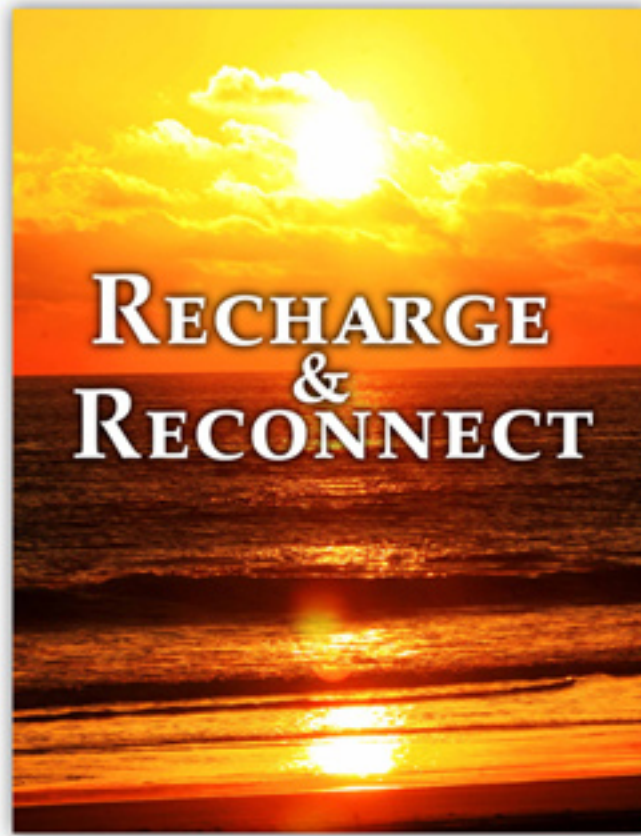




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# Recharge and Reconnect

*30 minutes to Energize and Plan your next steps!*



By Toni A. York

[www.TheSynergyBiz.com](http://www.TheSynergyBiz.com)

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# About the Author



As a highly successful Real Estate Broker for over 20 years, Toni has taken her passion for people and has expanded her business into writing, teaching, and as a professional Coach.

Family is top priority for Toni. With husband Cole and their four daughters, two son in laws, two grandchildren and their ever present Bischon Kirby, Toni knows the intricacies of juggling time and energy to stay focused, achieve goals and live a fulfilled life.

Toni received her CPCC at UC Davis from The Coaches Training Institute in 2005. This Internationally accredited designation is highly coveted by all

Professional Coaches. Some of her education and accolades include; past President of the Sierra Nevada Association of Realtors, past Realtor of the Year, SNAR Presidents Award, consistent Top Producer, Avatar Wizard, Rapport Leadership master Grad Level III, Reiki Master, and Certified Feng Shui Consultant to name a few.

Living outside of Lake Tahoe Nevada and owning a second home in Puerto Escondido Mexico, Toni get to spend much of her free time outdoors. She loves to travel and explore new places and people. She enjoys Yoga, biking, skiing, boating, cooking, wines, walks on the beach and spending time with her family and friends.

Toni's moto is "The Power of Positive Energy". She says "the only for sure thing in life is change and I love to help people enjoy the process". If you would like to contact Toni for a consultation or one of her many seminars you can email her at [Toni@TheSynergyBiz.com](mailto:Toni@TheSynergyBiz.com).



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# Igniting Your Passion

## Chapter One



In this chapter you will discover yourself in a new way. This is your opportunity to connect with what is inside of you. Dust off some old dreams and create new ones. What do you want? People often believe that they don't have the power to choose how they want their life to be. Our vision gets narrowed and so small that we are driven by our circumstances instead of what's possible. Whether we realize it or not, every day we are making choices and those choices have become our life. This is your opportunity to be the Explorer, stay curious, be kind, be honest and above all get excited and have some fun.



