

The Life You Haven't Said Out Loud.

Six short prompts. Nobody reads your answers but you.

You have the power to rewrite your story from any point in your life. Make it a bestseller.

1 What's not sitting right.

Finish this sentence and don't edit it: "I'd never say this out loud, but something isn't sitting right with me about ____." Write the feeling, not a case against anyone.

2 Where I wake up.

It's an ordinary Tuesday morning, one year from now. Where are you, and what's the first thing you see?

3 How I'm spoken to.

Write the words you want to hear from the people closest to you, and the tone you want to hear them in.

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4 What's mine to change.

Look back at question 1. Is there something you keep waiting for someone else to change? Write the one part of it that belongs to you.

5 What I want more of.

More laughter, more quiet, more adventure, more friends? And what are you ready to take off your calendar? Be specific. "More Sunday mornings with no alarm" beats "more freedom."

6 My first step.

One thing you can do in 15 minutes this week. Write it, then put a date next to it.

By when?

Dreaming is step one.

A page of wishes is a good start. It isn't a plan yet. Making it real takes more than a worksheet: owning your part, deciding what earns a spot on your calendar, and following through when life gets busy. That's real work, and it's hard to do alone. That's why I wrote **I Deserve to Be Happy**.

Ready to write the whole chapter? **I Deserve to Be Happy** at themarriedegree.com

THE MARRIAGE DEGREE

Educational guide. Not legal, financial, or counseling advice.