



Design Your Aligned Life and Business

Directions:

1. Start with non-business items, and record those items in one color, at the top of each box.
2. Then, use another color to add business items.

Dream big! Think of ease and simplicity and alignment.

Day

Walk/run or Yoga
journaling
water/ healthy food
8+ hours of sleep each night
meaningful presence w/ spouse
"down time" each day
weekends (Fri, Sat, and Sun) are for personal time and projects and friends + spouse

reading
nature time
am/pm rituals

6 hour workday, 4 days/week
Engage in FB group
meaningful work of clients I love

Month

read 2+ books
Creative art projects
massage/ acupuncture x 2
facial
date night x 2
artists dates x 2
Spa day

local volunteering
friend meetups
my physical environ.
nourishes my soul

Thought Leader Connect show
Weekly FB live show (4)
The Joy Collective Partnership - biz tithe
CEO Lunch Dates x 2
JV training exchange
2 VIP clients/month
Weekly NL (4-8/month)

Quarter

Vacation/ international travel
specialty creative class
Visit parents/ siblings

Marketing Reality Checks
25+ TCE Program Enrollments
10K+ Months + Lovin' IT Program
TCE Webinar (to my peeps)
1 class/ professional development
1 ECO marketing consulting client/ quarter

aka sold
out offerings

Year

retreat for myself
Volunteer trip

2 retreats (The Joy Money Retreat)
Time + Freedom LIVE! Experience
2 speaking events on other people's stages
4 1:1 Marketing Consulting Clients

Day	Month
Quarter	Year

Lifestyle Budget - Now and Future!

Directions:

1. **NOW:** Let's get a sense of all your expenses - household, business, and current dreams, self-care, hobbies, etc. Fill out the LIFESTYLE NOW chart with all the things you are financially responsible for paying each month. If something doesn't apply, cross it out. If something is missing, add it in. We need a financial picture of what is going on now in your life and in your business.
2. **FUTURE:** Let's get a sense of the lifestyle you desire to build, which includes all your expenses - future, household business, and dreams, self-care, hobbies, etc. Fill out the FUTURE LIFESTYLE chart with your projected financial responsibilities each month. If something doesn't apply, cross it out. If something is missing, add it in. We want to get a picture of the FUTURE LIFESTYLE you are wanting to create for yourself.

Dream big! Think of what you want to DO, BE, and HAVE. This is not the time to shrink or think small. <3

FUTURE LIFESTYLE BUDGETING			
Household Expenses	Business Expenses	Other Debt Owed	Hobbies, Self-Care, Health, Etc
Rent/Mortgage	Office Space	Student Loan	Netflix
Electricity	Office Utilities	Credit Card 1	Amazon Prime
Gas	Team Pay	Credit Card 2	Massage
Water	Operational Expenses		Facial
Internet	Taxes		Mani/Pedi
Phone	CEO Pay		Housekeeper
Homeowners/Renters Insurance	Profit Pay		Gardner/Lawn
HOA Fees	Travel Expenses		Spa Day
Property Taxes	Networking/Association Fees		Date Night Funds
Alarm Monitoring			Vacation Funds
Car Payment			
Car Insurance			
Health Insurance			
Childcare			
Groceries			
Toiletries			
Savings Account			
Total:	Total:	Total:	Total:

LIFESTYLE NOW BUDGETING			
Household Expenses	Business Expenses	Other Debt Owed	Hobbies, Self-Care, Health, Etc
Rent/Mortgage	Office Space	Student Loan	Netflix
Electricity	Office Utilities	Credit Card 1	Amazon Prime
Gas	Team Pay	Credit Card 2	Massage
Water	Operational Expenses		Facial
Internet	Taxes		Mani/Pedi
Phone	CEO Pay		Housekeeper
Homeowners/Renters Insurance	Profit Pay		Gardner/Lawn
HOA Fees	Travel Expenses		Spa Day
Property Taxes	Networking/Association Fees		Date Night Funds
Alarm Monitoring			Vacation Funds
Car Payment			Creative Art Budget
Car Insurance			
Health Insurance			
Childcare			
Groceries			
Toiletries			
Savings Account			
Total:	Total:	Total:	Total:

Revenue Roadmap

Reflection time!

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and
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