

THE BLUEPRINT

WORK BOOK

CREATED BY

STARTED ON

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POWERFUL & PURPOSEFUL GOALS



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PART ONE

CLARITY IS POWER



5 KEY QUESTIONS TO GET YOU STARTED

Q1. WHAT DO YOU WANT?

[illegible]

5 KEY QUESTIONS TO GET YOU STARTED

Q2. WHO DO YOU WANT TO BE?

- _____
- _____
- _____
- _____

Q3. WHAT DO YOU WANT TO DO WITH YOUR TIME ON THIS PLANET?

- _____
- _____
- _____
- _____

Q4. WHAT DO YOU WANT TO ACHIEVE AND ACCOMPLISH?

- _____
- _____
- _____
- _____

Q5. WHAT WOULD MAKE YOU FEEL THE GREATEST SENSE OF FULFILMENT AND JOY?

- _____
- _____
- _____
- _____



PART ONE

CLARITY IS POWER

5 QUESTIONS TO HELP YOU FIND YOUR PURPOSE AND YOUR PASSION

Q1. WHAT ARE YOU PASSIONATE ABOUT?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Q2. WHAT IS YOUR LIFE PURPOSE?



PART ONE

CLARITY IS POWER

5 QUESTIONS TO HELP YOU FIND YOUR PURPOSE AND YOUR PASSION

Q3. WHAT IS YOUR MISSION IN LIFE?

Q4. WHAT WILL BE YOUR LASTING LEGACY AND CONTRIBUTION?

Q5. WHAT WOULD YOU DO IF YOU COULD DO ANYTHING?



REFLECT, RE- EVALUATE & RE-WRITE YOUR GOALS

[illegible]

REFLECT, RE- EVALUATE & RE-WRITE YOUR GOALS

[illegible]

PART THREE PLANNING & PREPARATION

PART THREE PLANNING & PREPARATION

[illegible]

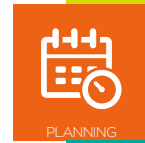
PLANNING



PART THREE

PLANNING & PREPARATION

GOAL	HOW TO ACHIEVE GOAL	TOP 3 IDEAS	DATE



PART FOUR

THE PERSON I MUST BECOME

WHAT TYPE OF PERSON MUST I BECOME TO ACHIEVE MY GOALS

Q1. WHAT CHARACTER TRAITS DO I NEED TO CHANGE OR DEVELOP IN ORDER TO REACH MY GOALS?

- _____
- _____
- _____
- _____

Q2. WHAT SKILLS DO I NEED TO DEVELOP & LEARN TO BE SUCCESSFUL?

Q3. WHAT PHILOSOPHY, OUTLOOK, ATTITUDE AND MINDSET DO I NEED TO HAVE TO GET THE RESULTS I WANT?

Q4. WHAT TYPE OF FITNESS AND HEALTH REGIME DO I NEED TO IMPLEMENT INTO MY LIFE TO HAVE MORE ENERGY AND ACHIEVE MY GOALS

Q5. WHAT TYPE OF PERSON WOULD ACHIEVE MY GOALS... HOW WOULD THEY LOOK, THINK, SPEAK AND ACT? (Think of people who are achieving your dreams and goals)

- _____
- _____
- _____
- _____



PART FOUR THE PERSON I MUST BECOME

PART FOUR THE PERSON I MUST BECOME

WHAT ARE MY STRENGTHS & WEAKNESSES?

[illegible]

PART FOUR THE PERSON I MUST BECOME

PART FOUR THE PERSON I MUST BECOME

WHAT ARE MY CHARACTER TRAITS?

[illegible]

PART FOUR THE PERSON I MUST BECOME

PART FOUR THE PERSON I MUST BECOME

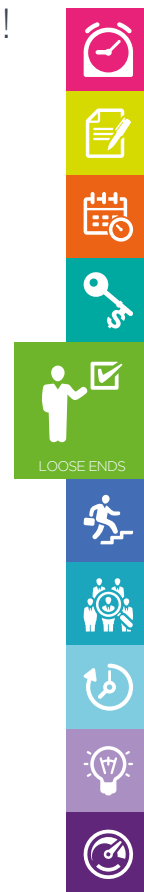
WHAT AREAS OF MY LIFE CAN I IMPROVE?

[illegible]

PART FIVE

PART FIVE

CHECKLIST → FOUND ON PART FOUR

[illegible]

PART SIX HABITS, RITUALS AND ROUTINES

PART SIX HABITS, RITUALS AND ROUTINES

TRACK YOUR HABITS

[illegible]

HABITS, RITUALS & ROUTINES



PART SIX HABITS, RITUALS AND ROUTINES

PART SIX HABITS, RITUALS AND ROUTINES

NEW MORE EMPOWERING HABITS

[illegible]

VALUES TABLE

Here is a list of values I have put together for you. Rank them in importance from 1 to 37.

