

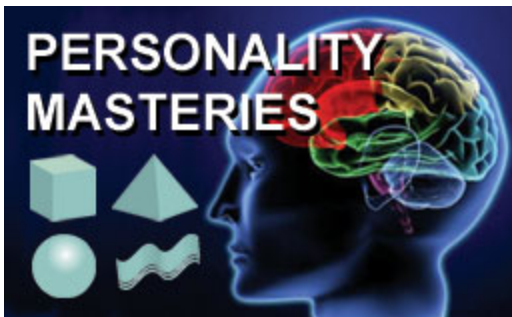


www.TheVisionProject.net

Version 1.00

Have you ever thought . . . “I don’t think I’m living up to my full potential?”

Do you believe . . . at the core of who you are that you have a lot more potential inside of you that is not being fully tapped?



The following exercises are designed to assist you discover your deepest values, your dreams, your goals and your Life Vision.

Once we discover our Life Vision we then position ourselves to be in a humble position which is where we will learn and grow the most. This life discovery exercise is designed to help us see our “Past” / History in a new way, live in the Moment, anticipate the Short Term and embrace the Future.

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Level 1 Questions . . .

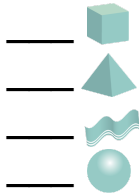
Name: _____ Date: ___/___/___

Phone: _____ Email: _____

1. What are your biggest challenges you might be facing in any area of your life?

2. If someone could help you do anything, what would you love assistance on?

3. Rate which shape you like from best 1 to least 4.



4. Which one of these things would cause you the most frustration in any area of your life? Mark most frustrating as 1, second as 2, and third as 3.

- ___ - Things not be done properly and in order,
- ___ - Things being out-of-control,
- ___ - Things not being fun or things being boring
- ___ - Conflict with other people

5. If you could change one thing about yourself what would you change?

6. What would be your fears or other things which you believe my be holding you back?

Level 2 Questions . . .

- ___ 1a. How many hours are you working?
___ 1b. How many hours would you like to work?
2. If in business, who would be your ideal lead?
3. If in business, if you had 10 leads, a lead being a name and a phone number who expressed interest in your product/service, how many would turn into clients, the average in most industries is 1 out of 10, what do you think yours would be? ___ **out of 10**
4. What would be your WOW income goal, something that would just rock your life? Your minimum income goal.
5. What would be the two major reasons you would attribute your success to?
6. What would be your biggest challenge to getting to your WOW income goal of _____ and getting your hours from ___ to ___ a week.
7. From a 1 to 10, with 10 the most, how would you rate yourself in each of the following?
___ a. How coachable are you?
___ b. How strong of a listener are you?
___ c. How strong are your sales skills?
___ d. How strong with details are you?
___ e. How strong is your sense of urgency?
___ f. How much energy, excitement, and enthusiasm do you have?
___ g. How concerned for people would you be?
___ h. How quickly do you take action? (You DO NOT procrastinate!)
8. If someone were to say to you that they thought you were coachable at a 2.5, listener at a 1, your urgency was at a 2.5, and you took action at a 2, how would you respond?
9. "Have you ever said you were going to do something and didn't follow-through on it?"
- When was the last time you did this?
- How frequently do you do this?
- How does this make you feel?
- What do you do about the feelings?
10. Is there any other questions we should have asked that we didn't or other information we should know that we don't?

Rapid Connect Commitment Process (RCC)

Finding/Discovering My Life Purpose

Name: _____

Date: ___/___/___

My Age Today: ____, My Age in 5/years: ____ 10 years: ____, 20 years: ____, 40 years: ____

How often should I review: []-Daily, []-Weekly, []-Monthly, []-Quarterly, []-Yearly

Date to redo: ___/___/___ []-6 months, []-1 year, []-3 years, []-Other: _____

We all know and appreciate certain people. Please list three people you know, value, admire, and respect and then three people you DO NOT know but admire them from what you know about them. Share this exercise with family members, loved ones, co-workers, and friends. As we get to know others around us we get to know ourselves better. Do this every ___/months to see how we change.

List 3 people you know and respect.	List 3 qualities/ characteristics for each of them
1.	1. 2. 3.
2.	1. 2. 3.
3.	1. 2. 3.

List 3 people you DO NOT personally know	List 3 qualities/ characteristics for each of them
1.	1. 2. 3.
2.	1. 2. 3.
3.	1. 2. 3.

Think of the most frustrating person in your life.

List 3 things which frustrate you about that person:

- 1.
- 2.
- 3.

Talk with your facilitator, coaching, mentor for directions and then what to do with this after you complete this exercise/game.

Name: _____

Discovery Of My Own Life Vision

Developing our Life Vision is really more about discovery rather than developing. For the following exercise, list everything you are passionate about. This could sports, family, food, etc. anything that you get excited about, anything that "charges your battery." Once you list everything, visualize that all those things you are passionate about are around the circle and in the center of that circle is where you will discover your Life Vision.

Once you complete list out all your passions, around the circle or you can just list them out in the document in a list, totally up to you, your executive coach will assist you the discovery of your Life Vision through your passions.

