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## COMPANION GUIDE

### MODULE 3

## Watched This Week's Live Training? Yes!!

### Then sis, it's time to CAST YOUR VISION!

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I often hear from people who feel that their life has gotten “off track” at some point and need to get back to being who they really are. If you’ve ever felt like you don’t know what you’re doing with your life, a life map can help you sort things out and figure out your next steps.

A life map is a clear representation of what your ideal life looks like. It’s a practical “roadmap” for the path to your own happiness.

So, print this workbook, grab a pen, and answer each question with transparency. You’ll absorb an incredible amount of information about yourself, guaranteeing you’ll start to pay attention to your potential, your future, and who you were born to be. 😊

Let’s do this!



Yours for Breaking Barriers,  
**xoxo Tracy**  
THE MILLION DOLLAR MONEY COACH

## **Week Three – Cast Your Vision in 7 Key Areas**

Many of us have a love/hate relationship with the current state of our lives. There are some things that we enjoy and appreciate about our circumstances, but if we're honest with ourselves, there are some things we want to change about them, too. In previous assessments, you conducted an honest assessment, but before you can get clear about your vision, we have to consider a few key areas in your life and include them in this vision casting process.

**Let's take an honest assessment of the following areas:**

### **1: LIFESTYLE & FUN**

Satisfaction with your living environment and leisure time.

### **2: BUSINESS & CAREER**

Satisfaction with your job, career or business.

### **3: MONEY & FINANCES**

The current state of your budget, money management, personal wealth, salary, net worth, debt-to-income ratio.

### **4: HEALTH & WELLNESS**

Satisfaction with your physical, mental health and self-care.

### **5: FAMILY & FRIENDS**

Quality of your relationships with family and friends.

### **6: LOVE & ROMANCE**

Satisfaction with romantic relationship(s).

### **7: PERSONAL GROWTH & SPIRITUALITY**

Satisfaction with attainment of your educational/learning goals and how you honor your spiritual beliefs.

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## LIFESTYLE & FUN

*Close your eyes and imagine your ideal lifestyle. Where are you living? Which city, state, country? Are you living in an apartment, condo or house? Are you living in a big, exciting city or in the quiet seclusion of the countryside? What does your everyday routine look like? How are you spending your free time? **Visualize and create your ideal living and leisure environment.***

[illegible]

# BUSINESS & CAREER

*Close your eyes and imagine your dream business. What kinds of products and services are you putting out into the world? What type of clients and customers are you helping? Do you run your business from a beautiful home office or do you rent out a trendy space downtown? What kind of impact is happening in people's lives as a result of your hard work?*

***Visualize your ideal business and desired career.***

[illegible]

Close your eyes and imagine the ideal state of your finances. How much money are you earning per year? How much money do you have saved up in the bank? Have you paid off your student loans? Have you paid off your consumer debt? **Visualize your ideal financial situation.**

[illegible]

*Close your eyes and imagine the ideal state of your physical and mental health. Do you want to lose weight and get fit? Are you eating healthful food, drinking lots of water and exercising regularly? **Visualize and achieve your health and wellness goals.***

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*Close your eyes and imagine the ideal state of your relationships with your family and friends. Are you spending more quality time with your parents, siblings, children and others? Are you taking frequent family vacations? Do you have friends who support your goals and are there for you in times of need? **Visualize your ideal relationships.***

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## PERSONAL GROWTH & SPIRITUALITY

*Close your eyes and imagine your ideal level of educational attainment, ongoing learning and/or spiritual growth. Do you want to complete additional college degrees, university courses, classes, read more books, attend conferences or get coaching? How do you most want to express your faith and/or spiritual beliefs? **Visualize your personal and spiritual growth goals.***

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## VALUES

Jot down a list of the things that mean a lot to you in your life. I want you to come from a place of what you really and truly care about.

Just a few examples of values include:

- *Achievement, fame, advancement, leadership*
- *Money, power, authority, economic security*
- *Having a family, children, love, community, friendships*
- *Nature, religion, public service, ecological awareness, healthy living, physical challenge*
- *Democracy, civic involvement, wisdom, integrity, truth*
- *Location, privacy, country, adventure, fast-paced living*



## **IDENTIFY YOUR TOP 10 VALUES**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**For each value that you identified, what actions would you take if you were to honor and fulfill that each in your life.**

\_\_\_\_\_

## **PERSONAL MISSION STATEMENT**

You've taken two important steps towards developing a personal mission statement, which is the right approach to creating your vision. You've identified your values and envisioned your values in action.

This is an eye-opening process to comparing how you actually balance your priorities and live a purpose-filled life.

Now it's time to complete your personal mission statement.

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### **But what, exactly, is a personal mission statement?**

**Your personal mission statement should be a concise representation of what's most important to you, what you desire to focus on, what you want to achieve, and, ultimately, who you want to become.**

### **Here is an example of my personal mission statement:**

*I value learning, independence, creativity, achievement, and change. I deeply appreciate the fruits of the spirit. I especially value authenticity and love in myself and others.*

*Before I die, I want to have made a positive impact on the world for women from all walks of life. As a creative soul, author, speaker and coach, I will use my life by helping women realize their dreams.*

*In my work and life, I will always tell my truth and make space for others to tell theirs. In my journey to empower women, I will not neglect my family, friends, finances, health, or spirituality.*

*I will remember that forgiveness is the highest form of love. And that fear means to be fueled. I will remember that failure becomes real only when you let it stop you from achieving success. And I will always, always choose freedom over fear.*

## **DRAFT YOUR PERSONAL MISSION STATEMENT**

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## **LEARN ABOUT YOURSELF**

In order to properly understand your life purpose, you need to find out what gets you going and what motivates you in life. Take your time and be honest when answering these questions.

