

*Vive*   
UNLIMITED



INSPIRING JOY-FILLED LIVES



*Hey Friends,*

I'M LEANN CASE AND I'M EXCITED TO SHARE THIS WORKBOOK WITH YOU BECAUSE WHAT IS CONTAINED HERE IS WHAT LAUNCHED ME INTO A WHOLE NEW WORLD OF BELIEVING IN MYSELF AND IN LIVING IN MY SWEET SPOT.

WE ARE BUSY, WE BURY OUR THOUGHTS AND FEELINGS OF NEED -- IF WE EVEN RECOGNIZE THAT THEY ARE THERE. WE'RE LEFT WONDERING WHAT OUR PURPOSE REALLY IS. WE FEEL A VOID DESPITE HAVING WELL-PAYING AND WELL-ESTABLISHED CAREERS AND THRIVING FAMILIES. WE DON'T KNOW HOW TO ANSWER THAT VOID. WE ONLY SEE OTHERS WHO SEEM TO HAVE FOUND THEIR PASSIONS AND ARE AT...PEACE. OFTENTIMES, THOUGH, WE ACTUALLY ARE WORKING IN OUR SWEET SPOTS. OR, AT LEAST WE HAVE MOMENTS WHERE WE ARE WORKING IN OUR SWEET SPOTS. WE JUST NEED TO RECOGNIZE THOSE MOMENTS AND GET MORE OF THEM SO WE CAN SOAR AND LIVE OUR JOY-FILLED LIVES.

- *LeAnn*

# This Is Yours

GOING THROUGH THIS PROCESS OPENED UP A WHOLE NEW WORLD FOR ME. I LEARNED THAT I AM AN EXPERIENCE CHAMPION AND I AM NOW USING THAT PURPOSE TITLE AS MY LENS FOR LIVING MY JOY-FILLED LIFE. UNLOCKING THAT GREATER VERSION OF MYSELF HAS DRIVEN ME TO:



- PUT ON A GIRL WEEKEND EVENT FOR 50 WOMEN THAT OFFERED INSPIRATIONAL CONTENT FOR THE FIRST TIME EVER.
- START AN ONLINE MASTERMIND TO HELP OTHERS DISCOVER THEIR GREATNESS.
- PUBLISH (GAH! YES, PUBLISH!) A BLOG THAT REVEALS GROWTH IN LIFE AND THE LESSONS LEARNED.
- HIRE A MANAGER SO THAT I CAN DO MORE CONNECTION WORK WITH OTHERS THROUGH INSPIRATIONAL AND FUN EXPERIENCES.
- RUN A SUMMER CAMP FOR TEENAGERS. HELLO SUGAR CAMP!
- HOST A MONTHLY EXECUTIVE COFFEE HOUR WITH THE PURPOSE OF LEARNING FROM EACH OTHER.

MY INNER WISE WOMAN SEES THINGS DIFFERENTLY NOW. I NO LONGER THINK OR MAKE DECISIONS OUT OF FEAR. I DON'T PLAY SMALL. I GET AFTER DOING WHAT BRINGS ME JOY.

I'M SO GLAD YOU ARE TAKING THIS ONE STEP TOWARD BELIEVING IN YOURSELF. YOU WILL USE WHAT YOU LEARN HERE IN YOUR FUTURE DECISIONS. YOU WILL STOP LIVING LIFE ON AUTO PILOT AND DEFAULTING TO SOMEONE ELSE'S IDEAS. YOU WILL START PUTTING YOURSELF IN THE GAME. YOU WILL FIND THAT YOUR CONNECTIONS ARE DEEPER AND YOUR WILL IS POWERFUL. THAT IS VIVE, DARLING.

**TASK >** 1. FIND SOME QUIET TIME AND QUIET SPACE, YES YOU CAN. 2. GRAB YOURSELF A NOTEBOOK AND A FANCY PEN AND GET TO WORK. 3. ANSWER EACH QUESTION AS IT COMES TO YOU, DON'T OVER THINK IT.

