

Life 360



How to find, define, and refine your life, your legacy, and your happiness

LIFE 360

Your vision. Your rules. Your terms. Your legacy. Your purpose. Your life.

You are ready to own and create your life NOW. Exclusively for those who ONLY accept the best version of themselves, in all areas of life, for all time. You do what it takes, no matter what. You face life's challenges to live a life that you love and create a legacy that matters. You are a leader, on the cutting edge, the ultimately optimized human. You know that life is about constant and un-ending improvement. You are not the victim to your genetics, your past, your world. You are creating yourself. You understand that you are always evolving, forever called to adapt and grow and contribute. You know that change creates discomfort. Like going from a caterpillar to a butterfly, your life can become something completely new and miraculous. Trust that your truth is already in you, your best life is ready and waiting for you to begin.

This is your 360 Life Review. You create it your way. It is also a work in progress—you can't make a mistake. Dive deep, be brave, tell the truth—and it will set you free. This is CLARITY. This is FOCUS. This is DIRECTION. This is PURPOSE. This is your LIFE BY YOU.

This will be your map-in-action to create a life you INTEND and choose. From this starting point, you have the directions to create your BEST life.

Writing down your goals, and revisiting and revising them on a regular basis, you are **81% more likely to achieve your goals.**

This tool includes the following 4 steps.

Step 1. Foundations—Assessment of your nature.

Step 2. LIFE 360—Assessment of where you are currently.

Step 3. Future Pull—Vision of where you want to be

Step 4. WHY—Why this matters

Once steps 1-4 are complete, you have the starting point, and the destination. You have your reason that will make you keep going. You can take this map and decide how you wish to get from here to there. Take this and GO CREATE YOUR LIFE!

Your vision. Your rules. Your terms. Your legacy. Your purpose. Your life.

UPGRADE OPTION:

For those who would like guidance a long the way, not just the map, you can schedule a concierge laser strategy consultation.

This is personalized to you to find your quickest way to where you want to be in any of these areas. You will get strategies and options to find your optimum people, programs, and strategies. We find the obstacles and roadblocks. We create the strategies and steps so that you truly get to live the life you designed and created.

Step 5. Obstacles to overcome—beliefs, excuses, rationalizations

Step 6. Personal Map

Step 7. Implementation

Step 8. Document

Step 9. Celebrate wins and progress

Step 10. Teach and lead

Then back to STEP 1. Revise and perfect your LIFE 360 plan.

LIFE 360 REVIEW

FOUNDATIONS

Step 1

Take the following assessments that can be found on the internet to get your “nature” or genetic basics. These are things that you are born with.

FREE:

www.16personalities.com

quiz.gretchenrubin.com (The Four Tendencies)

<https://www.5lovelanguages.com/quizzes> (Website has options specific to your life circumstance—take the Love, Apology, and Anger versions)

Those who have a spiritual or metaphysical side—get your natal astrological chart report, transit chart, natal numerology reports.

astrogold.com

PURCHASE:

gallup.com/clifton-strengths

Top 5 is \$19.99

Full 34 is \$49.99

Coaching for results is available from a certified coach.

Print out all these results. Review them.

Get a journal or make notes below.

LIFE 360 REVIEW

WHO I AM (AT MY FOUNDATION)

The Origin Story

Every superhero has an origin story. The back story of how you came to be who you are right now. Write down the story of your life and why you, right now, are the way you are, the reasons you have the life you have, the things that keep you from having/being/doing more. Explain the challenges or limiting beliefs or circumstances that have kept you living the way you currently are living. Include every area of life where you don't have your dream life, where you have felt stuck, where you know you have settled for less. Write quickly and without concern about spelling, grammar, punctuation, correctness, or judgment.

Here are some questions to help you get started.

If someone were to ask you "who are you" what would you say?

What are the things that "are just who I am"?

LIFE 360 REVIEW

Which of those things are "genetic" or unchangeable? Why?

What are life circumstances that have created obstacles or difficulties or limitations?

