



Goal: To get clear on who I am becoming and want to be, and the life I want.

Affirmation: Post on a card or make it your wallpaper this week.

***I clearly see who I am becoming.
I am creating the
life I want right now.***

Your Final Project

“Hold a picture of yourself long and steadily enough in your mind's eye,
and you will be drawn toward it.”
— Napoleon Hill

Throughout the coaching process you have discovered areas in your life that you would like to change. You have discovered new pieces of yourself and who you want to be. **So, where do you go from here?**

This final project is about creating a reading assignment that does two things.

- 1) Gives you a very clear picture of who you are and want to become (to be your best).
- 2) Brings together everything you have learned in coaching and want to remember daily to keep you in trust and love.

The following are exercises you can do to create this new clear picture and get you ready to compile your final assignment.

EXERCISE 1: (This is the most important one, take your time and really go deep). Take some time and think about the different roles you play in your life. Are you a Son, daughter, wife, husband, father, mother, aunt, uncle, business person, friend, coworker, boss, employee, etc. Spend some time writing about how you want to show up (in great detail) in each of your roles.

Then, think about the different dimensions of your life, physically, spiritually, intellectually, nutritionally, professionally, etc. and write in detail how you want to live in each of these dimensions.

Then, think about what you want your life to look like in about 5 years. Write in detail what you want to be at that point, what you want to be doing and even what you want to have. Notice this process starts with who you want to be, then do, then have. This is the most effective way to set goals. You must become more before you can do or have more.



EXERCISE 2:

Pull out your “Who I am becoming” page you created in session 3. This may give you more ideas and clarity about how you want to show up in each of your roles. Do you want to include your motto in this final reading assignment.

EXERCISE 3:

Take some time and meditate about your purpose in life. Let ideas go through your mind without judgment. Just brainstorm. Write down what comes to you. What does success in life look like to you? Imagine yourself old and grey at the end of your life – looking back on where you are right now. What do you want to see that you did or became next. Write the next part of your story now. You may want to include parts of this in your reading.

EXERCISE 4:

Meditate on the challenges you have been through and the gifts you gained from those experiences. The knowledge you gained might be also the gift you have to give in the world. Write down ways you could use those gifts.

EXERCISE 5:

Go over all the things you have discovered through this coaching experience and look for ideas that have become important to you. You may want to review the reading assignments and highlight phrases that really resonate with you. There may be parts of the program that mean the most to you. Feel free to copy them and make sure you have everything you want a daily reminder of moving forward included.

EXERCISE 6:

Go through your new policies and see which ones you might want a daily reminder of.

LAST PART:

Last, you get to put it all together and create a personal reading assignment that you will read daily. This can be as long or short as you want it to be. Just make it the length that is most useful to you. We strongly recommend that you record this in your own voice with some classical music in the background and listen to it daily.

Be prepared to share some of it with your coach next week.



Success in Life

How do you define it?

Use some of the ideas you have already discovered
and figure out what SUCCESS looks like and feels like to you?
What would give you deep feelings of satisfaction and joy?

Clearly defining and stating the purpose and objective for your life is a powerful tool which will help you to live with clarity and determination. Now that you understand your purpose for being here, you can focus on the things which will serve you in that goal.

What things have become less important now that you have a clearly defined purpose?
Does this help you to see how the “new you” will handle situations in your life?
How does this clearly defined purpose affect your daily life and decisions?



Changing your Habits

You are creating your life through your habits.

Take a minute and list the good things that are happening in your life...

What good habits are supporting these good results...

Take a minute and list things that are not going well in your life or things you are not accomplishing...

What bad habits are sabotaging success and happiness in your life...

What changes will you commit to make in order to become the person you really want to be...