE ON ZERO BUDGET

**Welcome to your first worksheet in this course!**

**Here we're going to explore what it is that we're trying to get to in our life and work - inquiry into the freedom-and-stability that we seek.**

There's a beautiful balance in being rooted, whilst also being free to move around naturally in our day - a wonderful synchrony of being contained, whilst simultaneously being at liberty to follow our natural train of creative passion.

**What is a dream life for you: *what does it feel like?***

**Rather than what are the objects or the achievements that a deeply fulfilled Life would contain, describe your sovereignty: the sense of ease, the enrichment, the quality of life that you know will bring the most vitality and satisfaction to your soul.**

*Write in as much detail as you can - though keep it fresh and light and simple.*

Some prompts:

What do you *know* deep down that you'd rather be doing, which you are *meant* for?

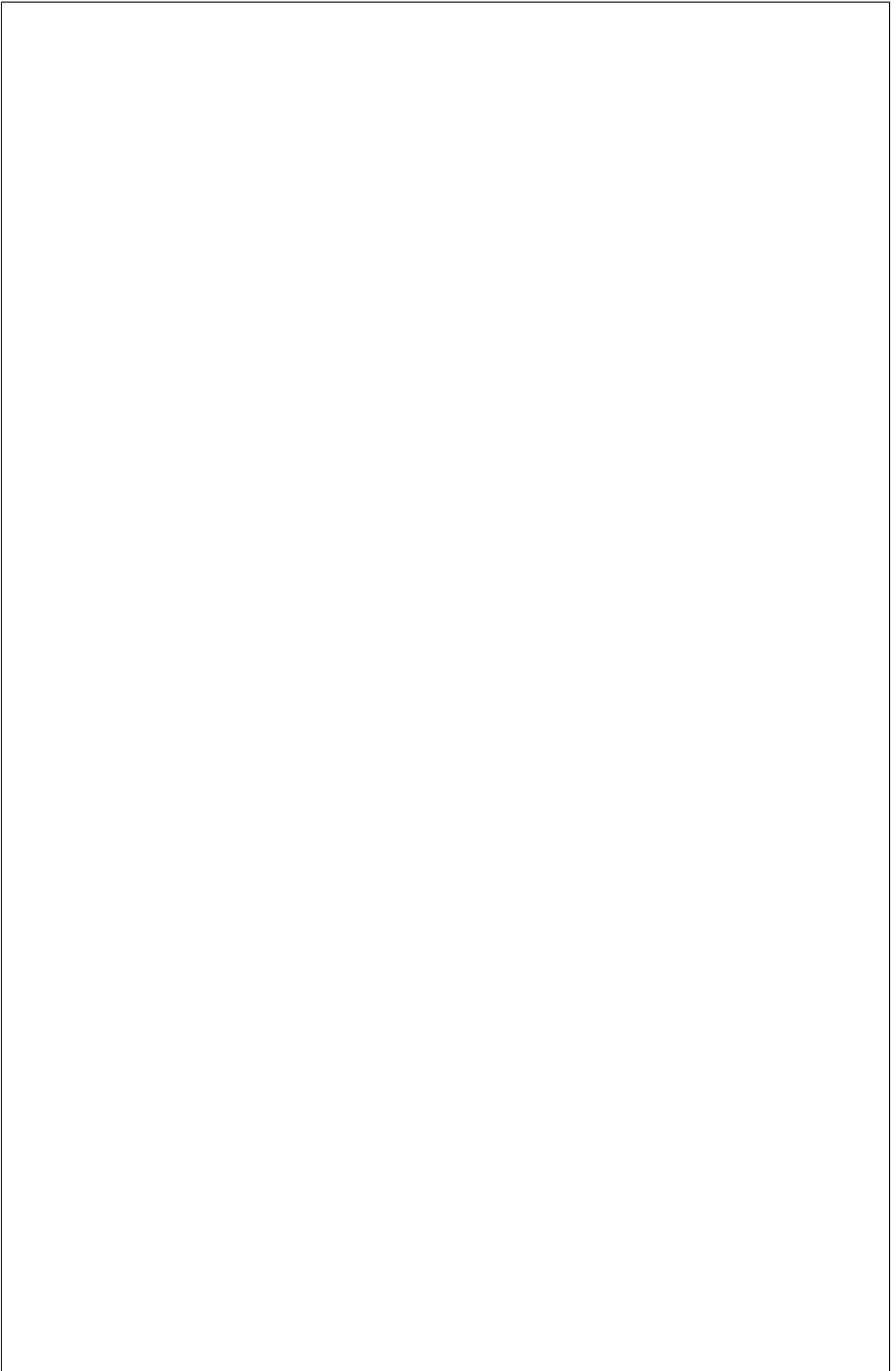
What kind of a situation, landscape and climate would you truly flourish in?

What is your favoured work environment?

What kind of rhythms - or lack of routine - would you most love in your days?

What kind of sensations and intimacies would most fulfil you?

What do you yearn for more of, and for less of?



Now, write a free-flow of words around **anything blocking** that came up for you in this inquiry: keep the words moving, don't worry about making sense, just let it out, let go of it. This is to release any tension you might have around what it is to express your dreams.

A large, empty rectangular box with a thin black border, occupying the majority of the page below the text. It is intended for the user to write a free-flow of words related to the prompt above.