My Origin Story

LIFE 360 REVIEW

STEP 2

Allow yourself 2-4 hours to do this assessment of where you are now. You must be committed to telling the truth—not better or worse than what is real for you RIGHT NOW. This gives you your starting point.

You want to be in an alert, thoughtful, clear and open state of mind. You will want to be in a quiet and undisturbed environment, with the ability to be away from distractions. Be hydrated, be comfortable, be present with yourself. This is meant to be used to design your life. Like the blueprint of a house, this is the first step and all areas must be specifically and thoughtfully considered. It is a work in progress and should be revised at least once a year. Please answer EACH question honestly and thoughtfully. Your first thought or number is typically the most accurate.

If there are specifics to note, please write down all thoughts/concerns/issues/questions.

There are fill in the blank questions first, with information that you want to refer back to as you go through this process then rate each statement from 0-10 in front of each question. Add all the ratings together and divide by 10 for an average rating (mean) of that area OR you can find the most common (mode) answer for each category. It is worth taking the time to do both, but use your own guidance. Please note questions that are problem areas or require more inquiry with an asterisk. Also capture any feelings or body sensations that arise in the notes section of each category—this tends to be the most rich information of all.

Look at both the meaning and the mode (most common answer) and transfer that to your LIFE 360 worksheet. Add notes, questions, asterisked questions.

HEALTH

Health concerns current:

Health concerns in your history:

Health concerns in your family of origin:

Medications current:

Medications historic:

Supplements/Vitamins:

Treatments currently:

Preventative treatments:

(Rate each question on a 0=not at all to 10=always scale)

_____ I am happy with the way my body looks.

_____ I am happy with the way my body feels inside and out.

_____ I am happy with the way I am aging.

_____ I feel able to be adaptable and flexible to tend to my body's changing needs.

_____ I have no health related symptoms and listen to my body and brain.

_____ I am free from pain.

_____ I am free from disease.

_____ I have a healthy approach to taking care of my body-inside and out.

HEALTH CONT.

_____ I regularly check in with my body's 12 different systems (respiratory, circulatory, endocrine, integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive, endocannabinoid) and know they are healthy.

_____ I commit myself to examine and reflect and revise my approach to my health as I learn and experience more regularly. I am committed to optimal health.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

WELLNESS/FITNESS

My current weight is _____

My ideal weight is _____

Difference between current and ideal _____

Smoking habits: never, occasionally, moderate, heavy

Alcohol use: never, occasionally, moderate, heavy

Marijuana use: never, occasionally, moderate, heavy

Drug use:

Eating habits behavior:

Diet:

Exercise routine:

Sleep patterns:

(Rate each question on a 0=not at all to 10=always scale)

_____ I feel well and fit and powerful every day.

_____ I have a clearly defined exercise program.

_____ I enjoy and stick to my exercise program.

_____ I have a healthy diet.

_____ I am happy with the way my body feels on the inside and out.

_____ I have educated myself regarding health and nutrition.

WELLNESS/FITNESS CONT.

_____ My sleep is restful.

_____ I have a consistently high energy level.

_____ I have no addictions—including addictions to “healthy” things.

_____ I commit myself to examine and reflect and revise my approach to my wellness and fitness as I learn and experience more. I am dedicated to a life of optimal fitness.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

ATTRACTIVENESS/VITALITY

(Rate each question on a 0=not at all to 10=always scale)

_____ I love the way I look in the mirror first thing in the morning.

_____ I enjoy using my body and have good posture and movement when I move.

_____ I feel youthful and attractive and comfortable in my body and how I look.

_____ I feel good about my beauty and self-care regimen.

_____ I enjoy the way my body moves and feels on a daily basis.

_____ My hair, skin, body, nails are healthy and nourished.

_____ I have a routine that keeps my energy consistent throughout the day.

_____ My wardrobe suits me and I enjoy expressing myself through my appearance.

_____ I adapt and update my appearance as I evolve and age.

_____ I commit myself to examine and reflect and revise my approach to my attractiveness and vitality as I learn and experience more regularly. I want to feel alive and attractive always.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

