

A WORKBOOK

A true(r) *life.*

You don't need fixing. You need to come home to yourself. A set of honest questions to help you find the life that was already trying to be yours.

A LETTER BEFORE WE BEGIN

Dear friend,

I want to tell you something before we go any further: this isn't a book about becoming a better version of yourself.

I don't believe in better versions. I believe there's a truer one, and most of us have spent years covering her up with what we thought we were supposed to want.

I know that feeling of building a life that looks right on paper. I've done it. Said yes to the thing that made sense. Kept the pace everyone else seemed to be keeping. Called it hustle because that word made the exhaustion sound like ambition.

Here's what I've learned, in coaching rooms and course-design canvases and on my own porch at sunrise: the truest life isn't the one you architect from the outside in. It's the one you notice, slowly, when you finally get quiet enough to feel what's actually true for you. Not what you performed. Not what looked impressive. What's real.

So that's what this is. Not a plan to become someone new. A set of honest questions that will help you find the life that was already trying to be yours.

We'll cast a vision. We'll get real about your goals, not the borrowed ones. We'll pay attention to what actually gives you energy, because your body already knows things your calendar doesn't. We'll build habits that fit how you actually work, not how a productivity book says you should. And we'll design days that feel less like a performance and more like a life.

You don't need fixing. You need to come home to yourself.

Let's start there.

Jeannie

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PART ONE

Cast a *vision*.

Before we get real, let's get honest in a softer way first. Not about what's realistic. Just about what you actually want, in five different corners of your life.

Don't overthink it. Write the first true thing that comes to mind.

Livelihood

What would you like your working life to feel like?

Wellness

What would it look like to be well, in your body and your mind?

Creativity

What would you make, if making it were reason enough?

Connection

Who do you want more of in your life, and who have you outgrown?

Money

What would enough actually look like, in a number and in a feeling?

Come back to these pages later. The truest thing you wrote is usually the one you almost talked yourself out of writing.

PART TWO

Get *real*.

A dream is a direction. A goal is a commitment. This is where we turn what you wrote in Part One into something you can actually move toward.

A REAL goal

Four tests. If a goal passes all four, it's yours and not somebody else's.

R

REALISTIC, BUT CHALLENGING

Treat your goal as a stretch, not a guarantee. Aim just past what feels comfortable, because you're almost always capable of more than you think. Surprising yourself is part of the point.

E

ENERGIZING

Most of us were taught that goal-setting should feel like a chore. It shouldn't. A true goal has a zing to it. If it doesn't, keep asking why you want it until you land on an answer that resonates from the inside.

A

ALIGNED

Aligned with yourself first. Notice where you'd genuinely love to see progress, then talk it through with someone who is actually part of your life. Let your values be the measure, not someone else's expectations.

L

LINKED TO RESULTS

You need to know when you're done. Tie the goal to something you can observe, so you recognize the moment you've arrived instead of quietly moving the finish line.

Give it a try

Take one goal from Part One and put it through all four.

WHAT IS YOUR GOAL?

R Why is it realistic, but challenging?

E What makes it energizing for you?

A How is it aligned with your own values?

L How will you know when you've reached it?

PART THREE

Know your *energy*.

For three days, ideally two workdays and one day off, be an observer in your own life. Track what you enjoy most and when you feel most full.

Your body already knows things your calendar doesn't.

The energy audit

Note the activity, then how it left you: full, flat, or drained.

DAY ONE

ACTIVITY	ENERGY

DAY TWO

ACTIVITY	ENERGY

DAY THREE

ACTIVITY	ENERGY

Insights

Look for the trends. They point straight at your strengths, because we tend to enjoy what we do well.

PART FOUR

Build the *habit*.

Goals don't change your life. Habits do.

A goal points you somewhere. A habit is what actually gets you there. Let's design one that fits the way you really work.

Environment

What around you would need to change for this habit to become the path of least resistance?

Access

What do you need easy access to, so this happens without friction?

Small steps

What's the smallest possible version, the one you could do even on your worst day?

Set your intention

Where, and when, will you start?

Stick to it

What tends to knock you off course, and what would help you catch yourself sooner?

How do you actually build a habit?

Rather than borrowing someone else's framework, let's find out how you work when you're at your best. Answer honestly, not aspirationally. There is no right column.

