



A VISION LIVED

Step Into Your Power *Part 1*

1. What are the top 3 hopes, dreams, and desires that you have for your life?

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2. List the top 3 common beliefs that you have that may get in the way of your success at creating the life that you want?

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3. What is your greatest struggle right now?

A. WHO ARE YOU?

B. WHAT DOES YOUR HIGHER SELF LOOK LIKE AND FEEL LIKE? What attitude to you lead with?

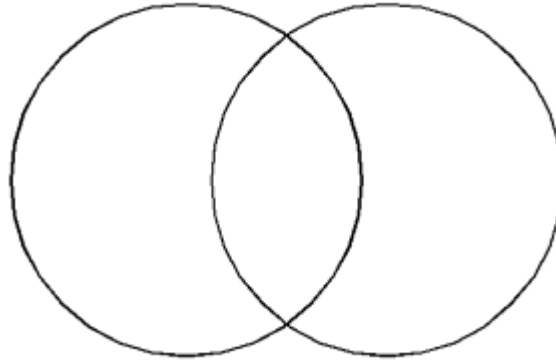
C. IF YOU CAN HAVE OR CREATE ANYTHING IN THE WORLD WHAT WOULD IT BE? WHY?



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D. WHAT DO YOU NEED TO LET GO FROM THE PAST IN ORDER REALIZE YOUR DREAM?

There are only 2 worlds that you can live from. Which will you choose?



I. C. POSSIBILITY Intentional Creation

PROBLEMS F.S. Fear & Survival

YOU MUST CHOOSE ONE WORLD TO LIVE TOWARDS 80% OF THE TIME

We all live in both worlds. Neither one is good or bad. The one on the left is the world where what you desire and want to experience. This is the world where YOU happen to the world. Powerful VS Victim is the game. The one on the right is where the world happens to you.

LEFT CIRCLE

What 5 things are most important to you? In the left circle **WRITE out the top 5 things** that you intend to create and what experiences will mean the most to you. These are your anchors. They become the new reasons that you will make the effort to live your best life. You should think of them always, multiple times a day

You are the most important person to keep your promises to.

RIGHT CIRCLE

Start with that word “Fear” you will see that the polar opposite of such words will be what you intentionally would love to have in your life. .

Ie. “Self-Neglect” happens Due to scarcity and survival (things that you must get done like paying bills, working, survival etc.) “Self- Care and defining excellent health and what you will live for are things that can’t be left up to chance. You want to intentionally create them for your life. “Confusion” would go in the right circle and “Clarity” into the left



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Step Into Your Power *Part 2*

FACING YOU AND ERASING... SHADOW WORK

From ages 0-5 What negative traumas did you encounter?

- a. Write how bad you felt. Shame, anxiety, fear, hate, anger...
- b. Write out anything “bad” that you did. Good that you did.
- c. Write out what useful and good thing that you learned about you.
- d. What can you use in creating life going forward.

BREATHWORK

What did you feel after **CARBON BREATHWORK?**





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What did you feel after **BREATH OF FIRE**?



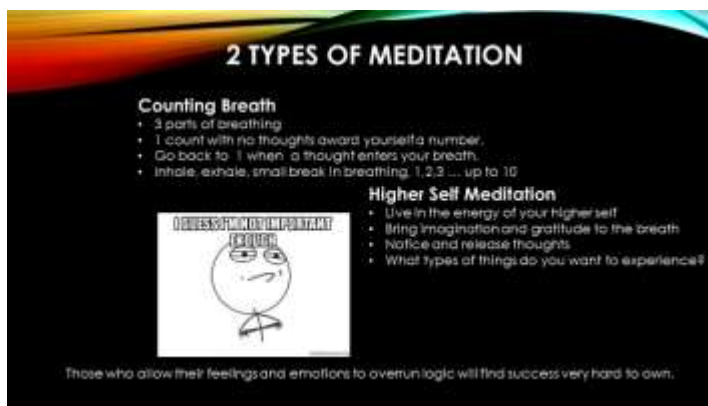
Three horizontal lines for writing a response.

MEDITATION

Main purpose of meditation

Three horizontal lines for writing a response.

Counting meditation





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Step Into Your Power Part 3

VISION CASTING

- THE VISION COMES FIRST THEN THE GOAL SUPPORTS IT.
- HOW WILL YOU FEEL WHEN IT IS REALIZED? BECOME FIXATED.
- THE HOW WILL CHANGE. EXPECT IT! DON'T GIVE UP
- INTEGRITY ADDS POWER TO YOUR WORD!

What affirmations will you say every morning when you wake up?

What will you feed the subconscious mind.

