

Where Do I Start?

**A 6-Day
Jumpstart to
Creating a Life
You Love**

LIFE BY DESIGN

with Connie Leach



Welcome

If you're reading this guide, chances are you're ready for something to change. Perhaps you're feeling uncertain, overwhelmed, or simply wondering, "Where do I start?" The good news is, you don't have to have all the answers today. You simply need a place to begin.

After years of coaching women and young adults through life's transitions, I've discovered something important: lasting change doesn't begin with a giant leap—it begins with one meaningful step. Small, intentional actions create momentum, and momentum has a way of replacing overwhelm with hope, clarity, and confidence.

Over the next six days, I'll introduce you to the 6 Essential C's—a simple framework designed to help you reconnect with what you love, rediscover who you are, strengthen what matters most, take your next brave step, take charge of your life, and acknowledge your progress. Each day offers one simple idea and one practical action to help you begin creating a life you love.

You don't have to figure out your whole life today.

Just begin.

Connie 



DAY 1

Clarity

Rediscover What You Love



Have you ever noticed that when life becomes busy, stressful, or overwhelming, the things you once loved often get pushed aside? You may not even remember what they are anymore.

Today, however, isn't about making big decisions. It's simply about reconnecting with what brings you joy, sparks your curiosity, and reminds you that life can offer you many possibilities.

TRY THIS...

- Browse Pinterest or look through magazines
 - Tear out or save images that inspire you
 - Visit a bookstore or home decor store
 - Notice what you're drawn to and what you love
 - Make a list of things that delight you
-



COFFEE REFLECTION

What delighted you today?



DAY 2

Confidence

Reconnect with Who You Are

Confidence isn't about becoming someone new—it's about remembering who you are, because sometimes we lose sight of our own uniqueness, strengths, and abilities.

Today, I'd like to introduce you to a free personality assessment that has helped millions of people better understand themselves. While no assessment can define you, it can offer valuable insights into your natural strengths, preferences, and the qualities that make you who you are.

When you read your results you may find yourself thinking, *"That sounds like me."* Sometimes that's exactly the reminder we need to feel confident and most alive.



TRY THIS...

Take the free 16Personalities assessment at [16personalities.com](https://www.16personalities.com).

As you review your results, spend a few minutes reflecting on the following questions:

- *What surprised you?*
- *What felt especially true about you?*
- *Which strengths do you appreciate most about yourself?*
- *How could these strengths help you create a life you love?*



COFFEE REFLECTION



What did you learn about yourself today?



Connection

Strengthen What Matters Most



Meaningful relationships enrich our lives. They remind us that we're loved, supported, and part of something greater than ourselves.

Yet one of the most important connections is often the one we overlook—the connection we have with ourselves.

Today is an invitation to strengthen what matters most. Reach out to someone who encourages you. Spend a few quiet moments listening to your own thoughts.

Notice what fills your heart and restores your spirit. Both connections matter, and both deserve your attention.

TRY THIS...

Set aside just 15 minutes today to reconnect—with yourself or someone who matters to you.

You might:

- *Call or spend time with someone who encourages you.*
- *Take a quiet walk without your phone.*
- *Sit with a cup of coffee and simply notice your thoughts.*
- *Write in a journal about how you're really feeling.*
- *Listen to music that brings you peace or joy.*

Take the time to connect with yourself or others and simply listen.



COFFEE REFLECTION

When do you feel most connected—to yourself, to others, and to the life you want to create?



Courage

Take Your Next Brave Step



Every meaningful change begins with courage.

Often, what keeps us stuck isn't a lack of ability—it's the fear of what might happen if we try. We avoid difficult conversations, postpone important decisions, or convince ourselves that now isn't the right time.

Fear can appear in many forms. It may be fear of failure, rejection, change, or making the wrong decision. Underneath all fear is the fear that we cannot handle or manage the task at hand.

Sometimes guilt tells us to put everyone else's needs before our own. Shame whispers that we're not capable or worthy enough to succeed. Left unchallenged, these beliefs can quietly limit our choices and keep us from living the life we truly want.

Courage doesn't mean being fearless. It means recognizing what is holding us back and choosing to take one brave step anyway.



