



90-Day Dream
WORKSHOP

HIGH FIVE'S!
WORKBOOK

PERSONALLY

	PERSONAL HIGH FIVE'S	EMOTION
1		
2		
3		

VISUALIZATION EXERCISE – INSPIRED ACTIONS

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

PROFESSIONALLY

	PROFESSIONAL HIGH FIVE'S	EMOTION
1		
2		
3		

VISUALIZATION EXERCISE – INSPIRED ACTIONS

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

FINANCIALLY

	FINANCIAL HIGH FIVE'S	EMOTION
1		
2		
3		

VISUALIZATION EXERCISE – INSPIRED ACTIONS

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

PHYSICALLY

	PHYSICAL HIGH FIVE'S	EMOTION
1		
2		
3		

VISUALIZATION EXERCISE – INSPIRED ACTIONS

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

SPIRITUALLY

	SPIRITUAL HIGH FIVE'S	EMOTION
1		
2		
3		

VISUALIZATION EXERCISE – INSPIRED ACTIONS

1.	
1.	
2.	
3.	
2.	
1.	
2.	
3.	
3.	
1.	
2.	
3.	