



STEPPING INTO FULL

SELF- EXPRESSION

30

PROMPTS
TO HELP YOU
CONNECT TO
NEW INSIGHTS &
IDEAS & LIVE BIG



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IT'S EXCITING (AND PERHAPS A BIT DAUNTING) TO THINK ABOUT STEPPING INTO FULL SELF-EXPRESSION.

You may have a strong desire to be fully self-expressed.

- **Maybe you yearn to show up in the world in a bigger way.**
- **Maybe you want to shine more authentically.**
- **Maybe you know there is more of you to share, or more creative expression wanting to be unleashed, but you have not dared to let yourself put it out.**

Whether you have been worried about what others will think, afraid you may not live up to your own expectations, afraid of how challenging the process will be, or another fear or concern has constrained you, I invite you to start with taking a small step — a gentle process of self-exploration, to help you move into expressing more of yourself with ease.

Because full self-expression is what Living Big is all about!

And happily, there is an easy way to get started.



I INVITE YOU TO MAKE A COMMITMENT TO DEVOTE A FEW MINUTES A DAY FOR SELF-EXPLORATION FOR THE NEXT 3 WEEKS — OR LONGER, IF YOU WISH.

Here's how to begin:

- 1 Grab a journal.
- 2 Choose a time that works for you (when you first wake up? at a coffee break? after dinner when you have some time to yourself?).
- 3 Flip to the next pages and choose one of the questions to write about. The order does not matter. Choose a question each day that you feel called to explore.
- 4 You may spend 5 minutes or write for pages — you want to dig in and answer each question from your heart.
- 5 Don't hesitate to return to some of the questions on a different day, to see what shows up. (And if you find yourself avoiding any of the questions, I suggest they are important questions for you to address!)

As you go, you may want to highlight big “Ahas!” or ideas.

This process will offer you keys to unlocking insights and building excitement that can be truly life-changing!



DIVE IN!

Who do I want to BE today?

What will make me happy today?

How do I want to feel today?

What can I create today?

What boundary do I want to set today?

Where can I look for fresh inspiration today?

How do I want my day to go today?

What will happen if I smile a lot today?

Where can I go (even in my imagination) that will excite me today?

How will I nurture my body today?

Who can I help today?

What will ignite my spirit today?

What new idea can I share today?

MORE!



What's the biggest question I have now?

How can I play today?

What big dream can inspire my actions today?

What foods will nourish my body and spirit today?

What would be great to explore if I were not afraid?

What would be great to share if I were not afraid?

What is exciting me now?

Where can I look for wonder today?

What am I most grateful for now?

What one action can I take that I have been afraid of or I have been avoiding?

What would make this a great day?

With whom do I want to be in conversation today?

How will I be bold today?

How do I want to feel at the end of today?

What small thing have I been putting off that I can do today?



WHAT TO DO NEXT

After each exploration, or at the end of each week of diving into questions, ask yourself this question:

➔ **How will I express myself in new ways now?**

Do a bit of journal writing about possibilities. Then choose one new way to try out!

It can be something small or something bigger. The key is to bring some new way of showing up in the world into action.

Each small step is meaningful. Some efforts will be exciting and satisfying, and others may be awkward at first. The key is to continue! It won't be long before you find ways that feel great for you, and that will inspire you to keep expressing yourself. As momentum builds, this becomes your new way of being in the world.

Showing more of your true, glorious self to the world is a powerful way to live. It also helps you gain clarity about the future you want to create for yourself — a truly fulfilling future!

You may want support to create your most inspired future

Having a guide and mentor has accelerated the journey for many accomplished women who have been ready to fully express themselves, get clear about the future they want, and start creating and living their biggest lives.

If you want to explore what it can look like for you to create the future you yearn for, I invite you to book a call with me.

Use this link to find a time: [LiveBigCall.com](https://www.LiveBigCall.com)

I'll be happy to offer you insights and perspectives about what's in your way, as well as what's possible for you.



Rochelle Seltzer
Creative Core Coach



About Rochelle

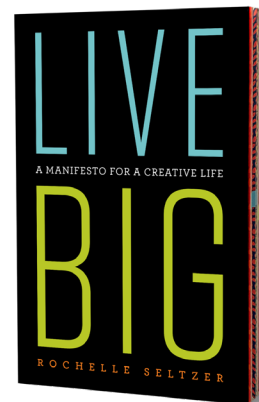
Rochelle Seltzer is a Creative Core Coach, Author of the acclaimed book **Live Big: A Manifesto for a Creative Life**, and a Speaker. She is on a mission to help people everywhere to unleash their untapped creativity. She helps accomplished women find clarity and create the truly fulfilling lives they yearn for, so they Live Big.

Rochelle coaches accomplished women, helping them to create with intention, so they can make the next part of their lives truly fulfilling. She always welcomes a conversation.

Check out the book!

Seth Godin endorsed **Live Big: A Manifesto for a Creative Life** with this blurb: **“This is a terrific book. The ‘Discovery Dozen’ exercises alone will change your creative practice (and your life) for the better.”**

And **Cheryl Richardson** said, **“Simple, straightforward and filled with thoughtful exercises, Live Big, by Rochelle Seltzer, gives you the tools you need to know yourself in an intimate, life-changing way.”**



Visit TheLiveBigBook.com to read more endorsements and see the gorgeous interior pages and order the book. Shipping in the U.S. is free and fast.

