

Designing Your Life™
Outline of Contents

Tab 1:

Introduction: *Creating the Map*

5	Tab 1 Contents
6	Welcome to <i>Designing Your Life™</i>
6	About <i>Designing Your Life™</i>
7	About the Author
8	Finding Your True Calling(s)
8	Developing Roots and Wings
9	How to Use This Workbook
10	Acknowledgments
11	Worksheet(s): Goals and Successes
13	Contents in Detail

Tab 2:

Part One: *Who Am I? Taking Stock*

19	Section Opener
20	Tab 2 Contents
22	Exercise: Writing Your Life/Work Autobiographical Narrative
24	Exercise: Your Life Map
26	Exercise: Who Am I? Overview – First Pass
27	Exercise: If I Were An Animal...
29	Exercise: Let's Get Physical
31	Exercise: Geographical Identity
33	Exercise: The Roles We Play
34	Exercise: Skills and Talents Inventory
35	Exercise: Identifying Aptitudes

- 36 Exercise: Strengths Inventory
- 37 Exercise: Interest Inventory
- 38 Exercise: Personality Type
- 39 Exercise: Success Inventory
- 40 Overview: Clarifying and Claiming Your Values
- 41 Overview: About the Values Clarification Process
- 42 Exercise: Identifying Your Values
- 43 Examples of Values
- 44 Exercise: Assessing the Strength of Your Values
- 46 Overview: Choosing Your Values
- 47 Exercise: Life Values – Either/Or Process
- 50 Exercise: Work Values – Either/Or Process
- 53 Overview: Rank-Ordering Your Values
- 54 Exercise: Rank-Ordering of Life Values
- 55 Exercise: Rank-Ordering of Work/Career Values
- 56 Exercise: Creating Your Top 20 Life Values List
- 57 Exercise: Refining Your Life Values Priorities: The Top Ten List
- 58 Exercise: Refining Your Life Values Priorities: The Top Five List
- 59 Exercise: Creating Your Top 20 Work Values List
- 60 Exercise: Refining Your Work Values Priorities: The Top Ten List
- 61 Exercise: Refining Your Work Values Priorities: The Top Five List
- 62 Exercise: Summarizing Your Values
- 63 Overview: Examining Your Beliefs
- 64 Exercise: Listing Your Empowering and Limiting Beliefs
- 65 Exercise: Noticing Your Self-Talk
- 66 Exercise: Noticing Your Self-Talk for the Next Week
- 67 Overview: Weeding the Self-Talk Garden
- 68 Exercise: The Weeding Process
- 69 Example: Weeding the Garden Process
- 70 Overview: Confronting Our Limiting Beliefs

- 71 Overview: Working with Affirmations and Affirmations
- 72 Exercise: Creating and Using Affirmations and Affirmations
- 73 Exercise: Identifying Your Purpose
- 74 Exercise: Review and Summary
- 76 Exercise: Reprise – Who am I?
- 77 Blank Page (Notes)
- 78 End-of-Chapter Quote

Tab 3:

Part Two: Where Am I Going? *Envisioning the Future*

- 79 Section Opener
- 80 Tab 3 Contents
- 81 Overview: Envisioning Your Future
- 82 Exercise: The Want List
- 83 Exercise: Lottery Exercise
- 84 Exercise: Eight-Area Visioning List
- 93 Overview: Harnessing the Power of Your Mind
- 94 Exercise: Writing Your Life/Work Fantasy
- 95 Exercise: The Letting-Go Ritual
- 96 Exercise: Revisiting Your Life Map
- 97 Exercises: After I'm Gone
 - Writing Your Obituary
 - What's On Your Tombstone?
- 98 Overview: Purpose, Mission, and Vision
- 99 Exercise: Writing a Vision Statement
- 100 My Personal Vision Statement
- 101 My Career/Work/Business Statement
- 102 Exercise: Writing a Mission Statement
- 103 My Personal Mission Statement
- 104 My Career/Work/Business Mission Statement

- 105 Overview: Using Additional Visioning Strategies
- 106 Exercise: Creating a Visioning Journal or Poster
- 107 Blank Page (Notes)
- 108 End-of-Chapter Quote

Tab 4:

Part Three: How Will I Get There? *Planning and Taking Action*

- 109 Section Opener
- 110 Tab 4 Contents
- 111 Overview: Creating an Action Plan
- 112 Overview: Goals and Goal-Setting
- 113 Exercise: The Magic Genie
- 114 Overview: Handling Obstacles
 - Fear
 - Procrastination/Inertia/Laziness
 - Objections of Others
 - Ambivalence/Inability to Decide Between Two Options
 - Internal Resistance and Self-Sabotage
 - Money, Time, and Resources
- 115 Exercise: Do You Have Permission to Succeed?
- 116 Overview: Starting With the End in Mind
- 117 Managing Your Time
- 118 Exercise: The Action Plan
- 119 Overview: Taking Action – Just Do It!
- 120 Overview: Cycle of Completion
- 121 Blank Page (Notes)
- 122 End-of-Chapter Quote

Tab 5:

Part Four: How Do I Live My Dream? *Staying on Purpose*

- 124 Section Opener
- 125 Tab 5 Contents
- 126 Overview: Living Into the Life of Your Dreams
- 127 Exercise: Developing Attitudes of Success/The Attitude Checklist
- 131 Overview: Living a Balanced, Well-Rounded Life
- 132 Overview: Reducing Stress
- 133 Overview: Checking Your Compass and Map
- 134 Overview: Using Daily Success Practices
- 135 Exercise: Scheduling My Daily Practices
- 136 Exercise: Life Chart
- 139 Overview: Walking Your Talk
- 140 Exercise: Packing My Life Toolkit
- 141 Blank Page (Notes)
- 142 End-of-Chapter Quote

Tab 6:

AfterWord: *Living a Magical Life*

- 142 AfterWord
- 144 *The Twelve P's of Success*

Tab 7:

Daily Success Journal

- 146 Overview: Keeping a Success Journal
- 147 Exercise: Success Inventory
- 153 My Daily Success Journal

Tab 8:

Daily Gratitude Journal

- 158 Overview: Keeping a Gratitude Journal
- 159 My Daily Gratitude Journal

TAB 9:

Resources

- 163 Books
- 167 Audio/Video Tape Programs
- 167 Music: CD's and Tapes
- 168 Seminars and Programs
- 169 Testing and Assessments
- 170 Additional Resources

Tab 10:

Following Up

- 173 Ordering Information
- 174 Feedback Form
- 178 Thank You