CURRENT VALUES	RANK CURRENT VALUES (1 TO 37)	RANK NEW VALUES
ACHIEVEMENT		
AMBITION		
ATTITUDE		
AWARENESS		
BALANCE (WORK & HOME LIFE)		
COMMITMENT		
COMMUNITY		
COMPASSION		
LEARNING		
CREATIVITY		
DISCIPLINE		
ENTREPRENEURIAL ENDEAVOURS		
ENVIRONMENT		
EFFICIENCY		
ETHICS		
FAMILY		
FINANCIAL STABILITY		
HEALTH		
HONESTY		
INDEPENDENCE		
INTEGRITY		
JOB SECURITY		
LEADERSHIP		
PERSEVERANCE		
PROFESSIONALISM		
FULFILMENT		
POWER		
RECOGNITION		
RELIABILITY		
RESPECT		
RESPONSIBILITY		
RISK-TAKING		
SPIRITUALITY		
SUCCESS		
TRUST		
WEALTH		
WELL-BEING		



PART SEVEN VALUES & BELIEFS

PART SEVEN VALUES & BELIEFS

LIST AND RANK YOUR CURRENT VALUES

[illegible]

PART SEVEN VALUES & BELIEFS

PART SEVEN VALUES & BELIEFS

LIST YOUR CURRENT BELIEFS

[illegible]

PART EIGHT

THE TIME FOR ACTION IS NOW

90 DAY ACTION PLAN

KEY GOAL GROUP FINANCES	
GOAL	TIME FRAME

KEY GOAL GROUP	
GOAL	TIME FRAME
	01/12/16

KEY GOAL GROUP	
GOAL	TIME FRAME
	01/12/16

KEY GOAL GROUP	
GOAL	TIME FRAME
	01/12/16

KEY GOAL GROUP	
GOAL	TIME FRAME
	01/12/16



PART EIGHT

THE TIME FOR ACTION IS NOW

WEEKLY ACTION PLAN

WEEK _____ **DATE:** _____

MY LIFE PURPOSE _____

MY VISION _____

I AM BLESSED BECAUSE _____

TOP 10 LIFE GOALS

1	6
2	7
3	8
4	9
5	10

THIS WEEK:

I AM COMMITTED TO _____

I AM _____



TIME FOR ACTION



PART EIGHT THE TIME FOR ACTION IS NOW

PART EIGHT THE TIME FOR ACTION IS NOW

WEEKLY ACTION PLAN

[illegible]

TIME FOR ACTION



PART EIGHT

THE TIME FOR ACTION IS NOW

DAILY ACTION PLAN

DAY _____ DATE: _____

TOP 3 GOALS FOR TODAY

1
2
3

MORNING RITUAL

_____	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	_____	<input type="checkbox"/>

ACTIONS/TASKS I WILL COMPLETE TODAY

ACTIONS/TASKS	I WILL HAVE DONE BY TIME	CHECK

EVENING RITUAL

_____	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	_____	<input type="checkbox"/>

DAILY REPORT CARD - NOTE TO SELF

--



PART NINE

VISUALIZING YOUR GOALS

WHAT IS YOUR VISION?

WHAT WOULD IT LOOK LIKE?

HOW WOULD IT FEEL TO ACHIEVE YOUR GOALS AND REACH YOUR VISION?

HAVE YOU CREATED YOUR VISION BOARD OR ALBUM ON YOUR PHONE? ☐



PART TEN

MEASURING PERFORMANCE

WEEKLY PERFORMANCE REVIEW

AREA	REVIEW	HOW TO IMPROVE
CONSISTENCY		
ATTITUDE		
ACTION LEVEL		
BEHAVIOUR		
ENERGY		
ACHIEVEMENT		
RITUALS		
HAPPINESS		
RELATIONSHIPS		
CONTRIBUTION		
FULFILMENT		



PART TEN

MEASURING PERFORMANCE

WEEKLY PERFORMANCE REVIEW

AREA	REVIEW	HOW TO IMPROVE
CAREER		
BUSINESS		
RELATIONSHIPS		
MONEY & FINANCES		
SPIRITUALITY		
PROJECTS & ART		
RECREATION		
HEALTH / FITNESS / WELL BEING		
CONTRIBUTION		
EDUCATION / SKILL SET		
PERSONAL DEVELOPMENT		



PROTECT MYSELF AGAINST THE DOWNSIDE

MY DEFAULT SETTING - NO MATTER WHAT IS GOING ON IN MY LIFE I WILL

I WILL FOCUS MY MIND ON

I AM COMMITTED TO

MY GRAND VISION IS

MORNING RITUAL

<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>

DAYTIME RITUAL

<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>

EVENING RITUAL

<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>
<hr/>	<input type="checkbox"/>	<hr/>	<input type="checkbox"/>

WHAT IS MY PLAN FOR TOMORROW?



MEASURING
PERFORMANCE