---

# Top Secret Dreams and Goals

*Contemplate without ANY limitations... be curious... have fun!*

*If I could be anything I want I would be...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*If I could do anything I would...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*What I want to do but don't make time for is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*The promises I make to myself but break are...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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## *More Top Secret Dreams and Goals*

*What people don't know about me is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*What I love about myself is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*The lies I tell myself are...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*I'm ready to let go of...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



---

## *More Top Secret Dreams and Goals*

*If I could have anything it would be...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*I'm ready to be...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*What I want is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*I see myself as...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





---

## *More Top Secret Dreams and Goals*

*What I really want is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*I wish...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Some more "stuff" I want is...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



---

# Balancing

## *Chapter Two*



Balance takes place in the midst of action. Life balance is not the same as equilibrium. It is not about having the same weight on each component of your life. Equal parts of work, fun, family etc. is not the goal. There is a moving balance point with all significant areas of life. It is like standing on one foot, you must constantly move to keep balance. As long as we are alive we will be moving toward or away and either increasing or decreasing energy in the areas of our life.

**What's the balance of your life look like?**



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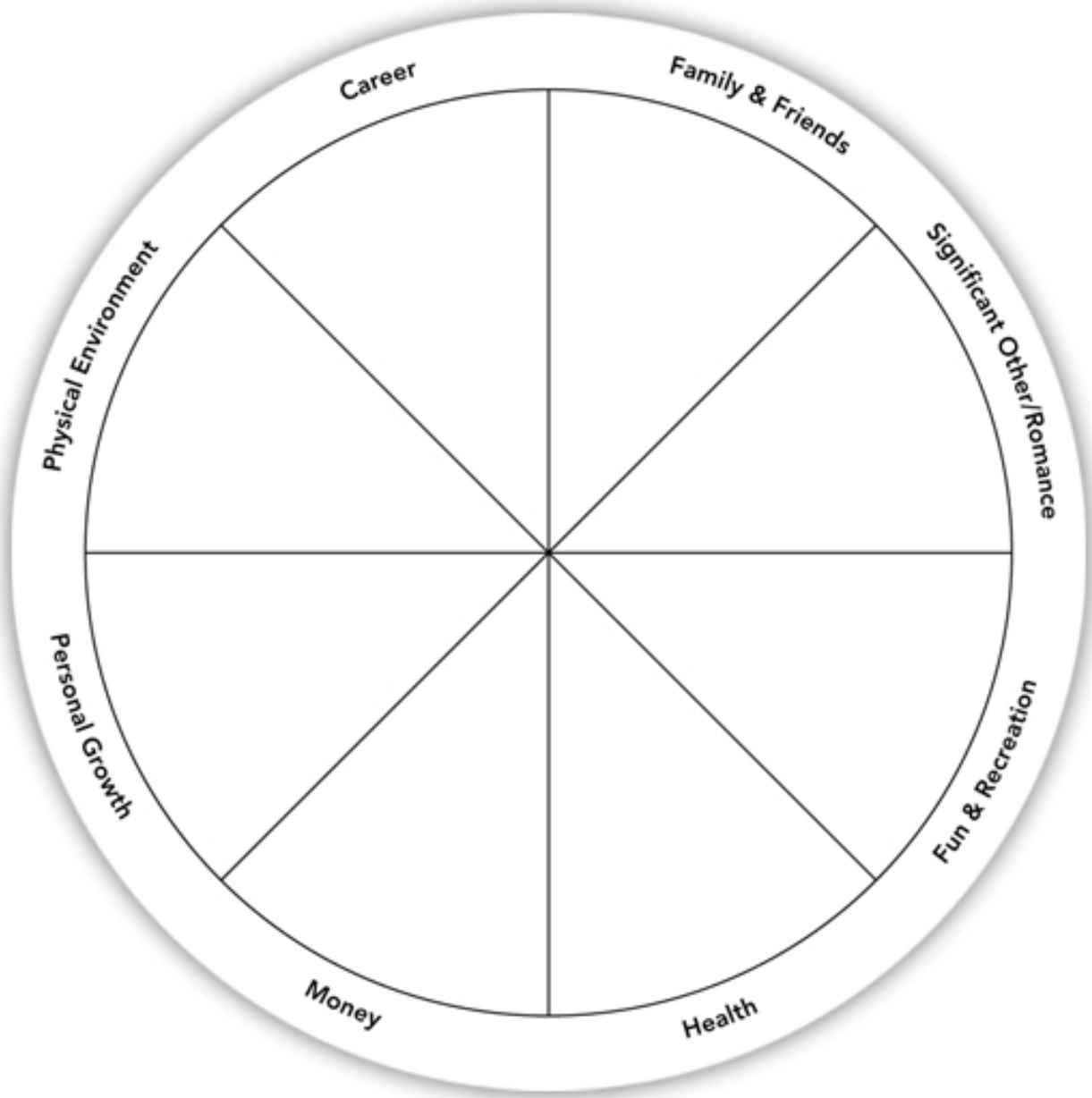
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# The Wheel of Life Worksheet

