

✦✦Leverage It✦✦

Using “Here” to Get “There”

Reverse Engineering Magic

Let It Get Bigger

“New Relationship” Energy

Test Drive Your Dream-Ideas

Reverse Engineering Magic

What is something in your life that you would've said was impossible before it happened?

What events transpired that led to that thing?

Could you have predicted the way things unfolded?

Let It Get Bigger

The clues to what will satisfy us are everywhere, not just in the area we want to change.

- What do you enjoy doing right now?
- What is fun or satisfying?
- What have you enjoyed about past jobs, relationships, location?
- What's trying to get bigger in your life right now?

Experiment: Let it get bigger! Increase the time you spend doing that thing, even if it seems irresponsible. Tell someone about it.



“New Relationship” Energy

Style matters... and it's so much more than clothes.

Bring “shaved legs” energy to your current circumstances.

Experiment: Document your personal “new relationship” approach - how do you show up?

Show up to your current circumstances that way.

Test Drive Your Dream-Ideas

Clarity is developed through action. This works best when you've paralyzed yourself with thinking you need to “figure something out” first.

Experiment: Pick something you think you might want. Brainstorm all the ways you might test drive it. Then do it! (Visit the city, buy a wig, test drive the car, go on dates)



Book a Vibe Check
jessicaell.com/Leap