DREAMS AND DESIRES

List what you have ever dreamed of doing or being, now and in the past, (especially as a child) before everyone else’s opinion became important:

STRENGTHS, SKILLS AND NATURAL TALENTS

1. My personal strengths (characteristics) are:

2. The things I am good at doing, come easily to me, and for which I have always had a knack for are:
3. I am skilled at doing: (learned)

4. Others would say I am good at or and expert in:

5. The natural talents I have that I may or may not be using are:
6. If I had to teach something, I could teach:

7. Someone could call me to get my assistance or opinion on:

8. My unique abilities or my niche is:
PERSONAL INTERESTS

1. My favorite things to do in the past (before I got too busy or caught up with "life") were:

2. My favorite things to do now are:

3. My hobbies and what I would like to do in my free time is:
4. My favorite topics of conversation are:

5. The types of books I read or would read are:

6. If I were to purchase 3 magazines, they would be:
7. If I had to teach something, I would want to teach:

**JOY AND MEANING**

1. These activities make my heart sing, give me a true feeling of joy whenever I am engaged in them, and raise my spirit:

2. With these activities I lose track of time:
3. My favorite things to do as a child were:

4. The movies that inspire or move me are:

5. What makes me feel great about myself is:
6. What really excites me is:

7. What gives me a sense of satisfaction and fulfillment is:

8. What I find meaningful in my life is:
PAST CAREERS / WORK
(Include people, places, tasks, topics, finances, etc.)

1. The parts of my past work that have been the most enjoyable are:

2. The parts of my past work that have been the most meaningful are:
REGRETS

1. What would you regret not fully doing, being or having in your life:

2. Why do you believe those wishes never came true for you? What held you back?
EULOGY PROCESS

Write your own eulogy.
PRESSING “RESTART” ON YOUR LIFE

If I could start fresh, with no past and a totally clean slate, and live my life over, this time I would...

THE BOTTOM LINE (Optional)

What will it take for you to finally feel truly happy, truly successful, and that you lived fully in this lifetime?
INSPIRATIONS

1. Who inspires you? (Give names) i.e., musicians, authors, poets, artists, political leaders, social leaders, business leaders, family members, friends, etc. Why?

2. If you could have written any book, which would you have loved to write? Why?
VALUES

What are your 5 highest values? Prioritize in order of what’s important to you.

security  
success  
adventure  
comfort  
beauty  
family  
integrity  
intelligence  
honesty  
inner peace  
learning  
creativity  
others:

time freedom  
love  
passion  
productivity  
giving / service  
primary relationship  
achievement  
health  
joy  
courage  
spirituality  
personal growth  
financial freedom  
challenge  
intimacy  
environment  
friends  
respect  
being the best  
fitness  
play  
empowerment  
independence  
leadership

LIFE CHALLENGES AND ISSUES

1. What are some of the life challenges, hardships, issues, obstacles and pain you have faced?
2. Which of these were you able to overcome?

3. How did you overcome it?

4. How do you believe you could help others overcome similar issues?
PASSION: FOR AND AGAINST

1. What excites you about the world or about people?

2. What cause or aspect in people do you strongly believe in?

3. What would you stand up and fight for?
4. What angers you about people or what’s going on with the planet?

5. What would you stand up and fight against?

6. If you could talk to any group of people and shake them up and wake them up, who would you talk to and what would your message be?
CONTRIBUTION

Utilizing your natural talents, passions and beliefs how could you serve and help people, creatures, the environment, or the planet?
1. A mission statement is based in action. What do I DO.

Choose 1-5 verbs from the action word list on the following page that resonate with, inspire or excite you.

2. Who or what do I assist:

Examples:
People in general, a specific organization, a specific group of people, babies, children, teems “at risk” youth, families, students, the poor, elderly, disabled, handicapped, athletics, or athletes, artists or the arts, performers, media, business, entrepreneurs, sales people, business leaders, churches, all animals, birds, elephants, dogs, forests, trees, oceans, the planet, etc.

3. What is my goal for the world or who I help? What is the value, benefit or the end result I create:


EXAMPLE 1:

“My mission is to educate and inspire people to live in their higher selves based on courage, purpose and joy.”

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Alternative:
“I create a more peaceful, joyful world by educating people to live in their higher self.”

-----

EXAMPLE 2:

“My mission is to inform and shelter women so they can protect themselves from abuse.”
**“MISSION”**

**ACTION WORDS**

In terms of your mission, designate 3-5 words that most resonate, inspire and excite you.

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<th>master</th>
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info@kinesisdevelopment.com | 864.990.1361
1. What were you naturally good at as a child or a teenager?

2. a) What are 5 careers, businesses or ways of living would you like to try?

   b) Why did you choose these? What elements do you like from each?
3. What would you do if money was not concern, you had all the money in the world and it was absolutely guaranteed you could not fail?

4. What type of business or work do you believe would help you learn and become the person you want to be?

5. What would you like to see created in the world? What kind of legacy or gift would you like to leave people and the planet?
6. What do you feel the world need that you might be able to make a contribution towards?

7. Is there a person or company whose mission or vision excites you? If so, who is it and what is that mission or vision?

8. a) Whose career do you admire? Who, career wise, do you slightly envy? Who would you like to model?
b) What aspects of who they are, what they do and how they do it resonate with you?

9. a) What part of your current career could be part of your new vision?

b) How does your current work align with your mission?
3 to 5-YEAR VISION
Write your 3-5 Year Vision. This is the ultimate legacy resulting from your passion. You may want to refer to your Eulogy.
1-YEAR VISION
Work backwards from your 3-5 year vision, and create a 1-year vision.

30-DAY VISION AND ACTION PLAN
Write both your 30-day vision and what actions you will take this month to reach it.
7-DAY ACTION PLAN
Write the actions you can take in the next 7 days to reach your 30-day vision.

1-DAY ACTION PLAN
Write which of your 7-day actions you can take tomorrow in order to reach your 30-day vision.