## *Directions*

The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge then shade it in. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



---

# Thriving at a 10

Look at your *wheel of life*. What areas are thriving and what areas need better focus or perhaps change? What can you do, need to believe or have to get you thriving at a 10?

## *Health...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Personal Growth/Spirituality...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Career...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Finances...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



---

# Thriving at a 10

## *Family & Friends...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Significant Other/Romance...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Fun & Recreation...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Physical Environment/Living Situation/Work area...*

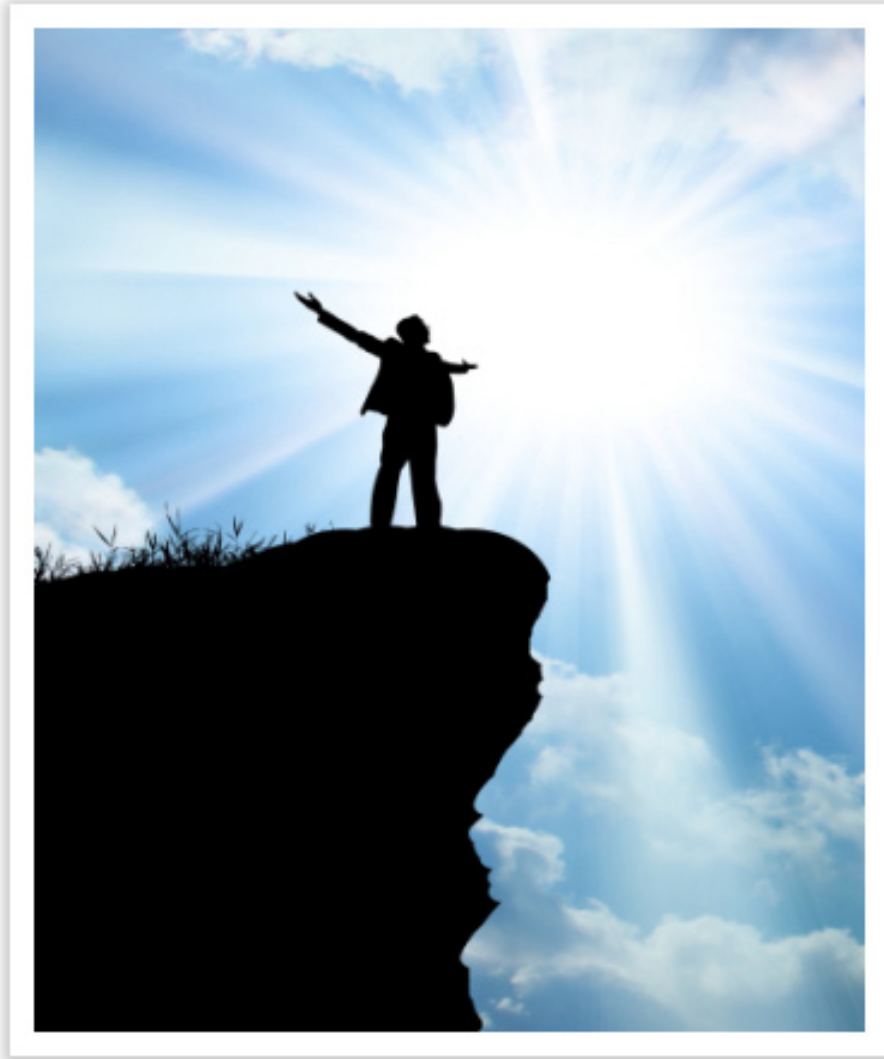
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



---

# The Plan

## *Chapter Three*



What are you committed to? Just like jumping from tree to tree you must let go of one rope to grab the next one. Over and above that, you must be committed to catching the next one. So as in life you must let go of that which is no longer needed what no longer serves you and commit to what will.

