

Your Extraordinary Life



Fail to Plan = Plan to Fail Creating Your Blueprint



Participate

Create

Thrive

Course Workbook

This workbook supports understanding of content within this program

Presented by:



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How Do I Clarify My PURPOSE?

1. Think of three memories that stand out in which you felt the most alive, the most connected, and/or most fulfilled. **Note:** Do not generalize (e.g. “when I had each of my children”) but rather seek *a specific moment in time* in which you felt a heightened sense of rightness, awe, exuberance, stillness, or anything meaningful regarding the experience you remember.

1.

2.

3.

2. What is common in all three memories?

3. What were you *doing, deciding, causing*?

4. If you could describe in one word, a few words, or a short phrase, what would you want on your tombstone (your lasting **legacy** and **reputation**)? My purpose is:

How Do I Clarify My VALUES?

1. Re-write your **Purpose** statement here. My Purpose is:
2. Think about what you are *doing* and how you are *being* when you are *causing* your **purpose** (e.g. daily, spiritual practice, thinking gratitude, being patient). Write values here:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

These are at least some of your **values**...the means for accomplishing your purpose, *causing* your legacy. Write and circle at least three or four of all these values that best support your **purpose**.

3. Think about what you are *doing* or how you are *being* when you are **blocked** from *causing* your purpose (e.g. procrastinating, complaining, blaming). Now, think of the opposite of these behaviors. This will help you unearth more possible values.

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

Value:

These are at least some of your **value blockers**...these keep you from accomplishing your purpose or *causing* your legacy. Write and circle *at least* three or four of all these value blockers and the opposite values that will help you overcome them and support your **purpose** instead.

How Do I Clarify My VISIONS?

1. Re-write your **Purpose** statement here. My Purpose is:
2. **Vision Statement:** Think about several ways you want to *express* your purpose at this time; what do you envision specifically in the next six months or year. For example: I have a highly fulfilling career. Several possible vision *statements* for you are:

Vision 1:

Vision 2:

Vision 3:

3. Choose at least one of the vision statements above and fill in these details:

Vision # _____

Why this vision? (how does it tie into and help you express your purpose?)

Because...

My **results:** (Outcomes you are witnessing. What your story is when it's fulfilled; it does **not** include *how*)

My **feelings** (when this vision has occurred):

How Do I Clarify My GOALS, PROCEDURES AND ROLES?

1. Re-write your **Purpose** statement here. My Purpose is:

2. Pick key concepts from your *expanded Vision statement* on the previous page and any that might need goals that fit with the results from that vision. My Vision is:

Note: I usually underline or highlight sentences in my vision that require goals that are set next.

3. Define one **SMART** goal (**S**pecific, **M**easurable, **A**ctionable, **R**esponsible and **T**ime- **B**ound). One of my goals is:

What?

By When? _

How Many? (If applicable) _

My Strategy

My **Procedures** are:

Role:

Role:

Role

Role

My Support **Witness** is

COMMITMENT

*Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth—the ignorance of which kills countless ideas and splendid plans: that **the moment one definitely commits oneself, then Providence moves, too.** All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events, issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.*

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

Goethe

Creating Your Blueprint for Alignment

There are six areas in which you need to gain alignment if everyone is going to be fully engaged, committed and cooperative. Everyone must have clarity about what direction they are going and what they can do now (and each step along the way) to help get there. The six areas are:

1. **Purpose** Why we exist. . . our purpose, the reason we exist
2. **Values** How we operate. . . our standards of *behavior* and *being*
3. **Vision(s)** What we choose to do now in order to fulfill (*express*) our purpose
4. **Goals** What we do in the short term to achieve our Vision(s)
5. **Procedures** Steps we take *specifically*, to achieve our goals
6. **Roles** Who is responsible for completing steps and achieving goals

You are provided an excel spreadsheet (shown below) to first capture your purpose, values and visions first. There is a 2nd tab (pictured further down) for you to use for your goals, procedures and roles within each vision. **Note:** I usually underline or highlight sentences in my vision (after fully written) I identify that will require goals I set for each.