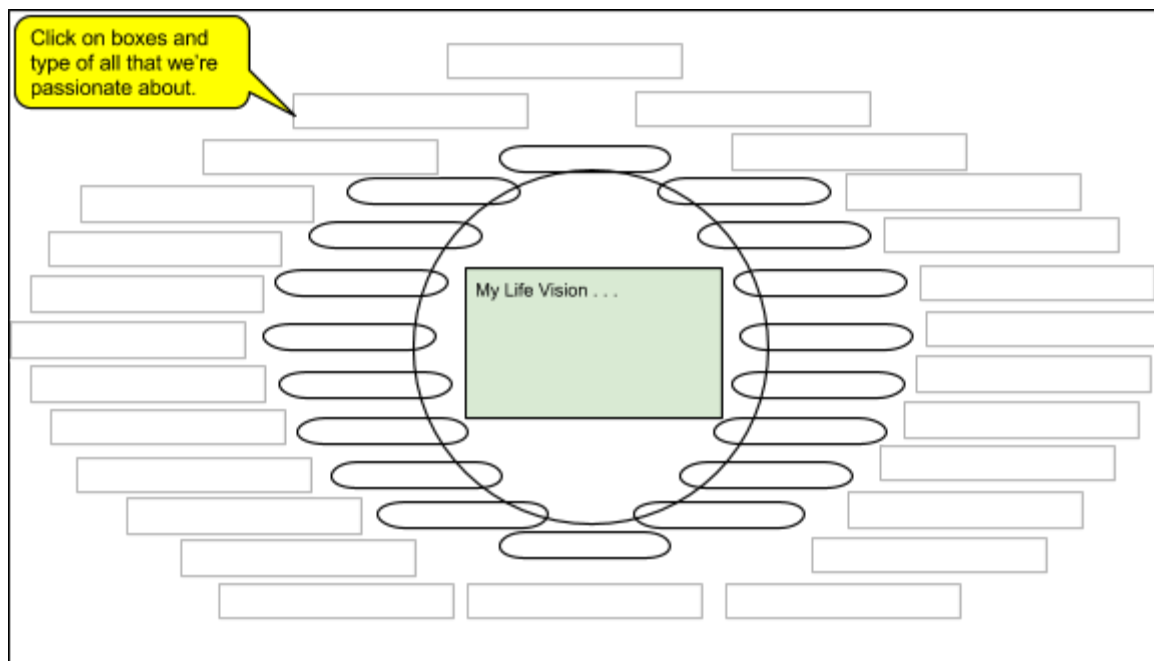
Step 1: Double click on the box.

Step 2: Click on the ovals and boxes and type out everything you are passionate about. Can be anything even "small" things like golf for chocolate. Isn't just big things like "solving world hunger." :-)

Step 3: After you have listed out all your passions in the center green box write out a simple sentence, based on all your passions as to what you think your Life Vision might be.

Purpose: What others have discovered is that once their Life Vision has been discovered, it seems, that everything else in life seems to fall into place. It seems the pain, the hurt, the challenges now have context.

Examples . . . http://TheVisionProject.net/7lessons_CaseStudies.htm



So . . . what's the next step?

There are a number of possible next steps, so you get to make the decision. Take whatever action you would like to take, complete it well and then take another action.

- [] - 1. Email, fax or give access through Google Docs to the individual who introduced this exercise to you.
- [] - 2. Email and/or give access through Google Docs to info@LifeMasteryes.org to this document.
- [] - 3. Go through 7 Lessons which will change our lives forever and will help us to discover our Life Vision.
 - <http://TheVisionProject.net/7lessons.html>
- [] - 4. Learn how gain and extra 20 hours a week of free time.
 - White Paper: <http://TheVisionProject.net/secretabouttime.htm>
 - 10 Videos: <http://TheVisionProject.net/30day.htm>
- [] - 5. Join or Start a Community / Business Partnership group
 - <http://TheVisionProject.net/LiveEvents.htm>
- [] - 6. Solve my biggest challenge
 - <http://TheVisionProject.net/BIGGESTChallenge.htm>
- [] - 7. Starting your own company.
 - http://TheVisionProject.net/VA_Intro.htm

Questions . . . 888.230.2300
US Based Number - 630.393.9909



MASTERMIND

SEMINARS

Information about Mastermind Seminars and Mastermind Partnerships. These monthly events are designed to assist you “Reach beyond your dreams and goals in every area of your life.”

<http://TheVisionProject.net/LiveEvents.htm>

Each month has been designed to expose each attendee, each partner, each individual with very powerful concepts which are designed to help you earn a great deal of more money, work less hours, have less stress and improve life balance in every area of our lives.

“Yes . . . getting together every month for 30 minutes of SPEED Networking and then 60 minutes of POWER Learning and APPLICATION will change the way you do business / run your organization forever.”

If you're the type of person who is always looking to move faster, learn faster, apply things faster . . . then you may want to consider seeking more information on Mastermind Partnerships.



MASTERMIND

PARTNERSHIPS

Mastermind Partnerships are a group of very committed business professionals and community based leadership who meet every week for 60 minutes to take action on what we learn each and every month in the monthly seminar. Learning is a great first step but DOING is where all the money is made / given, where we save time, reduce our stress and improve our life balance.

Talk to one of the CORE Members for this event to learn more information about how you can become a “Mastermind Partner” and potentially a CORE member within this chapter.

Questions - 888.789.7878



Mastermind Seminars is so committed to helping your business / community based organization build your own BOS that we verify that you're learning something from each and every Mastermind Seminar that you attend.

Very simple . . .

Each month you attend and event you come with the purpose . . . we hope, to solve a challenge / problem. There is so much presented in one hour that often the solution we are seeking might escape us.

Step 1: Examination - "What is a challenge / problem you are facing in any area of your personal or professional life?"

Step 2: Solution - Listen carefully and deeply to each of the seven segments within Mastermind Seminars to discover a possible solution to the challenge / problem you are currently facing. If the content you are hearing is brand new to you, it may be challenging for you to discover the solution on your own which is why it's important to connect with others at the event to discover the very best solution.

Step 3: Implementation - Taking action is the most important aspect of the entire event. If we don't take action on what we learn we waste all the time and energy we invest into learning in the first place. Ask ourselves . . . "What specific actions will I take to overcome the challenges / problems I am currently facing?"

Sign-off by Mastermind Partnership Certified Consultant: _____ / _____