**What's your plan?**



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## The Top Three Things I Now Let Go Of...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*Bye Bye!*



---

# Creating the Plan

Commitments are ongoing quality of life shifts. Commitments are different from goals. Using the Thriving at 10 as a guide, decide what you are committed to creating in the following areas of your life.

## My Commitments are:

Career: \_\_\_\_\_

\_\_\_\_\_

Money: \_\_\_\_\_

\_\_\_\_\_

Health: \_\_\_\_\_

\_\_\_\_\_

Friends & Family: \_\_\_\_\_

\_\_\_\_\_

Significant Other: \_\_\_\_\_

\_\_\_\_\_

Personal Growth: \_\_\_\_\_

\_\_\_\_\_

Fun & Recreation: \_\_\_\_\_

\_\_\_\_\_

Physical Environment: \_\_\_\_\_

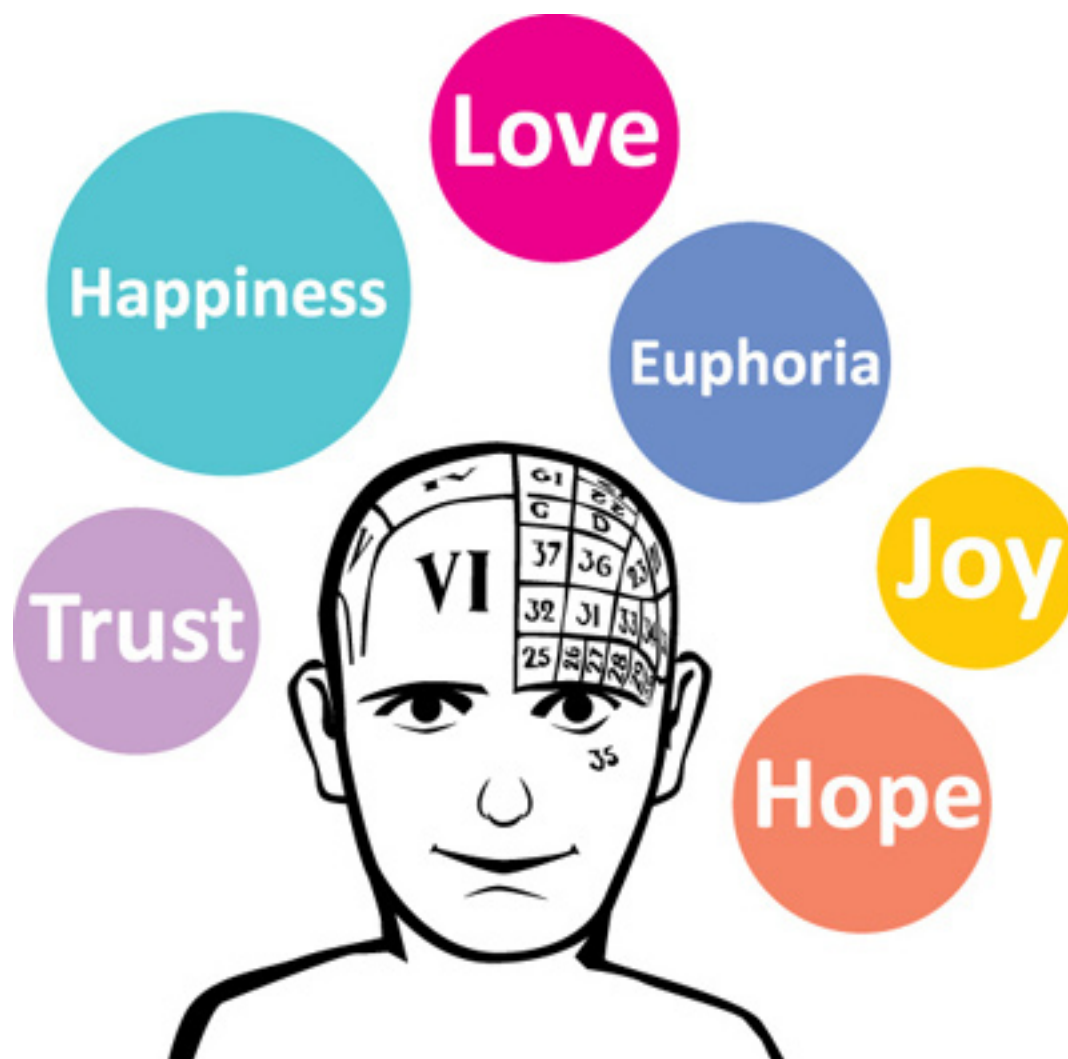
\_\_\_\_\_





# Positive Intentional Thoughts

## Chapter Four



To think is to Create. Your thoughts set the direction of your life. If you want to change the direction you are headed, you simply need to change your thoughts. Our beliefs, behaviors and habits define us and ultimately create the world we live in.

**Change your thoughts, change your beliefs and you will change your life.**



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# The Dream Board

*Creating a Dream Board or Vision Board is very similar to writing out your goals in life, except this visual tool invokes more emotion than simply writing out your goals. This difference adds an interesting element that has proved to be powerful for me and many others.*

**First Step for Creating your Dream Board:** Get a large white Poster board (usually under \$1.00 at most grocery stores) glue, glue stick or two sided tape and scissors.



**Second Step for Creating your Dream Board:** You will need pictures that either show how you want to feel, where you want to go, want you want to have etc. You can get these from magazines or photos you already have. If you are unable to locate the pictures you are looking for you can do an image search and find the pictures on line then print them out.

Dream big here, really go out on a limb. If you want to live on the ocean in a beautiful house, find a picture of that house on the ocean. Look for pictures that really light you up inside when you look at them. If you want to lose weight find a picture of the physique you want to have. If you want to travel cut out pictures of the places you want to go. Find pictures of someone doing the things you want to, sailing or skiing, climbing a mountain or hiking. You can cut out words or sentences as well. Anything you cut out is great as long as it inspires and motivates you.