COFFEE REFLECTION

What would I do if fear were no longer holding me back?

TRY THIS...

Think about one area of your life where you've been feeling stuck.

Ask yourself:

- *What have I been avoiding?*
- *What fear might be holding me back?*
- *What's one small, brave step I could take today?*

Your step doesn't have to solve the problem. It simply needs to move you forward.

Remember, courage grows every time you choose action over avoidance.



DAY 5

Choice

Take Charge of Your Life

Life doesn't always unfold the way we planned. We can't control every circumstance, but we can choose how we respond.

Every day presents opportunities to make choices that shape our future—our attitude, our actions, our priorities, and the person we are becoming.

Choosing your best life begins with taking responsibility for your own thoughts and actions.

It's about deciding what truly matters, letting go of what no longer serves you, and creating a plan that reflects your values, hopes, and dreams.

You don't have to have everything figured out. Simply ask yourself, *Who do I want to be*, and what is one choice I can make today that moves me in that direction?

Your life is shaped by the choices you make each day. Choose with intention.



TRY THIS...

Think about the person you want to become. Then ask yourself:

- *What kind of life do I want to create?*
- *What qualities do I want to be known for?*
- *What's one choice I can make today that reflects my best self?*

Choose one area of your life to get in order.—a relationship, your health, your home, your work, or your daily routine—just make one intentional change.



COFFEE REFLECTION

If I were intentionally designing my life, what would I choose more of...and what would I choose less of?



Celebration

Acknowledge Your Progress



TRY THIS...

Think about three things you've accomplished recently—one big, one small, and one personal.

Now ask yourself:

- In what way can I acknowledge each of these?
- How will I celebrate my progress today?

The goal is simply to pause, recognize your growth, and appreciate the person you're becoming.

How often do we accomplish something, only to immediately move on to the next task?

We check it off our list and rarely pause to recognize the effort, courage, and growth it took to get there. Over time, we can become so focused on what still needs to be done that we overlook how far we've already come.

Every step forward deserves to be acknowledged. Some milestones are big—a new job, a healthier relationship, completing a degree, or reaching a long-awaited goal.

Others are quiet but equally meaningful—making a difficult phone call, setting a healthy boundary, trying something new, or simply getting out of bed on a hard day. Each step reflects growth and deserves recognition.

Celebration doesn't have to be elaborate. It might be treating yourself to a favorite cup of coffee, taking a walk on the beach, buying fresh flowers, sharing your success with a friend, writing in your journal, or simply taking a quiet moment to say, *"I'm proud of how far I've come."*

When you acknowledge your progress, you give yourself the encouragement to keep moving forward.



COFFEE REFLECTION

What progress have I made that I have completely overlooked?

Continue Your Journey

Find Your Anchor

Congratulations on completing your 6-Day Jumpstart to Creating a Life You Love.

One final thing I'd like to share with you is the Disney story about Dumbo, the little elephant who dreamed of flying. Believing a "magic feather" gave him the courage to soar, he discovered something remarkable when the feather slipped away—he could fly all along. The power had never been in the feather. It had always been within him.



Just like Dumbo's feather, we can all benefit from a simple reminder of our own strength and courage. I call these reminders **anchors**—small objects that help us remember who we are, what matters most, and the life we're creating.

TRY THIS...

Choose a small object to serve as your anchor—a piece of jewelry, a favorite keychain, a smooth stone, a photo, a coin, or another meaningful keepsake.

Each time you see or hold it, let it remind you to reconnect with who you are and the trust you have in yourself. Then bravely take your next step forward.



FINAL COFFEE REFLECTION

What will you choose as your anchor, and what will it remind you about yourself?



Next Step?

If these six days have helped you see new possibilities, I'd love to continue the journey with you.

☕ **Schedule a complimentary Coffee Chat**

@480.694.5678

Together, we'll explore where you are, where you'd like to go, and the next meaningful steps to help you create a life you love.

Not quite ready?

Join our mailing list and receive ***Sunday Coffee with Connie*** and ***Monday MAGIC Newsletter*** in your inbox for a weekly dose of encouragement, inspiration, and practical ideas to help you continue designing a life you'll love.

Please stay connected and Subscribe at ConnieLeach.com

