

Your Path in Life...

What Inspires You?

Values are like signposts that guide us through life. They keep us going in a certain direction but are never permanently achieved. "Values" identify a person's principles or standards of behavior - one's judgments of what is important in life. So, take a moment to think about what life is all about for you: what you prioritize and feel is essential to being happy.

Things don't just "Happen," but are created by "Attention" and "Intention." This is a governing principle of the universe, and one that also applies to the circumstances of our lives. Everything that a person sees, experiences and encounters throughout life is a direct reflection of what he believes to be true. Many people will disagree with this because, consciously, they have no intentions of manifesting struggle, illness and failure. But it is what we believe subconsciously that makes all the difference. There are also other factors that influence and shape the quality of our lives.



Personal Development

Answer the following questions:

What's most important to you in life – something intangible, like “Freedom,” “Security,” “Contribution,” “Adventure,” “Having a purpose,” etc.?

In the space below, list your top 5 values for life.

Now, rearrange those values and put them in order from most important to least.

Great. What do you want to do with the time that you have left on this planet?



What kind of person do you most want to be?

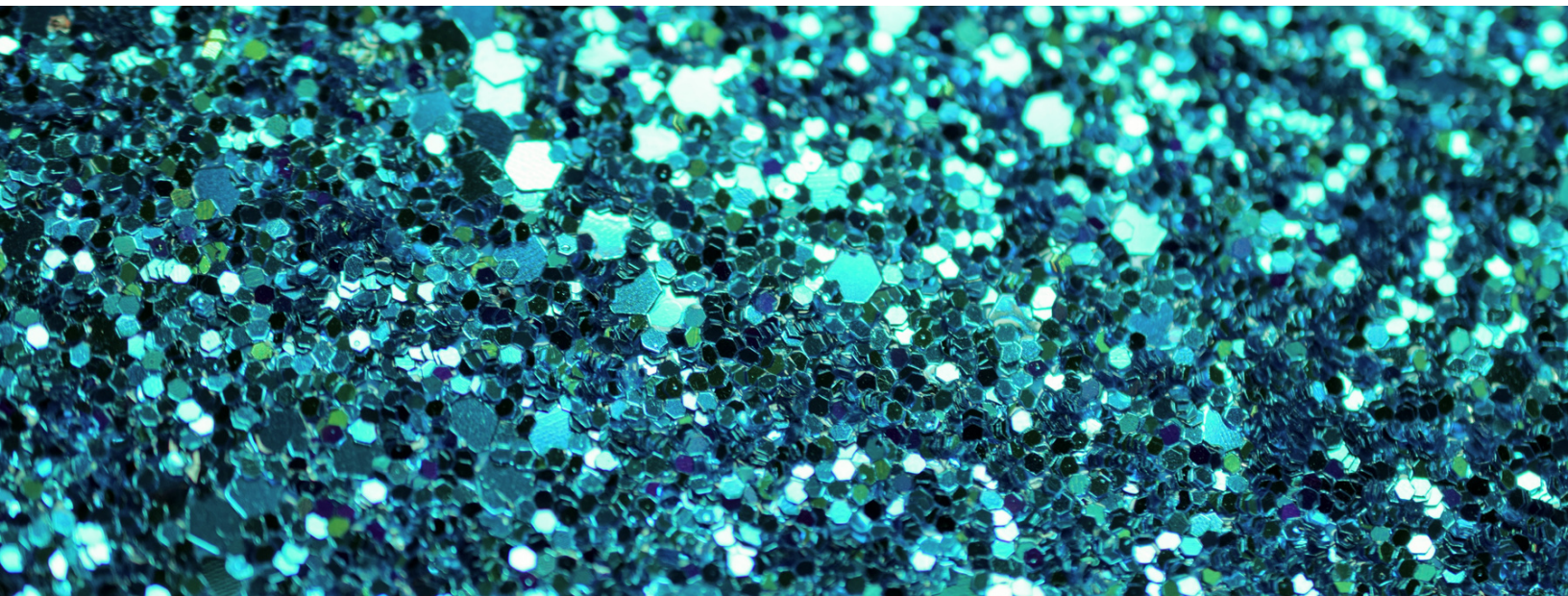
How can completing this program support you in achieving the last 2 goals?

In what ways could working on personal development help you fulfill the list of the top 5 values for life that you wrote down?

What strengths or qualities would you need to develop, to thrive in life?

List the top 3 answers that you can think of right now. How do you want or hope to grow from becoming the best version of you?

What qualities of yours, like creativity, forgiveness, optimism, persistence, courage and confidence, can help you in personal development?





Briefly describe what each area of life would look like for you when you work on Personal Development?

Health Happiness/Well-being

Finances

Relationships

Personal Growth

Spiritual Development

Contribution





When you imagine living that way, how does it make you feel?

Who else will be positively affected by this lifestyle change, and how?

What is the main internal blockage that holds you back from committing fully to this process of becoming the best version of you?

What will be the benefits of moving past that barrier and persisting until the end?

Below, list any final thoughts you have about what came up during this exercise.



Now that you know yourself and your values a little more and a little deeper, we can move forward with taking actions that are aligned with your values and intentions in life.

When we do this we can have consistent quantum shifts in our life, thoughts and results.

Here are some questions to ponder to get you thinking outside the box and beyond your internal beliefs:

“How can I double my income while working half as much next year?”

“What can I do that would serve the community, solve a big problem for people and inspire me every day?”

“How can I make a living by playing all day long?”

“How can I provide 10 times as much value to those I serve, while putting in the same amount of effort?”

“Where would my skill set be perceived as 10 times more valuable than it is here?”

“How can I get paid to find others who will do the jobs that I don't like?”

I am committed to my Life's Journey

signature