**Third Step for Creating your Dream Board:** Get a picture of yourself that you really like, one where you are happy and feel good then paste it in the middle of the board.

**Fourth Step for Creating your Dream Board:** Before you begin pasting your pictures and words, lay it out the way it feels really good for you. You might want to write on the bottom of the board something like... This or something better now manifests for me in divine and appropriate timing.

**Requirements:** Have fun!!! This is really important. You are now taking an important step towards seeing and feeling the life you want. Really go for it here... this is your chance get your dreams in front of you and have it all!!!

**Action Steps:** Put you Dream board somewhere you will see it every day. Spend at least five minutes every morning and five minutes every night before bed looking at your dream board. Really see the emotions in the pictures and words you have chosen. Look at the colors and look at the different places or events. Feel the feelings as if it is already so.



---

# What's Your Next Chapter?



As life evolves and changes, because it always does... you will attain your goals and dreams that you have created and will be ready to go after new ones. This little 30 minute tune-up can be used over and over again as a compass to guide you towards your next steps. Please feel free to email me with any questions, ah ha's or insights. I would love to hear from you.

May your journey be filled with many blessings,  
Toni



---

# Fun Quotes

*"What the mind can conceive and believe it can achieve"*

~ Napoleon Hill

*"Growth demands a temporary surrender of security"*

~ Gail Sheehy

*"When you don't know what you want, you often end up where you don't want to be"*

~ Bob Greene

*"It's not whether you get knocked down, it's whether you get up."*

~ Vince Lombardi

*"Behold the turtle. He makes progress only when he sticks his neck out."*

~ James B. Conant

Fun Websites offering Daily Inspiration from many corners of belief:

Napoleon Hill Foundation - <http://www.naphill.org/>

Notes from the Universe - <http://www.tut.com>

Astrology Zone - <http://www.astrologyzone.com/>

Joel Osteen - <http://www.joelosteen.com>

The World Puja Network - <http://www.worldpuja.org>

The Word of the Day - <http://dictionary.reference.com/wordoftheday>



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