



As you begin this journey, I recommend getting a journal specifically for this program and the journey you are about to go on. Use the journal to do each exercise as well as capture your thoughts and emotions.

I Am The Creator: My inner work makes my outer work. (Session 1)

Most people know what they do for a living. However, they rarely ask if what they do will truly help them achieve why they do what they do. In this section you will begin with the end in mind. Realize you are the creator and it is up to you to design a life that allows you to live your dreams.

1. Take a few minutes and visualize what you desire your life to look like: What have you accomplished? Where do you live? Who do you spend your time with? What do you do for recreation? What contributions have you made to your community? How much wealth have you created? What is your health? What experiences do you cherish the most? (Use all your senses)
2. Write down what you visualized. Again describe what you see using all your senses.
3. Write affirmations that bring you back to your vision.
4. Begin with the end in mind: What are the long-term Targets and Goals you must achieve in order to live the life you desire? As you plan for your future consider the following:
 - Retirement income / passive income
 - Standard of living
 - Health and mobility
 - Business strategies
 - Housing and climate
 - Flexibility and time freedom
5. Now it's time to plan the next 12 months.
Identify one major target for each of the areas listed below. Write a declaration for your target in each area. Once your targets for each area is clearly defined, write ten goals that will move you towards your target.



Have fun!

Foundational Goals:

- Health, wellness, and fitness
- Business
- Financial

Freedom Goals:

- Spiritual
- Travel
- Recreation
- Relationships
- Personal growth
- Contribution & Community

6. As you review your goals, ensure they are in alignment with your vision. Here are great questions to assist you:

- What is the purpose behind each goal?
- What drives each goal?
- How committed are you to achieving each goal?
- What value do you place on the goals in each section?

Remember this is your life and you have the opportunity to **create** the life you know you deserve.



Vision Questions: Your primary aim.

“Great people design their life, while everyone else survive life.” - Suzan Hart

It is ten years in the future. You are sitting quietly in your favorite chair, sipping on your favorite beverage, taking in your favorite view. You are reminiscing, replaying a movie, the story of your life.

1. Where are you?
2. What do you see? What colors jump out at you?
3. What do you smell, hear, and taste?
4. Is there a breeze or is the air still?
5. Is it hot or cold?
6. What does your life look like?
7. What is your life like on a day to day basis?
8. Who have you become? How would you describe your life?
9. What are your relationships like? (family, friends, business associates, customers, employees, community)
10. What impact have you had? What to people say about you?
11. What are the most impressive memories from 8 years ago, 5 years ago, 2 years ago?
12. What have you learned? (spiritually, physically, financially, technically, about relationship)
13. How have these lessons shaped your life?
14. What is your net worth?
15. What do you value most?
16. How do you feel?
17. How are you known?
18. If this was the last day of your life would you be content?

Remember, your business is not your life. It serves your life.