I am _____

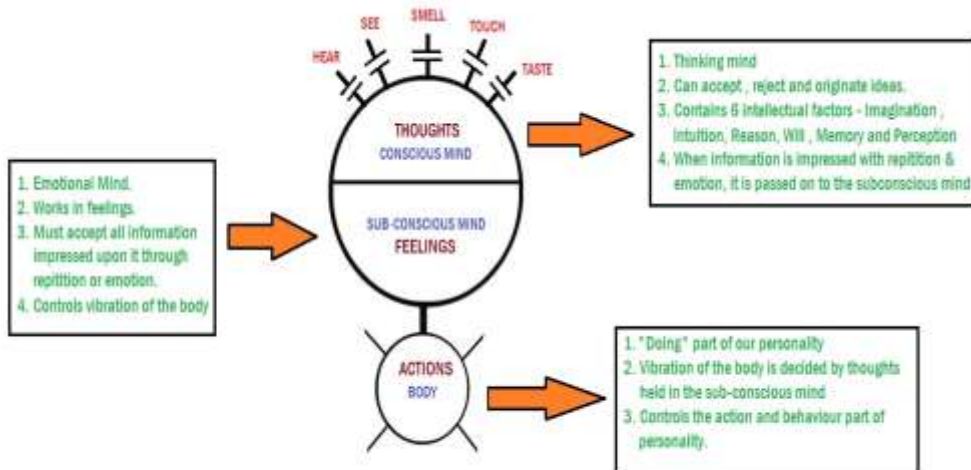
I am _____

I always _____

I never _____

Today I am _____

HOW THE HUMAN MIND WORKS AND HOW YOU CAN USE IT FOR YOUR BENEFIT





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WHAT IS BIG GOAL NUMBER ONE? TELESCOPE

What are the mini steps that must be taken? MICROSCOPE

EXAMPLE

12 WEEK YEAR EXAMPLE GOAL SHEET

PURCHASE A HOUSE BY THE END OF 2022

- a. Start saving and investing money. How can I earn high interest for a Down payment or Deposit?
- b. Look into my credit score. Research what it will take to qualify for a loan.
- c. What kind of job should I get? What business can I start?
- d. Research first time home-buying online. Find someone your age who has done it.
- e. Research people my age who have done it.
- f. Take an inventory of current assets.
- g. Is leasing with an option to buy something that I am interested in?
- h. On the weekends go out and look at homes and apartments.

PURCHASE A NEW CAR BY THE END OF 2022

- a. Gather facts and decide to buy house or car first.
- b. What is the highest payment I can afford? New or old?
- c. How long will it realistically take to get things together?
- d. How can I establish credit?
- e. What is my current trade in worth?

How to execute!

SUCCESSFUL EXECUTION

- Do all that you can do on each objective every single day. Big or small... Do it!
- Set an annual word or theme to live into on your birthday every year.
- LANGUAGE is the substance that life unfolds in.
- Carry a copy of your goal sheet in your pocket and look at it twice a day.
- Select an attitude that you will take into each day.
- Grade yourself pass or fail every week. Be honest!
- Urgency is the most important. **A day = 1 week . A Week = 1 month, 12 weeks = 1 year.** Time is ticking!
- Small goals fuel the big vision. Build new habits like a muscle
- NOTHING will happen exactly as you planned it.
- When you get stuck ask yourself and others. "Who can help me move forward?" **ASK AND YOU SHALL RECEIVE!**



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POWERFUL TAKEAWAYS FOR LIFE AND LIVING

10 SIMPLE & POWERFUL PRINCIPLES FOR CREATING AN INCREDIBLE LIFE!

1. Help people, Help people
2. New people , solve old problems
3. Trust **but** verify
4. What you don't change, you choose.
5. If you don't accept the invite out of your comfort zone, you will be expelled from it altogether.
6. Have no loyalty to suffering.
7. Creativity comes from friction.
8. If you can do very bad, you also have the capacity to do exceptionally well
9. Joy is a moral obligation.
10. Be your own HERO

Notes:



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REDISCOVERING POSSIBILITY

Creativity is the cure to being stopped by limiting beliefs and mindsets.

Write down a thing you want to create or have happen in your life. Once you do so, write it down on the second set of lines. The solution for the problem you face will become very obvious and you can then brainstorm new actions to take.

EXAMPLE

I want to make 1 million dollars **BUT** I don't know how. POSSIBILITY killer

I want to make 1 million dollars **AND** I don't know how CREATIVITY sparker.

_____ **BUT** _____.

_____ **AND** _____.

CHOOSE "AND"

Look at and use the techniques in these handouts often. Don't just put it away and lose momentum. **YOU ARE ABSOLUTELY WORTH THE TIME EFFORT AND ENERGY**



NOTES: