

# I Deserve List

Kick the Bucket List  
and create an I Deserve List



Hello Awesome Working Woman,

Do you have a bucket list? If you do, I want you to kick the bucket list and create an I Deserve List.

What is an I Deserve List? I am glad you asked.

An I Deserve List is a list of 101 (yes 101) goals, dreams, desires, or things you want to do. This list can be comprised of trips, hobbies, foods, materialistic things, or whatever your heart desires.

My idea for this list came from my popular Goal Busters and Goal Busters Amped classes I teach. I want you to think outside the box and dare to think big, so I designed the I Deserve List.

You deserve whatever you want. Why? Because you are a working woman and you are worth it.

Anything can go on this list. If you want a fine China set or ice cream from Japan, write it down. The idea is to get it on paper. You are more likely to do something when it is written down.

So, grab a pen, go to a quiet place, and start writing. Take as much time as you need. There is no need to complete this list in one sitting if you don't want to.

Get EXCITED, because you are about to think about what YOU want and thinking about yourself is a beautiful thing. You really should do it more often.

Happy Writing!

*“A dream is a goal waiting on you to start.” – Marla J. Albertie*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
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9. \_\_\_\_\_
10. \_\_\_\_\_

*“Your imagination is a preview to life’s coming attractions.” –  
Albert Einstein*

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*“Nothing is impossible, the word itself says I’m possible!” –  
Audrey Hepburn*

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*I am unstoppable and I can do anything. – Marla J. Albertie*

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*"I deserve to laugh like I am 5 years old until I am 100 years old." -  
Marla J. Albertie*

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*“That thing that makes you smile, do that.” –  
Marla J. Albertie*

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60. \_\_\_\_\_



*“Why not me?” -  
Marla J. Albertie*

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70. \_\_\_\_\_

*“Girl, go see the world!” – Marla J. Albertie*

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80. \_\_\_\_\_

*“Create Your life because you deserve it.” –  
Marla J. Albertie*

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90. \_\_\_\_\_

*“Don’t wait, do it NOW!”-  
Marla J. Albertie*

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100. \_\_\_\_\_

*“Don’t wait, do it NOW!”  
Marla J. Albertie*

101. \_\_\_\_\_

You DID it! Yay!

Now what?

You guessed it, it is now time to create an action plan to just START.

Pick ONE of the items on your list and:

1. Schedule it on your calendar
2. Write out the steps for what you need to do in a journal
3. Do it
4. Write in your journal about the experience

Email me and let me know what you did. I cannot wait to hear about it.

[contact@truthspeakscoaching.com](mailto:contact@truthspeakscoaching.com)

Your Life-Harmonizing Strategist

Marla J. Albertie