

# Soul Goals + Bucket List Challenge

*How do you want to feel?*

Create a Master list of all the ways you want to feel (I.e Loved, Empowered, joyful, nourished etc)



# Soul Goals + Bucket List Challenge

*What do you crave?*

Create a Master list of all the things you are craving mentally, emotionally or Physically . Be honest with yourself about what you desire. (I.e baths, sex, more time to cook, a space just for me--anything!)



# Soul Goals + Bucket List Challenge

*Go Get What you Want!*

Create your 12 week bucket list. Here you do the work of combining how you want to feel with what you crave. Create a bucketlist of goals to help you achieve those feelings and get the things you physically desire. Each week you have to cross at least one thing off your bucketlist. You can choose 1 goal for each week or more, totally up to you!

Be sure to check in with your mastermind group and hold each other accountable!



Go Get What you Want!



B u c k e t   L i s t   g o a l s

*Let it Rise*

What do you want?

What do you crave?

Let your desires rise.

Who are you?

Who do you need to become?

Let your higher self-rise.

What is your mission?

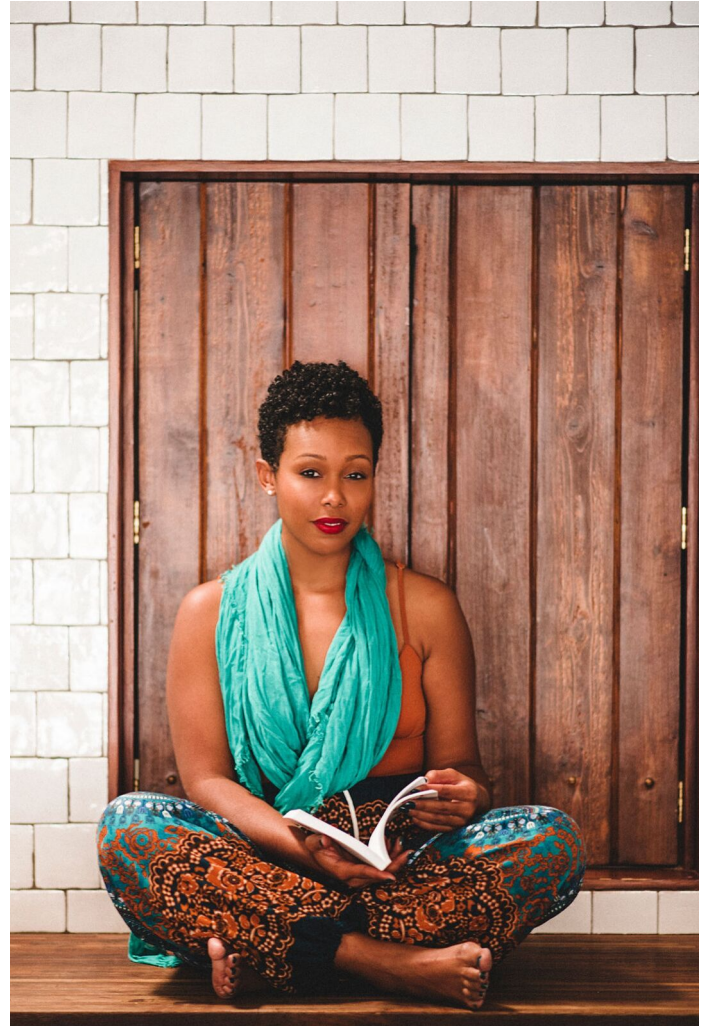
What is your vision?

Let your purpose rise.

What do you want?

What do you crave?

Let your desires rise.



Tiffany Lanier, Founder of  
The Morning Shift Co.

### Get Social:



[Facebook.com/Livewithtiffany](https://www.facebook.com/Livewithtiffany)



[Youtube.com/Livewithtiffany](https://www.youtube.com/Livewithtiffany)



[@Livewithtiffany](https://twitter.com/Livewithtiffany)



[@Livewithtiffany](https://www.instagram.com/Livewithtiffany)

**Do  
More of  
What  
Lights  
You Up.**