MIND/BRAIN/MENTAL

My current level of formal education is:

Classes/programs/workshops currently attending:

Books/resources I am currently reading:

Intellectual pursuits/topics/curiosities desired:

(Rate each question on a 0=not at all to 10=always scale)

_____ I feel quite confident in my intellectual/mental abilities.

_____ I push myself mentally and stretch my intellectual abilities every day.

_____ I have a strategy in place to keep myself learning and growing.

_____ I consistently look to personal development products to enhance my life.

_____ I feel curious and fulfilled intellectually.

_____ My memory is good and I trust it.

_____ I am continuously curious and stimulated by new thoughts and ideas.

_____ I feel clear in my mind and make good decisions.

_____ My mind feels clear and alert most of the day.

_____ I commit myself to examine and reflect and revise my approach to my mind/brain/learning as I learn and experience more regularly. My brain and mind are healthy and optimized.

MIND/BRAIN/MENTAL CONT.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

EMOTIONAL LIFE

Coach, therapist, mentor?

History of therapy/coaching:

Mental illness diagnosis now:

Mental illness history:

Mental illness family of origin:

Medications:

Emotional/Mental Health Practices:

(Rate each question on a 0=not at all to 10=always scale)

_____ I feel in control of my emotions most of the time.

_____ I am joyful and happy most of the time.

_____ I am seldom depressed or low.

_____ I have a consistently great attitude towards life.

_____ I seldom experience generalized stress or anxiety.

_____ I value and trust my emotions.

_____ I can clearly define the emotions that are most important and desirable to me.

_____ I can recognize how I'm feeling by how my body is responding

_____ I rarely feel overwhelmed or out of control emotionally.

_____ I commit myself to examine and reflect and revise my approach to my emotions/mood/heart as I learn and experience more regularly. I want to always be feeling my best and know my heart.

EMOTIONAL LIFE CONT.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

IDENTITY

(Rate each question on a 0=not at all to 10=always scale)

_____ I have a strong sense of who I am and what I am all about.

_____ I know what my core values are and can articulate them clearly.

_____ I am confident in my abilities to cope with the challenges of life.

_____ I believe I am deserving of happiness.

_____ I feel very much in control of my own life.

_____ I have a high level of integrity between what I think, say, and do.

_____ I am appropriately self-assertive.

_____ I believe in making things happen in my life versus letting things happen.

_____ I find that I use my own internal guidance over going with the crowd or expectations.

_____ I commit myself to examine and reflect and revise my approach to my character and sense of self as I learn and experience more regularly. I am curious and interested in knowing myself and living congruent to who I really am.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

SPIRIT/SOUL/HIGHER POWER

My religion or spiritual preference:

My practice:

(Rate each question on a 0=not at all to 10=always scale)

_____ I can define and articulate my spiritual beliefs clearly.

_____ I practice my spiritual beliefs in a way that is fulfilling and meaningful to me.

_____ I feel very fulfilled with my level of faith.

_____ I have a clear sense of my purpose in life.

_____ I live very consciously and pay attention to my knowing or intuition.

_____ I contribute to others and make the world a better place.

_____ I am accepting of all parts of myself, both the good and the bad.

_____ I am very content in my soul/spirit/purpose/higher power.

_____ I am actively looking for new ideas and strategies for feeling connected to my soul.

_____ I commit myself to examine and reflect and revise my approach to my soul/spirit/faith as I learn and experience more regularly. I am curious and interested in connecting with my soul/spirit/higher power.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

RELATIONSHIPS

(please review each of the following categories)

1. Love/Partnership
2. Parenting
3. Family of Origin
4. Friendship/Social

Marital status:

Number of children:

Children at home:

Parents: Mother: Age: Relationship status Date passed away

Father: Age: Relationship status Date passed away

Siblings: Age.

Age:

LOVE/PARTNERSHIP

(Rate each question on a 0=not at all to 10=always scale)

_____ I know I'm with my perfect partner OR I know what I'm looking for in an ideal partner.

_____ I love the depth and connection with my partner OR I am active in my desire for my ideal partner.

_____ I stay consistent in growing to be the best partner OR I know I am ready, willing, and able to be an ideal partner.