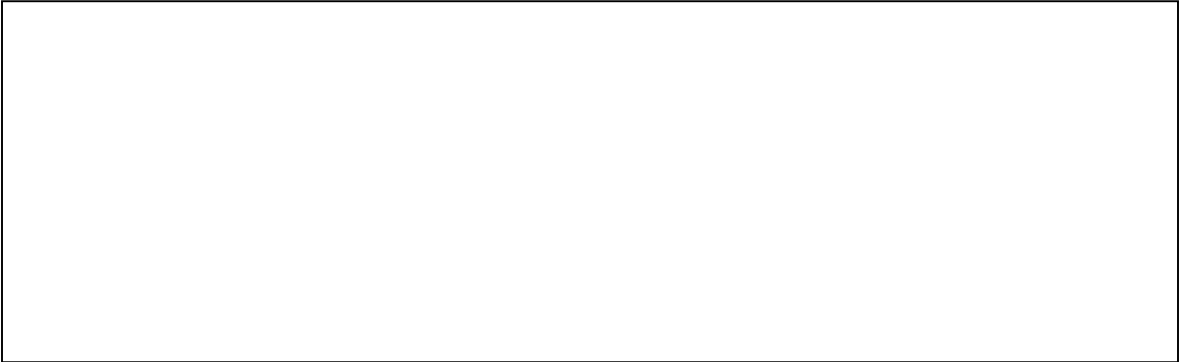
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**What motivates you to wake up in the morning?**

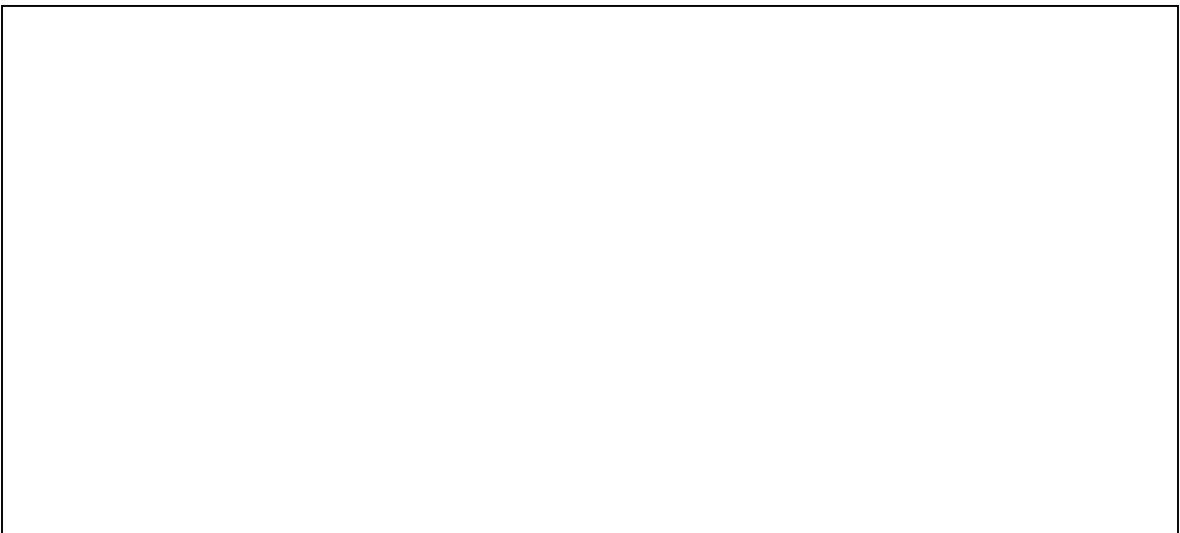
**What keeps you up at night?**

**What makes you proud of YOU?**

**What do you do best?**

A large, empty rectangular box with a thin black border, intended for a person to write their answer to the question 'What do you do best?'. It occupies the upper third of the page.

**When are you happiest?**

A large, empty rectangular box with a thin black border, intended for a person to write their answer to the question 'When are you happiest?'. It occupies the middle third of the page.

**How can you be happier?**

A large, empty rectangular box with a thin black border, intended for a person to write their answer to the question 'How can you be happier?'. It occupies the lower third of the page.

## **YOUR CALLING**

**Why do you think God brought you to this Earth?**

**If you could live your life differently, WHO WOULD YOU BE?**

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## **INVESTING IN YOU**

- ☐ Did you read a book this week?
- ☐ Did you attend any seminars to improve your life this week?
- ☐ Did you attend any classes to develop your skills?
- ☐ Did you learn anything new this week?
- ☐ Were you courageous this week?
- ☐ Did you take time to love yourself this week?
- ☐ Did you take any needed breaks this week?
- ☐ Did you pray this week and meditate on the Word of God this week?
- ☐ Did you invest time in your creativity this week?
- ☐ Did you honor your intuition this week?
- ☐ Did you try something new this week?
- ☐ Did you say your affirmations twice a day this week?
- ☐ Did you choose to be happy this week?
- ☐ Did you invest in yourself emotionally, physically, spiritually and financially this week?
- ☐ Were you the best version of yourself this week?

## **FACEBOOK GROUP ENGAGEMENT:**

- **QUOTE OF THE DAY –**

Find a quote about vision and living a purpose filled life. Print it out and post it somewhere you will see multiple times a day. Post it in the group this week as well.

- **VISUALIZATION –**

Share in your Inner Circle Facebook group something you did or plan to do to visualize the person you were born to be.

## **MY NOTES & ACTION ITEMS:**