My Name is	
My Purpose is what I am committed to <i>cause</i> for myself and others: (write it below)	
My Values What I am committed to do and how I will be to live my purpose (write them below)	
1	6
2	7
3	8
4	9
5	##
Trustworthiness (Honesty, Receptivity, Straightforwardness, Disclosure, Respect, Recognition, Following through on Commitments and Seeking Excellence) THESE ARE REQUIRED IN ADDITION TO YOUR CORE VALUES	
My Visions Statements are how I choose to express my purpose now and in the near future	
NOTE: You are not limited to 3 as maximum or minimum number of visions. Your vision paragraph goes below your overall vision statement(s) It describes what a day would be like when your vision is reached NOT HOW YOU GET THERE. Why you want it, the results and feelings . What's happening? How will you and others feel? What will it cause ? For you? For others? Your organization? What might all be saying/thinking?	
1	A vision statement is:
WHY	Why = Our meaningful reason(s) for making this vision important and making it happen
RESULTS	Results = Experiences when our vision has materialized: What's happening? What's <i>caused</i> for self, others? What is the best story you can tell?
FEELINGS	Feelings = Emotions you and others are feeling when this vision is achieved

Statements from the Jim Carrey Video

The video speech by Jim Carrey provides excellent examples of purpose, values, and visions. **Consider his words and choose three (or more) statements about which you write how they impact you and what they mean for YOUR life.** (you will be asked to share reflections you write on 3 or more of these on page 16 below, at your next group session):

1. "I'm here to plant a seed today; a seed that will inspire you to move forward in life with enthusiastic hearts and a clear sense of wholeness. The question is 'will that seed have a chance to take root?'"
2. "Fear is going to be a player in your life. You get to decide how much." "Many of us choose fear disguised as practicality." Jim's dad chose a 'safe' job as an accountant when he could have been a comedian. He ended up losing that 'safe' job. "You can fail at what you don't want so you might as well take a chance at doing what you love."
3. At 28 he "realized the purpose of his life had *always been* to free people from concern; help them to relax and present their best selves wherever he goes."
4. "What does the world need that your talent can provide?"
5. "I had arrived at the top of the mountain and the only one I hadn't freed was myself."
6. "Who would I be without my fame? If I said things people didn't want to hear or if I defied expectations?"
7. "That peace we're after lies beyond personality, beyond perceptions of others, beyond invention and disguise and beyond effort itself. To find real peace you have to let the armor go."
8. "Your need for acceptance can make you invisible in this world."
9. Don't let anything stand in the way of the light that shines through this form. Risk being seen in all of your glory (that's when he shows the picture *High Visibility*) "Some crazy characters up there but better up there than in here."
10. "We are not the avatars we create. We are not the pictures on the film stock. We are the light that shines through. All else is smoke and mirrors, *distracting but not truly compelling*."
11. "I wish people could realize all their dreams and hopes of wealth and fame so that they can see that's not where they're going to find a sense of completion."
12. "I came to realize there is nothing bigger than myself. My soul is not contained within the limits of my body. My body is contained within the limitless of my soul."
13. "You won't be feeling the world. You'll be felt by it."
14. "I have a reset button and I ride it all the time."
15. "The imagination is always manufacturing scenarios, both good and bad and the ego tries to keep you trapped in the multiplex of the mind. Our eyes are not viewers. They are also projectors that are running a second story over the picture we see in front of us all the time. Fear is writing that script and the working title is 'I'll never be enough.'"
16. "If you listen to the voice of the ego, you will always find someone doing better than you. Ego will not let you rest."
17. "How tricky is this ego that it would tempt us with a promise of something *we already possess*?"
18. "Let the universe know what you want and work toward it while letting go of HOW it comes to pass. Your job is not to figure out HOW, but to open the door in your head and when the door opens in real life, just walk through it."
19. "I say, 'Life doesn't happen to you. It happens for you.' I don't know if that's true. I'm just *making a conscious choice to perceive challenges as something beneficial* so that I can deal with them in the most productive way."
20. "Why not take a chance on faith? Not religion. Not hope. Hope is a beggar. Hope walks through fire. Faith leaps over it."
21. "You only always have two choices. Love or fear. Choose love and don't ever let fear turn you against your playful heart."

Your Reflections from viewing Jim Carrey Video

Three (or more) statements I am writing about below have inspired and educated me on purpose, values, and visions in a specific manner relevant to myself. Here are my reflections:

1. Number _____. I chose this statement to write about because...

2. Number _____. I chose this statement to write about because...

3. Number _____. I chose this statement to write about because...

4. Number _____. I chose this statement to write about because...

It Just Got Real!

Name _____

Date _____

A-Ha Idea

Challenges or Barriers

Resources (how will you overcome challenges or barriers?)

1

Next Step

Date

A-Ha Idea

Challenges or Barriers

Resources (how will you overcome challenges or barriers?)

2

Next Step

Date