_____ I feel safe in my love relationship.

_____ I enjoy intimacy on all levels in my love relationship.

_____ I have a very satisfying sex life.

_____ I trust myself and my partner completely with my deepest self.

_____ I allow myself to be vulnerable and open and curious with my partner.

_____ I feel significant, honored, important and loved in my relationship.

_____ I examine and reflect and revise my approach to my love/romantic relationship as I learn and experience more regularly. I want to give and feel love and intimacy always.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

PARENTING

(Rate each question on a 0=not at all to 10=always scale)

_____ I have a close, loving, healthy relationship with my children.

_____ I have a conscious, clearly defined parenting strategy.

_____ I focus individual, quality time with each of my own children every week.

_____ I rarely experience anxiety with regard to my children.

_____ I set a great example for my children of how to live a wonderful life.

_____ I am very pleased with how my children are turning out as people.

_____ In general, I feel like I am a fantastic parent.

_____ My level of connection with my children feels good.

_____ I trust my children

_____ I commit myself to examine and reflect and revise my approach to my role as a parent as I learn and experience more regularly. I want to be an amazing parent.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

FAMILY OF ORIGIN

(Rate each question on a 0=not at all to 10=always scale)

_____ I have/had a close, loving relationship with my father.

_____ I have/had a close, loving relationship with my mother.

_____ I consider my parents role models for how to live life

_____ Overall, I have a close, loving relationship with my siblings.

_____ I see my family as often as I'd like.

_____ I feel supported and loved by my family.

_____ I have resolved my past issues with my family from childhood to present.

_____ I feel aware of the family of origin beliefs and values and how they impact me, both positively and negatively.

_____ My communication with my family of origin feels good to me.

_____ I commit myself to examine and reflect and revise my approach to my family of origin as I learn and experience more regularly. I am at peace and contentment with my family of origin.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

FRIENDSHIP/SOCIAL

(Rate each question on a 0=not at all to 10=always scale)

_____ I have a fulfilling, active social life.

_____ I have friends I can always count on to be there for me.

_____ I invest a good deal of time and energy in my friends.

_____ I pay close attention to the relationships that nourish me, versus the relationships that drain me.

_____ I consider myself to be a very good friend to others.

_____ I like how my friends and I communicate.

_____ I feel a deep sense of trust and belonging in the world

_____ I play and laugh often.

_____ I am as active as I'd like to be in my community.

_____ I commit myself to examine and reflect and revise my approach to my social relationships. I have thought deeply about my social life and know exactly what kind of friendships I want to build.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

FINANCES/MONEY

Current income_____

Current savings_____

Current expenses_____

Current debt_____

Current worth_____

(Rate each question on a 0=not at all to 10=always scale)

_____ I manage money well.

_____ I seldom experience financial stress.

_____ I trust myself with money and decision making.

_____ I have clear, written financial goals.

_____ I deeply understand the fundamentals of wealth creation.

_____ I believe that making money and creating wealth are very good things.

_____ My finances are highly organized.

_____ My personal business life is highly organized (insurance, estate plan, etc.).

_____ I feel that I have a high level of financial security in my life.

_____ I commit myself to examine and reflect and revise my approach to my finances as I learn and experience more regularly. I am financially free or on my way.

FINANCES/MONEY CONT.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

CAREER/PROFESSION

My primary career/occupation is:

My side gig is:

My desired profession:

My current annual household income is:

My ideal annual household income is:

(Rate each question on a 0=not at all to 10=always scale)

_____ My job/career/profession/business challenges me and keeps me learning and growing.

_____ I seldom experience career stress.

_____ I wake up each morning and look forward to my work.

_____ I am very good at what I do.

_____ I know that this is exactly my right career.

_____ I see and know that I am growing as a person in my job.

_____ I enjoy my work surroundings and location.

_____ I like my boss and coworkers or I trust myself as owner/president.

_____ I can see that I contribute and belong at my workplace

_____ I commit myself to examine and reflect and revise my approach to my finances as I learn and experience more regularly. I have thought deeply about my career and know exactly what I want.