1. When something new lands on your calendar, what actually happens first?

- ☐ I feel an immediate pull toward it, or I don't. That response tells me almost everything.
- ☐ I check whether it fits the plan I already committed to.
- ☐ I wait to see how I feel once I'm actually in it.

2. Your best work this month happened...

- ☐ In a burst, after something clicked, followed by needing real recovery time.
- ☐ On a steady, evenly paced schedule I stuck to regardless of mood.
- ☐ In the middle of doing something else entirely, almost by accident.

3. When a habit falls apart, it's usually because...

- ☐ I tried to force it on days I had nothing left to give.
- ☐ I didn't have enough structure or accountability around it.
- ☐ It was never actually mine. I built it for who I thought I should be.

4. You know you're doing something true to you when...

- ☐ It costs you energy but gives back more than it takes.
- ☐ You can point to the plan you followed and check the box.
- ☐ Someone else notices before you do.

Count which position you chose most often: first, second, or third.

What this tells you

MOSTLY THE FIRST ANSWERS

You build habits through response, not force. Your best rhythm is sprint and rest, not steady and constant. Structure that demands relentless consistency will fight your nature. Structure that lets you respond to real pulls of energy will work with it.

MOSTLY THE SECOND ANSWERS

Structure genuinely serves you. You're not wrong to want a plan. Just make sure the plan is built around something true, and not around what looked impressive when you wrote it down.

MOSTLY THE THIRD ANSWERS

You're still learning to trust your own signal. That isn't a flaw, it's an invitation. Go back to Part Three and let the energy audit start building that trust back.

PART FIVE

Design your *days*.

Meaning. Magic. You.

Step back from goals and habits for a moment and ask the bigger question: what does a true(r) daily life actually look like for you?

Be yourself

Not the edited version. Where do you already show up the same whether anyone’s watching or not?

Pursue your passion

What’s the thing you’d do even if no one ever paid you, or praised you, for it?

Inspire change

Where do you already, quietly, make things better just by being in the room?

Cross-train your creativity

What form of creativity haven't you let yourself play with in a long time?

Share your brilliance

What do you know, or do, that you assume everyone else already knows too? They don't.

PART SIX

A true(r) *ritual*.

A simple rhythm to return to, whenever a day or a week has pulled you away from yourself. Six steps, none of them long.

The six steps

1 Clear

Create mental white space by writing down every to-do, idea, and unfinished thought taking up room in your head.

2 Focus

Choose one thing that matters most today. Let everything else wait its turn.

3 Connect

Reach out to someone, even briefly, who reminds you who you actually are.

4 Make

Spend even twenty minutes fully absorbed in creating something that didn't exist this morning.

5 Appreciate

Notice someone who made your day better, and tell them so.

6 Close

End the day by acknowledging one true thing you did, and letting the rest go.

You told yourself the *truth*

If you've made it this far, you've done something braver than finishing a workbook. You've told yourself the truth, in five or six different ways, about what you actually want and how you actually work.

That's the whole practice, really. Not arriving at a true(r) life all at once, but coming back to these questions again and again, especially on the days you've drifted from them.

Come back to this workbook anytime. She'll be here.

Jeannie

ABOUT

Jeannie Sullivan

Jeannie has spent more than twenty years helping people find their way back to themselves, first in coaching rooms, then in classrooms, and now in the quiet in-between spaces of everyday life.

She lives in South Carolina, where the porch light comes on early and the best ideas tend to arrive before the coffee has finished brewing. She has spent her whole career studying how people actually learn and change. Not the version of change that looks good in a highlight reel, but the slower, truer kind that happens one honest question at a time.

These days she splits her attention between designing learning experiences, exploring what it means to build a life and a business without losing yourself in either, and staying endlessly curious about what comes next.

She still believes, as much as she did when she started, that there is a learner and a teacher in all of us, and that most people don't need to become someone new. They need permission to come home to who they already are.

ONE MORE THING

Wanna be *pen pals?*

A letter now and then, when something's stirring. No schedule, no pitch. Just the thinking as it happens.

And if something became true for you in these pages, I'd genuinely love to hear it.

WHEN YOU'RE READY TO MAKE IT REAL

You now know what you want, how your energy actually moves, and how you really build a habit. Those are exactly the inputs for the 28-day program, where you bring a thinking partner and turn one of these answers into something that exists.

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