

Amelia Hutton, 45, single, is a successful designer and home organizer. She wants to add more variety and connection to her life. Here are her Personal Categories of Improvement and the Roles she plays in each.



## PERSONAL CATEGORIES OF IMPROVEMENT

*Fill in the names of your Personal Categories of Improvement below. Remember, how many you have and what they are is totally up to you. Some people have five or six; others have 10. The important thing is that yours are the ones that really matter to you, where you are committed and excited to see continuous progress and achieve meaningful results.*

### Amelia's Personal Categories

### ROLES

- |                                |   |
|--------------------------------|---|
| 1. <u>Fit &amp; Fab 40s!</u>   | <u>Sexy Siren, Wonder Woman, Strong is the New Beautiful</u>                        |
| 2. <u>Finding Grownup LOVE</u> | <u>Partner-in-crime, Meeting of the Minds, Perfect Pairing of Imperfect People!</u> |
| 3. <u>Connecting to Spirit</u> | <u>Source-Seeker, Nature Lover, Princess of Peace</u>                               |
| 4. <u>Adventure</u>            | <u>Explorer, Trailblazer, Trendy Traveler</u>                                       |
| 5. <u>Forever Friendships</u>  | <u>Thoughtful Shoulder, Laugh Factory, Always There for My Girls</u>                |
| 6. <u>Family Fun</u>           | <u>Fairy Godmother, Auntie Mame</u>   |
| 7. _____                       | _____   |
| 8. _____                       | _____   |
| 9. _____                       | _____   |
| 10. _____                      | _____   |
| 11. _____                      | _____   |
| 12. _____                      | _____   |