CAREER/PROFESSION CONT.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

LIFE QUALITY

(Rate each question on a 0=not at all to 10=always scale)

_____ I love the house I live in.

_____ I love the location I live in.

_____ I deserve the best life has to offer.

_____ I have a lot of fun in my life.

_____ I feel that I am truly living my life to the fullest.

_____ I plan extraordinary experiences for myself on an ongoing basis (trips, events, and other highly memorable moments).

_____ I enjoy and value the quality of my possessions (cars, furniture, artwork, dishes, or any other “things” in my life).

_____ I travel as much as I want/would like to.

_____ I haven't settled for less than I want or can have.

_____ I have thought deeply about the quality of my life and defined exactly what I want.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

COMMUNITY/WORLD

Charities/causes that I support:

Charities/cases that I would like to support:

Issues that impact me:

(Rate each question on a 0=not at all to 10=always scale)

_____ I feel deeply connected to my community.

_____ I feel safe in my community.

_____ I feel that justice and fairness are possible in our world.

_____ I feel unity and connection with my neighbors and community.

_____ I feel like I'm valued and important.

_____ I know that the world is getting better and better.

_____ I know I make a difference in the world better.

_____ I feel deeply connected to the earth and planet and life.

_____ I believe that we can handle all world challenges and adapt.

_____ I commit myself to reflect and revising my contributions to my community and world. I want to make the community and my world a better place.

_____ MEAN (add all answers, divide by 10)

_____ MODE (most common rating)

_____ RATING for this section (mean or mode)

*ASTERISKS/NOTES/QUESTIONS:

Results worksheet

COMPLETE THE WHEEL:

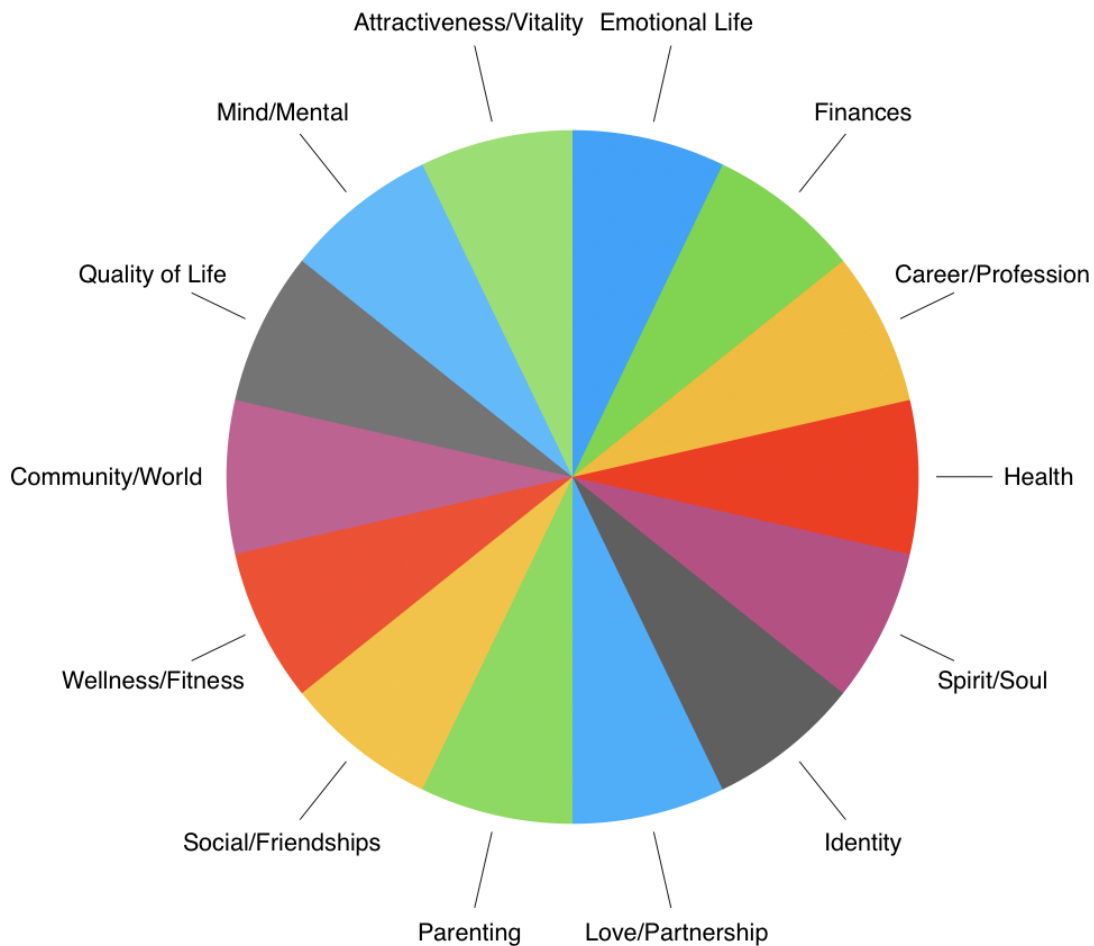
1. Review the 14 Wheel Categories -

2. Next, draw a line across each segment that represents your mean or mode for each area

(center of circle is 0, outside of circle is 10)

- Record your result from the LIFE360 Review in each area (skip those that don't apply)
- Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the **FIRST** number (score) that pops into your head, not the number you think it should be!



YOUR LIFE 360 VISION

THIS IS WHERE YOU START!

THESE 14 areas, functioning optimally, create a magical life. They give you the guidelines that matter to YOU. Not your family, your community, your childhood, your DNA, your religion, your unconscious. This shows you where you have been existing, not living. As you uncover and truly consider what matters to you, the next steps start to be revealed.

THIS IS WHERE YOU ARE. It's not good or bad—it just is. NEXT, we will create where you want to be. Then you can plug this into your GPS and have where you are starting, and where you want to be. You can decide the pathway you want to take.

Using these results, now answer the following questions on the following pages. It's your time to truly decide what to create.

FUTURE PULL—

STEP 3

Answer each question as quickly and honestly as you can. Your gut and your heart are the best truth tellers. You want to FEEL these answers.

LIFE 360 VISION/SPECIFIC AREAS

HEALTH

Define exactly what you want for your health.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

WELLNESS/FITNESS

Define exactly what you want for your wellness and fitness.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

ATTRACTIVENESS/VITALITY

Define exactly what you want for your attractiveness and vitality.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

MIND/BRAIN/MENTAL

Define exactly what you want for how your mind and brain function and/or education/skills/learning.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

EMOTIONAL LIFE

Define exactly what you want for your mood/emotions/heart/feelings. How do you want to feel? How don't you want to feel anymore?

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

IDENTITY

Define who you want to be and what things matter to you and how you'd like others to see you and your life.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

SPIRIT/SOUL/HIGHER POWER

Define the meaning you find and create in your life.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

PARENTING

Define exactly what you want for your children and for your parenting.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

FAMILY OF ORIGIN

Define exactly what you want for your family of origin (first family relationships).

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

FRIENDSHIPS/SOCIAL

Define exactly what you want for your social life and friendships.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

FINANCES/MONEY

Define exactly what you want for your finances and your financial future.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

CAREER/PROFESSION

Define exactly what you want for your career/profession.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

QUALITY OF LIFE

Define exactly what you want for your life quality and life balance and meaning.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

LIFE 360 VISION/SPECIFIC AREAS

COMMUNITY/WORLD

Define exactly what you want for your community, the earth, the world.

Why do you want it?

Why don't you have it now?

What do you need to do to get it?

What do you need to let go of to get it?

Title

FUTURE PULL STORY

This is the reason you were born. This is your masterpiece. This is the mark you leave on the universe. Only you have it, know it, create it.

