

WORKSHEET

Lifeonaire: *Vision*



INTRODUCTION

Your Lifeonaire vision is a written description of what your complete and ideal life looks like. Think of it as your template, blueprint, or roadmap that you use to create your own rules and win the “game of life”. It will serve as your guide and reference so that you can refer to it often and determine whether your choices and actions are moving you closer or farther away from the live you want to live.

Because there are many different parts of our lives (family, friends, work, health, finances, etc.), our vision must include all of these to be complete. We call these different parts or our lives Vision Elements.

Once the Vision Elements are completed, a reverse-engineering approach is taken to determine and map out what steps, actions, choices, and changes must occur in order to achieve that Vision Element.

INSTRUCTIONS AND GUIDELINES

Listed in this worksheet are different Vision Elements that typically make up someone's entire life. They're meant only as suggestions - not as set-in-stone requirements. If you'd like to include or exclude something feel free. Remember this is your life - define and design it however you'd like. There's no right or wrong.

Under each section, write down as much as you can, freely and without constraint or filtering. Avoid any type of judgment, editing, censoring, or thoughts as to whether it's realistic or possible.

Take as much time as you need for each section and please don't rush. This isn't a timed test and there's no buzzer at the end. Really make a sincere effort to think, reflect, ponder, and dream here. This is critically important and will influence the path you choose in life, so you want it to be accurate, complete, and authentic.

Also, don't be discouraged if you struggle with this or if it's harder than you thought it would be. It is hard. We get it. It even takes us a full 3 days to show people how to do this at our LifeBuilder events (and we've tweaked the process by working with thousands of students - so expect it to be more difficult on your own).

DO:

1. Write like you're a kid at Christmas and can ask for whatever you want! There's nothing that's off the table.
2. Imagine there's a Genie that will grant your each and every wish (and yes, you can wish for more wishes!).
3. Pretend you won the lottery and money isn't a concern.

DON'T:

1. Worry about your current situation, environment, schedule, or circumstances.
2. Worry about what category things go in.
3. Talk about money or put dollar signs anywhere on this.



ONE LAST TIP

As you go through this, a question to repeatedly ask yourself is "Do I really want this or does someone else want it for me?"

1

What do you want your life to look like in each of these different categories?

NEEDS

Non-negotiables you must have

WANTS

Things that are nice to have but aren't requirements

SPIRITUAL

Your spiritual and faith life

FAMILY

Spouse, parents, kids, siblings, etc.

FRIENDS

People outside your family

PERSONAL GRATIFICATION

The things that you're passionate about

CHARITY

Money, time, resources, etc.

HEALTH

Physically, mentally, emotionally

HOBBIES

Things you do for fun

NO REGRETS

Things you'd regret not doing, experiencing, or having

2

Double Check!

Consider for a moment that what you wrote down for these Vision Elements may have been influenced by society or those around you, and you may have been conditioned to want those things. Go back through your answers and make sure that they are things that you want and not what someone else (society, family, friends, peers, co-workers, etc.) want for you.

When you go back, ask yourself if you are being authentic with your desires. Yes or no? Why or why not?

3

Current Ranking

Now that you've determined what you want, rank each of the Vision Elements as to where you think you are today on a scale from 1-10, with 1 being completely unsatisfied and unhappy in this area, and 10 meaning it's amazing and just the way you like.

| Element | Current Ranking (1-10) |
|------------------------|-------------------------------|
| Needs | |
| Wants | |
| Spiritual | |
| Family | |
| Friends | |
| Personal Gratification | |
| Charitable | |
| Health | |
| Hobbies | |
| No Regrets | |

4

Priority

Of the elements on the previous page, rank them in order of your top priorities right now that you want to improve.

| Element | Priority (1-10) |
|------------------------|------------------------|
| Needs | |
| Wants | |
| Spiritual | |
| Family | |
| Friends | |
| Personal Gratification | |
| Charitable | |
| Health | |
| Hobbies | |
| No Regrets | |

5

Create Waypoints and Action Items

Waypoints are the intermediate steps and accomplishments that must be done in order to reach your eventual Goal. Action steps are the small day-to-day things that cumulatively add up to get you to your Waypoints and eventually your Vision.

FOR INSTANCE

You want to be an architect, but you're starting from scratch. Some example **Waypoints** could be:

1. Get accepted into an architectural program
2. Graduate with your degree in architecture
3. Get a job as an architect

NOW

Break down the first Waypoint (get accepted into an architectural program), and create **Action Items** that need to take place to accomplish it:

1. Research architecture programs at multiple schools
2. Apply to architectural programs
3. Secure financing to pay for school
4. Enroll in school for upcoming semester

See how this works? On the next page, choose three Vision Elements and outline the Waypoints and Action Items that you need to get there.

Once you've written out your action items, put them in the order that they should be performed or accomplished. This is to become your step-by-step map for achieving your Vision!

| | |
|---------------------------------------|--|
| VISION ELEMENT | |
| WAYPOINT | |
| ACTION ITEMS <hr/> <hr/> | |

| | |
|---------------------------------------|--|
| VISION ELEMENT | |
| WAYPOINT | |
| ACTION ITEMS <hr/> <hr/> | |

| | |
|---------------------------------------|--|
| VISION ELEMENT | |
| WAYPOINT | |
| ACTION ITEMS <hr/> <hr/> | |



**THAT'S
A WRAP!**

Congratulations for taking the time and investing the effort to create your own Lifeonaire Vision!

By now, having gone through this process, you may have realized that you're on the right path and moving towards your ideal life. If so – awesome! Or you may have recognized that some things need to change – and that's good news too. In either case, what you've done here is extremely valuable and your effort will be rewarded as you can now use your Vision as an objective, authentic, and powerful guide to help you live the life you've dreamed about and deserve.

If you had a hard time with this process or you'd like to further refine, tweak, or improve what you've created, we strongly encourage you to come join us for a three-day LifeBuilder event.

THESE EVENTS TRANSFORM LIVES.

(our students' words – not ours)

We hold your hand and help you create step-by-step a clear, complete, and compelling Lifeonaire Vision — one that will energize and add joy and meaning your life, helping you jump out of bed every morning with excitement and purpose.

We've been through this process with thousands of students from all over the country and have seen it all so we can help get you from where you are to where you want to be as quickly and easily as possible.

Here's what people are saying about the events:

Life changing. I have an amazing outlook on not only our business but also have more hope than ever our marriage will survive the struggles we have faced.

Amanda Baer, Phoenix, AZ event

I'm not too old to have financial freedom via taking the steps of Lifeonaire.

Cathleen Abbott, Itasca, IL event

I was skeptical. I was concerned that I wouldn't like the direction the message would take. The philosophy had a profound impact on us. We have been wondering in the desert.

Marta Brown, Atlanta GA event

Less work and more play is my new vision. Now I can determine my path.

Kim Baileu, Denver, CO event

And we have hundreds more just like these!

To learn more about joining us and attending a three-day LifeBuilder event go to LifeonaireEvents.com

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