

TURN YOUR  
Hobbies  
INTO A

JOBBY!

MODULE 1

*Amanda  
Arneill*

# MODULE 1: THE VIDS

THREE ACTIONABLE WAYS I CAN REFINE MY SKILLS:

NOTES:

---

---

---

---

---

---

---

---

---

---



# BRAIN DUMP

RULES

{ BE TOTALLY HONEST  
DON'T SECOND GUESS  
WRITE IT ALL DOWN

YOUR BRAIN DUMP IS  
NOT A LIST OF GOALS.  
IT'S A LIST OF DREAMS,  
OF IDEAS AND  
OF POSSIBILITIES.



*Amanda Arneill*

BRAIN  
DUMP

# BUSINESS 3 YEARS

WHAT ARE YOUR DREAMS?

EX. WHAT DOES YOUR BUSINESS LOOK LIKE? WHAT ARE YOU SELLING?  
HOW MANY VARIATIONS OF EACH ITEM DO YOU SELL? DO YOU HAVE 3  
PRINTS IN YOUR SHOP OR 30? DO YOU DO CUSTOM PIECES? WHO ARE  
YOUR CUSTOMERS? WHAT IS YOUR INCOME?



BRAIN  
DUMP

# TIME

3 YEARS

WHAT ARE YOUR DREAMS?

EX. WHAT IS YOUR DAILY ROUTINE? WHAT ABOUT YOUR WEEKENDS? ARE THERE CERTAIN TIMES OF THE YEAR WHEN YOU'RE EXTRA BUSY OR TIMES WHEN YOU WOULD LIKE TO HAVE A LULL?



BRAIN  
DUMP

# FAMILY & SELF

3 YEARS

WHAT ARE YOUR DREAMS?

EX. WHAT SORTS OF THINGS ARE YOU ENJOYING WITH AND FOR YOUR-SELF AND/OR YOUR FAMILY? DO YOU TAKE YOUR KIDS TO DANCE LESSONS ONCE A WEEK? IS EVERY THURSDAY MOVIE NIGHT? DO YOU AND YOUR SIGNIFICANT OTHER HAVE COFFEE TOGETHER EVERY SATURDAY MORNING? DO YOU GO WALKING THE DOG EACH NIGHT WITH A GREAT AUDIOBOOK?



BRAIN  
DUMP

# LIFESTYLE 3 YEARS

WHAT ARE YOUR DREAMS?

EX. WHAT ARE YOUR LIFE DREAMS THAT MIGHT NOT FIT ANYWHERE ELSE?  
TRAVELING? MONETARY GOALS? FURTHER EDUCATION? ANYTHING ELSE  
THAT WOULD BE A LIFE EVENT OR DREAM?



*Amanda  
Arneill*

# MODULE 1: THE VIDS

\_\_\_\_\_ IS LIMITED

\_\_\_\_\_ IS NECESSARY

\_\_\_\_\_ WILL KEEP YOU GOING

NOTES:

---

---

---

---

---

---

---

---

---

---

---





LITTLE TIME

LOTS OF TIME

*Amanda  
Arneill*

LITTLE MONEY

LOTS OF MONEY

*Amanda  
Arneill*

LITTLE LOVE

LOTS OF LOVE

*Amanda  
Arneill*

# YOUR GOALS (THE MASTER LIST)

GOAL	TIME	MONEY	LOVE	TOTAL

*Amanda Arneill*



# MY STRENGTHS ARE ...

WRITE 5 - 8 (OR MORE) THINGS THAT YOU'RE SUPER AWESOME AT.  
IT MAY BE A PERSONALITY TRAIT, A SKILL, A STORY, A JOURNEY...



*Amanda Arneill*