Pretend you are the director of your own movie. You are creating your PERFECT LIFE moment or scene that captures everything about your IDEAL, AMAZING,

FULFILLING life. Write out, in detail, exactly what you want your life to be in 3 years. Be detailed. Include all sensory information (what you see, feel, hear, smell, touch). Be specific and outrageous in your vision. Tell the hero story of your life becoming everything you ever wanted...and more. Have fun and DREAM BIG.

FIND YOUR WHY

STEP 4

Go over your answers to the question “WHY do you want it?” and write them out here. (WRITING these answers gives you an 81% better chance of reaching these goals).

Health:

Wellness and Fitness:

Attractiveness and Vitality:

Mind:

Emotional Life:

Identity:

Spiritual:

Love/Partnerships:

Parenting:

Family of Origin Relationships:

Social/Friendships Relationships:

Financial:

Career/Professional:

Life Quality:

Community/World:

7 LEVELS DEEP EXERCISE

The 7 Levels Deep Exercise can be used to help determine what really drives you to accomplish anything in life. The following is a sample for you to start with. This is one of the hardest exercises that we have to do to reach that next level.

LEVEL 1: Why is it important to you to live the life of your dreams_____?

Answer:_____

LEVEL 2: Why is it important to you to_____?

Answer:_____

LEVEL 3: Why is it important to you to_____?

Answer:_____

LEVEL 4: Why is it important to you to_____?

Answer:_____

LEVEL 5: Why is it important to you to_____?

Answer:_____

LEVEL 6: Why is it important to you to_____?

Answer:_____

LEVEL 7: Why is it important to you to_____?

Answer:_____

REWRITE the answer to LEVEL 7 several times using this format:

7 LEVELS DEEP EXERCISE

I MUST live my dream life because (put the LEVEL 7 answer here): (Note: if it doesn't make you emotional, you haven't gone deep enough. Your WHY is essential to facing your dragons, demons, fears, and obstacles.)

I MUST live my dream life because (put the LEVEL 7 answer here):

I MUST live my dream life because:

I MUST live my dream life because:

7 LEVELS DEEP EXERCISE (example)

The 7 Levels Deep Exercise can be used to help determine what really drives you to accomplish anything in life. The following is a sample for you to start with. This is one of the hardest exercises that we have to do to reach that next level.

LEVEL 1: I WANT TO OWN A HUGE HOUSE ONE DAY

LEVEL 2: Why is it important to you to OWN A HUGE HOUSE ONE DAY ?

ANSWER: BECAUSE IT WOULD SHOW THAT I AM SUCCESSFUL

LEVEL 3: Why is it important to you to SHOW THAT YOU ARE SUCCESSFUL ? ANSWER:

I WANT MY PARENTS TO BE PROUD OF ME.

LEVEL 4: Why is it important to you to HAVE YOUR PARENTS BE PROUD OF YOU

ANSWER: I WANT TO SHOW THEM I AM NOT A DISAPPOINTMENT

LEVEL 5: Why is it important to you to YOUR PARENTS KNOW YOU ARE NOT A DISAPPOINTMENT

ANSWER: I WANT THEM TO SEE HOW I MADE SOMETHING OF MYSELF

LEVEL 6: Why is it important to you to FOR THEM TO SEE THAT YOU MADE SOMETHING OF YOUR LIFE?

ANSWER: SO THEY KNOW I LOVE THEM AND DESERVE LOVE BACK

LEVEL 7: Why is it important to you that THEY KNOW YOU LOVE THEM AND THAT YOU DESERVE LOVE BACK?

ANSWER: I NEVER WANT TO FEEL UNLOVED AND NOT GOOD ENOUGH AGAIN AND I WILL DEMONSTRATE THAT IN MY LIFE TO EVERYONE

YOUR MAP

Congratulations! Woo HOO!!!!

You are one of the true life leaders. An inspiration. An example. You will live your life to it's fullest and on your terms.

From your LIFE 360 assessment:

1. You have your foundation.
2. You have your origin story.
3. You have your starting point, your life wheel.
4. You have your starting reasons for each area.
5. You have your Future Pull story—your vision for your life.
6. You know why this is worth it.

NOW CREATE YOUR LIFE!

the world needs you

NOW