

Make Fear Your Ally

If you use this process to make your fear an ally, you will find each fear to be either a warning enabling you to avoid real danger, or simply the small voice inside all of us that resists the unknown, a voice that you must acknowledge and move beyond if you are to grow and attempt great things.

State The Situation:

“Begin to clarify your fear by writing one or two sentences that describe the exact situation.”

Bring Out Your Fears:

“Begin to list everything bad that could happen. Don’t be an optimist; get it all out on paper in the most vivid, excruciating detail you can imagine. Assess how likely each one is to actually happen. To do this, place a letter beside each fear (R-realistic, U-unrealistic, N-never).”

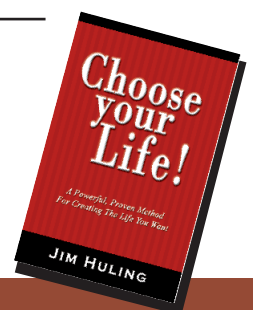
Envision The Outcome You Want Most:

“Begin to envision all that you want to happen, all that will and can happen, when you face this challenge and succeed. See yourself looking back one day at all the fears that might have kept you imprisoned. Feel the self-respect, confidence, and sense of personal power you now have because you chose to overcome them. Write down everything you think and feel in this moment.”

Make A Choice:

“You need to listen to your fears, but you must also weigh them against the passion and hope of your outcome. Ultimately, you must decide whether your fear is helping you or holding you back. Now, write down what you have decided to do, and why.”

Excerpts taken from



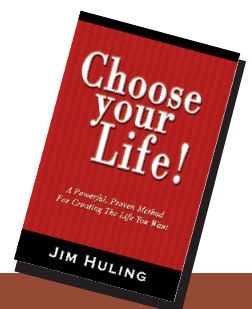
Who Am I?

Use the form to list the *LifeDimensions* you care most about. Remember to include everything, from family, to work, to personal activities as well as your involvement in causes that matter to you.

The *LifeDimensions* That Are Important To Me:

	5 Hours	Importance	Performance
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			
6. _____			
7. _____			
8. _____			
9. _____			
10. _____			

Excerpts taken from



What I Really Want

LifeDimension: _____

This form is designed to get your thoughts flowing and to open your heart to all you can imagine your life including. It won't be the final version of your LifeVision for this dimension, but it will help you discover some of your deepest desires so that you can include them when you write your complete vision.

In This Dimension Of My Life I Want To Be:

The first section focuses on what you want to be. When you work on this section, think of all the characteristics you want to embody in this dimension of your life and list them in the space provided.

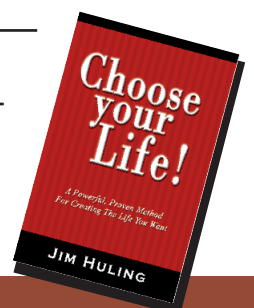
In This Dimension Of My Life These Are The Things I Want To Do:

Completing this section can be a lot of fun as you let your imagination picture all the things you'd like to do in this dimension of your life.

In This Dimension Of My Life These Are The Things I Want To Learn:

Here's where you can envision the great lessons of your life and how you might apply them in this dimension. Think of the areas where knowledge, expertise, or wisdom will enable you to live the life you've imagined.

Excerpts taken from



What I am Prepared To Do

I t's time to start building your plan for the role you have chosen.

My Goal:

"First, you need to define your goal. Choose a goal that is both realistic and meaningful; a goal that represents a balance between the magnitude of what you want to accomplish and what you are certain you will actually do. Write it down in the space below."

I Will Keep Score By:

"For whatever goal you've chosen, you now need to create a method of tracking your results. Keeping score enables you to step up your efforts when you're falling behind, and celebrate when you're ahead. When you reach your goal, you will most likely feel that keeping score was your most valuable tool. Write down the ways in which you will keep score in pursuing this goal."

1. _____
2. _____

I Will Hold Myself Accountable By:

"Accountability is a powerful force, one that can give you the extra drive you may need during difficult times on the journey to fulfilling your vision. Write down exactly how you will hold yourself accountable on this particular goal."

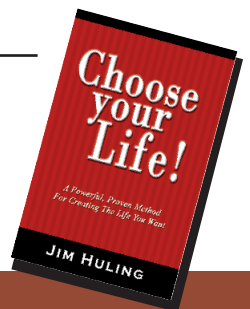
1. _____
2. _____

I Will Stay Engaged By:

"Inevitably, you will reach a point in the journey toward your goal where you will be tired, under pressure in other areas, or where your inspiration for all you wanted to do simply lags. The moment when you are facing a crisis or a deep loss of motivation is the worst possible moment to think creatively about resources that could help. It is far better to plan now for those resources that can help you."

1. _____
2. _____
3. _____

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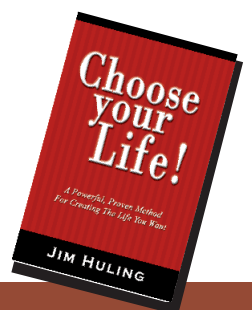
My LifeVision

LifeDimension: _____

Picture the person who is the focus of this LifeDimension standing before your friends and family one day far in the future, saying, I'd like to tell all of you what my relationship with (fill in your name or the name by which they would refer to you, e.g., my dad/mom/husband/friend) meant to me.

Then write the words that come from your heart. Don't hold back. Write everything that you will want this person to say — everything you care about, hope for, and dream will come true. Write about the relationship you had, the adventures you shared, the times when you laughed together, and the times when you revealed your deepest heartache. Give this person the words you will want him or her to be able to say about your life and how much it mattered. Get it all out on paper now. Write as though your life depended on it. It does.

Excerpts taken from



A Dream I Want to Awaken

Do you remember when you had a truly wonderful dream? A dream so inspiring that it generated an explosive surge of energy every time you thought about it? It's time to awaken that dream.

Remember The Dream:

"Start by writing, There was a time in my life when I dreamed of... and then let the words flow."

Brainstorm Ideas For Action:

"Start by writing, If I were to begin pursuing this dream today, I might...and then begin to list actions you could take. Whatever your dream, generate a list of actions that are realistic, achievable, and can be completed in a single step. The longer you can make this list, the more ideas you will have to work with."

Imagine How You Would Feel If You Began to Pursue Your Dream:

"Take a moment to imagine how you would feel if you really could pursue your dream. See it becoming a part of your life. Envision the day when your small steps have enabled you to reach a milestone, something tangible that says you really have become whatever you dreamed of being. Feel the confidence, pride, and satisfaction that this moment in your life brings. Now commit these thoughts and feelings to paper."

Harness The Power of Momentum to Make Your Dream Come True:

"Choose an action item from your list to do today. Tomorrow you can build on this success by taking another small step, and then another. Over time, your confidence will grow and one day you will see your dream is starting to come true. Write down the action you commit to take today."

Excerpts taken from

