

# three to be list

You pile so many things on your to-do list while you are in the long hallway between here and the opening of your Next Door. Did you know it is a lot more powerful to make a TO-BE list? It is a source of strength that rivals chocolate and coffee combined. (Well, not coffee.)

*INSTRUCTIONS:* First, put a check mark next to the traits you think you will need during this high-stress time. Next, circle the three traits you will need most. Finally, fill in your TO-BE Statement at the bottom of the page.

adaptable  
adventurous  
authentic  
believing  
belonging  
bold  
building  
calming  
committing  
compromising  
confident  
connecting  
contributing  
conquering  
courageous  
creative  
curious  
cultivating  
determined  
embracing  
emerging  
encouraging

energetic  
enjoying  
enough  
expanding  
exploring  
faithful  
fearless  
finishing  
flourishing  
focusing  
forgiving  
giving  
grateful  
grounded  
harmonious  
healing  
hopeful  
inspiring  
kind  
leading  
learning  
loving

meaning making  
organized  
overcoming  
patient  
persisting  
powerful  
progressing  
receiving  
resolved  
rising  
sacrificing  
seeking  
shifting  
shining  
striving  
surviving  
transforming  
trusting  
unstoppable  
wise  
wondering  
zestful

**During my Next Door Project, I need TO BE** \_\_\_\_\_,  
**AND** \_\_\_\_\_.

Find out more about *The Next Door Project* at [www.jaceyeckhart.net](http://www.jaceyeckhart.net) and follow jacey eckhart on Facebook and Twitter.

*jacey eckhart*  
the next door project

# the hotel your life built

Draw a hotel to represent your life now. Start at the bottom and work your way up.

## 7. ROOFTOP:

On the rooftop, put the things you want to give back to the world.

## 6. WINDOWS:

The windows represent the people who are most significant in your life. These individuals can be in the past or the present. They can be fictional or historic characters.

## 5. UPPER FLOORS:

The upper floors are representative of your hopes, dreams, and wishes.

## 4. YOUR ROOM:

This represents where you are now, how you live your life, and activities making up your day.

## 3. NEXT DOOR FLOOR:

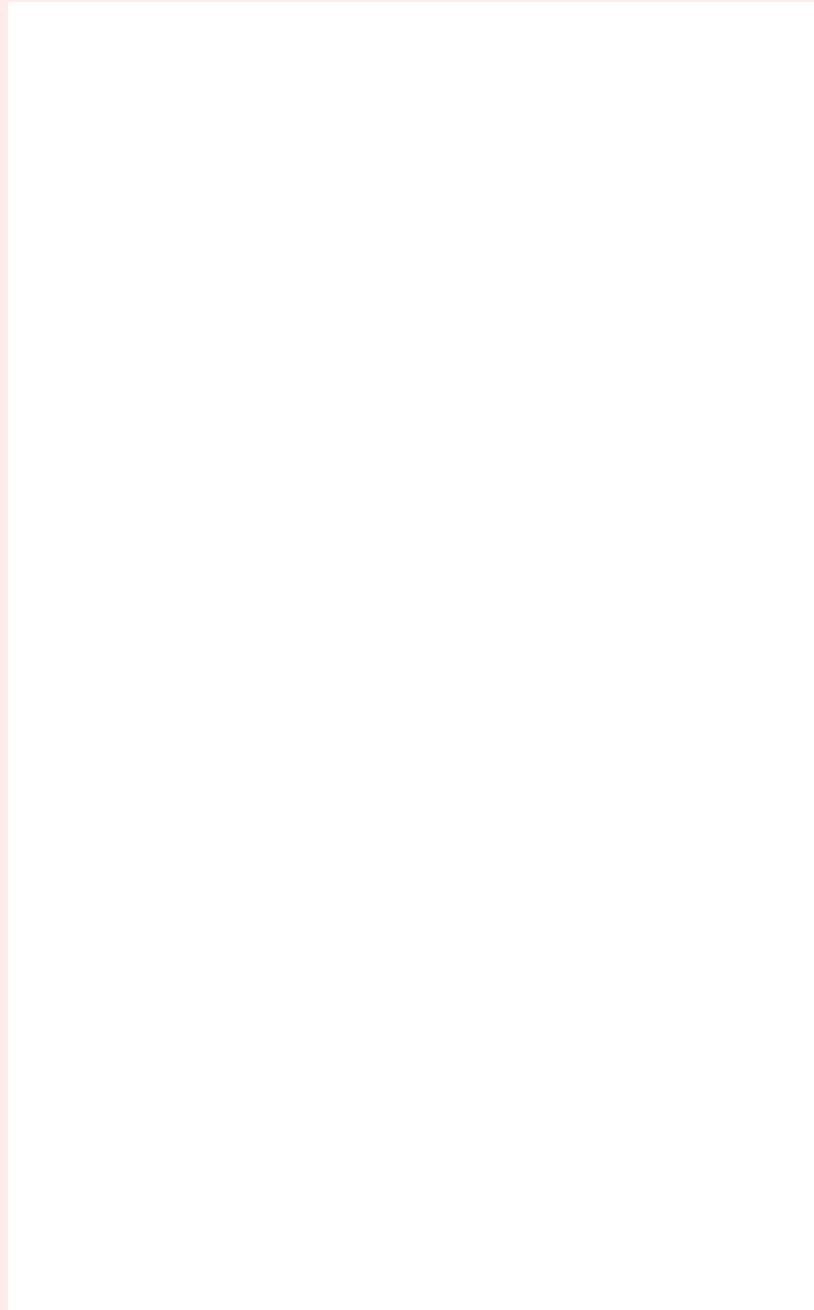
This hallway is populated by your knowledge, skills, abilities, and strengths.

## 2. LOWER FLOORS:

Name a few of the stages you have already been through--childhood, high school, first job.

## 1. LOBBY:

Start with a lobby to identify where you came from, your family history, the people and things that shaped you.



**OPPORTUNITY NEVER KNOCKS. IT WAITS FOR YOU TO BREAK THE DOOR DOWN.**

Get a head start on your Next Door Project by following Jacey Eckhart on Facebook and Twitter and at [jaceyeckhart.net](http://jaceyeckhart.net).

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