# Unlock Your Purpose

## + STEP 1

WRITE DOWN ONE STORY ABOUT WHEN YOU WERE YOUNG WHERE YOU FELT SATISFIED IN WHAT YOU DID. FOCUS ON WHAT YOU DID, DOCUMENTING THE ACTIVITY AS IF YOUR ACTIONS ARE BEING RECORDED. LEAVE OFF THE WHY.

## + STEP 2

WRITE DOWN ANOTHER STORY ABOUT WHEN YOU WERE IN COLLEGE OR EARLY IN YOUR CAREER WHERE YOU THRIVED. WHAT WAS HAPPENING? AGAIN, LEAVE OFF THE WHY.

## + STEP 3

NOW WRITE ABOUT AN ACTIVITY YOU DID MOST RECENTLY WHERE YOU FELT SATISFIED. WHAT DID YOU CONTRIBUTE IN THAT ACTIVITY?





#### + STEP 4

LOOK BACK AT ALL THREE STORIES AND WRITE ABOUT WHAT WAS COMMON ABOUT THOSE STORIES. (HINT: SHARING THE STORIES WITH OTHERS CAN HELP REVEAL A THEME.)

#### + STEP 5

LOOK FOR: THE ACTION WORDS IN YOUR STORIES, A COMMON TOPIC, YOUR OPTIMAL CONDITIONS, YOUR PREFERRED RELATIONSHIP. WHAT ULTIMATE OUTCOME GAVE YOU THE MOST ENJOYMENT?

#### + STEP 6

BASED ON YOUR STORIES OF WHEN YOU WERE DOING ACTIVITIES THAT LEFT YOU FEELING TOTALLY SATISFIED, HAPPY, AT EASE, HOW WOULD YOU DESCRIBE WHAT YOU DO BEST?



THE WORD VIVE IS SPANISH FOR LIVES. DISCOVERING YOUR PURPOSE BRINGS GROWTH AND THAT'S WHERE JOY LIVES. LIVE YOUR LIFE VIVACIOUSLY, FRIEND.

# Your Next Steps

APPLY YOUR DESCRIPTION TO WHERE YOU ARE TODAY. START WHERE THERE'S MOMENTUM. OVERLAYING WHAT YOU JUST DISCOVERED WILL HELP YOU DO LESS OF WHAT DOESN'T HELP YOU SHINE AND MORE OF WHAT ALLOWS YOU TO LIVE IN YOUR SWEET SPOT, ENJOYING YOUR DAYS VERSUS DREADING THEM.

DIG DEEPER INTO WHAT YOU JUST DISCOVERED AND START LOOKING FOR WHERE YOU CAN LIVE WHOLLY IN YOUR SWEET SPOT. IF THAT MEANS A JOB CHANGE, EXPLORE THAT. HAS THERE BEEN SOMETHING WHISPERED TO YOU THAT YOU HAVE BEEN IGNORING OR PUTTING OFF? YOU ARE THE PERSON FOR THE JOB SO GO AFTER IT. KNOW THAT YOU WERE GIVEN A PURPOSE ON PURPOSE.

THINK ABOUT WHAT YOU THINK ABOUT. IF YOU ARE BELIEVING YOU ARE NOT UNIQUE OR YOU ARE TRAPPED, YOU ARE BELIEVING A LIE. THAT LIE IS HOLDING YOU BACK. IDENTIFY IT SO YOU CAN REMOVE IT.



## LET'S CONNECT

THE VIVE UNLIMITED IS ABOUT INSPIRING JOY-FILLED LIVES. I BELIEVE MY PURPOSE IS TO SERVE AS YOUR EXPERIENCE CHAMPION. I LIVE THAT BY DELIVERING YOU AN EXPERIENCE THROUGH LEARNING, CONNECTION, AND FUN THAT WILL LEAVE YOU FEELING DIPPED IN GOLD AND READY TO FLY. YOU ARE WORTHY OF IT AND I AM HERE TO HELP YOU STEP INTO THAT WORTHINESS, UNCOVERING YOUR LIMITING BELIEFS AND BECOME THE MOST FULFILLED VERSION OF YOURSELF YOU CAN IMAGINE.

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