



WORKBOOK

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A Life Exponential

goal setting for an exponential life

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01 Introduction

Let's face the facts. You get one shot at this life (whether or not you get another one is a much longer debate). Live life with legacy, with impact, with grace.

Mid-career my world was turned upside down by the suicide of a peer. I realised that my job could kill me. I'd been guilty of burning the candle at both ends and in the middle.

But it wasn't dying that scared me most. It was living a life unfulfilled.

I don't want you to fall into the same trap. Live your life with intention - you **do** have the power to choose.

Let this guide steer you through!



02 Take me to the stars

Over the next few pages, you'll see a very different version of goal setting than you've ever experienced. The guide builds on the work of Vishen Lakhiani - the mind behind the global phenomenon Mind Valley.

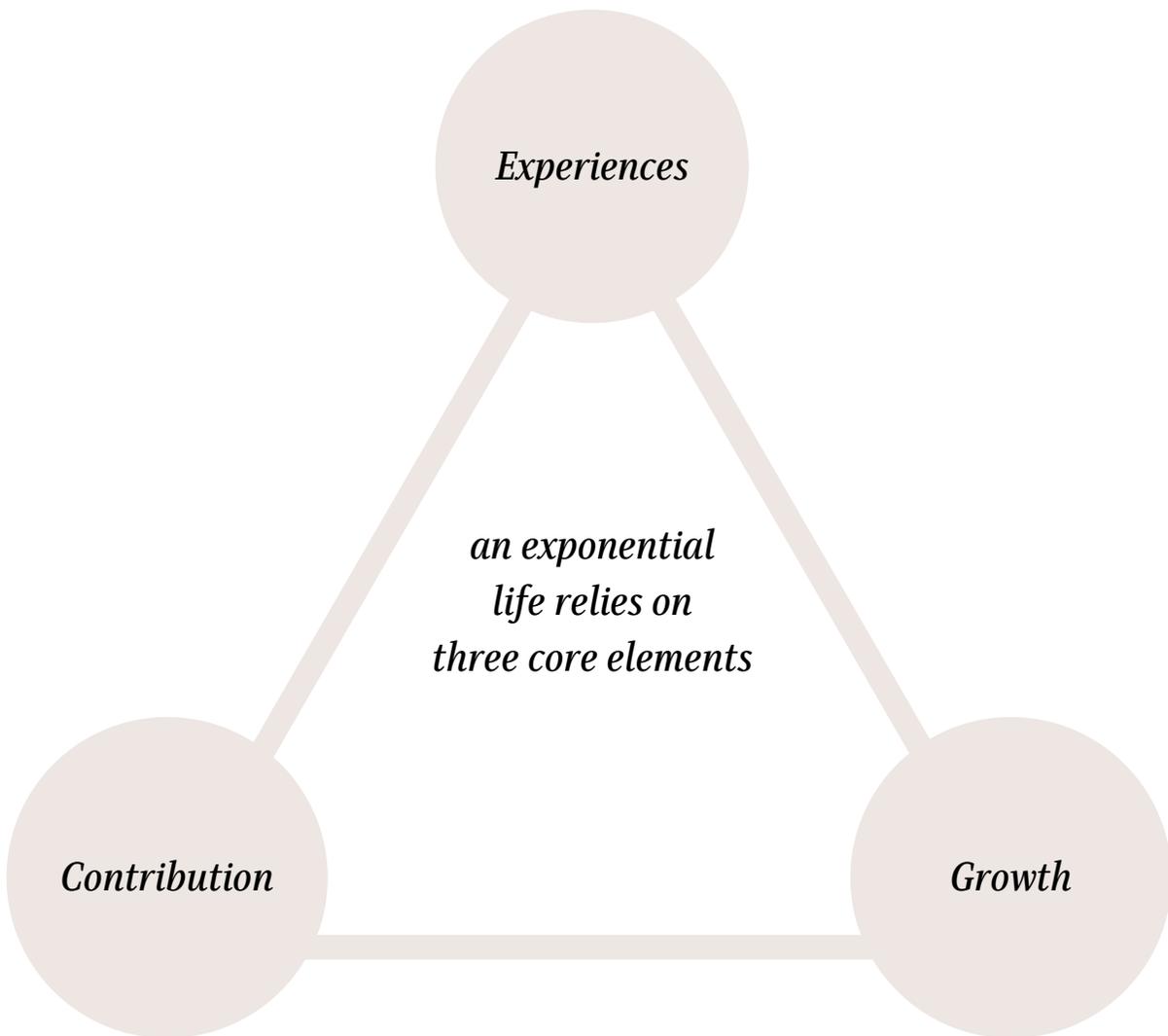
What I love about his work is that Vishen calls time on the historical approach that confuses means with goals. Normally we have a goal to get a pay rise in the next twelve months for example. Vishen advocates for us to see that aim as a means to ***achieve a goal far bigger.***

There deliberately isn't enough space here for you to write out your goals. Instead, use the space to pull through keywords as prompts. This exercise is big and to do it justice you need to allow time. Perhaps take a segment into your meditation or daydreaming throughout the day.

For some questions, you might want to involve others - a forest walk with a loved one perhaps. **It's all good.**

Ingredients for an Exponential Life

This novel approach to goal setting starts with the experiences you long for and then the steps you take along the way - how you'll grow and how you'll show up for others.





Experiences

In this section, you'll visualise the life that you want to lead. How do you want to live? How do love and relationships figure? How rich is your social life?





what experiences do you want to have?

If time and money were no object and I did not have to seek anyone's permission, what kinds of experiences would my soul crave?

YOUR LOVE RELATIONSHIP What does your ideal love relationship look like? Consider:

- *how you communicate*
- *what you have in common*
- *the activities you do together*
- *what a day in your life together looks like*
- *what holidays are like*
- *what moral and ethical beliefs you share*
- *what type of sexual relationship you're having*

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YOUR SOCIAL LIFE

- *What experiences would you like to share with friends?*
- *Who are the friends you'd share these experiences with?*
- *What are your ideal friends like?*
- *Picture your social life in a perfect world- the people, the places the conversation, the activities.*
- *What does the perfect weekend with your friends look like?*

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YOUR FINANCIAL LIFE What experiences would you like to be able to afford? eg

- *Moving to an exotic new city for a month*
- *Travelling the world*
- *Owning a gorgeous apartment in London*

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YOUR QUALITY OF LIFE

- *In this amazing life of yours what would your home look like?*
- *What would it feel like to come back to this place?*
- *Describe your favourite room- what would be in this wonderful space?*
- *What would be the most heavenly bed you can imagine sleeping in?*
- *What kind of car would you drive if you could have any car you wanted?*
- *Now imagine the perfect workspace – Describe where you could do best your work.*
- *When you go out, what kinds of restaurants hotels would you love to visit?*

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Growth

We are all on a journey and in order to thrive, we must nourish our body, our mind and our spirit.

This section considers all of these elements.





how do you want to grow?

YOUR HEALTH AND FITNESS

- Describe how you want to feel and look every day.
- What about 5, 10, 20 years from now
- What eating and fitness systems would you like to explore, not because you think you ought to but because you're curious and want to
- Are there fitness goals you'd like to achieve purely for the thrill of knowing you accomplished them?

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how do you want to grow?

YOUR INTELLECTUAL LIFE

- What do you need to learn in order to have the experiences you listed above?
- What would you love to learn?
- What books and movies would stretch your mind and tastes?
- What kinds of art, music would you like to know more about?
- Are there languages you'd like to master?
- What skills do you need to develop to make your career thrive?
- Remember to focus on end goals – choosing opportunities where the joy is in the learning itself.

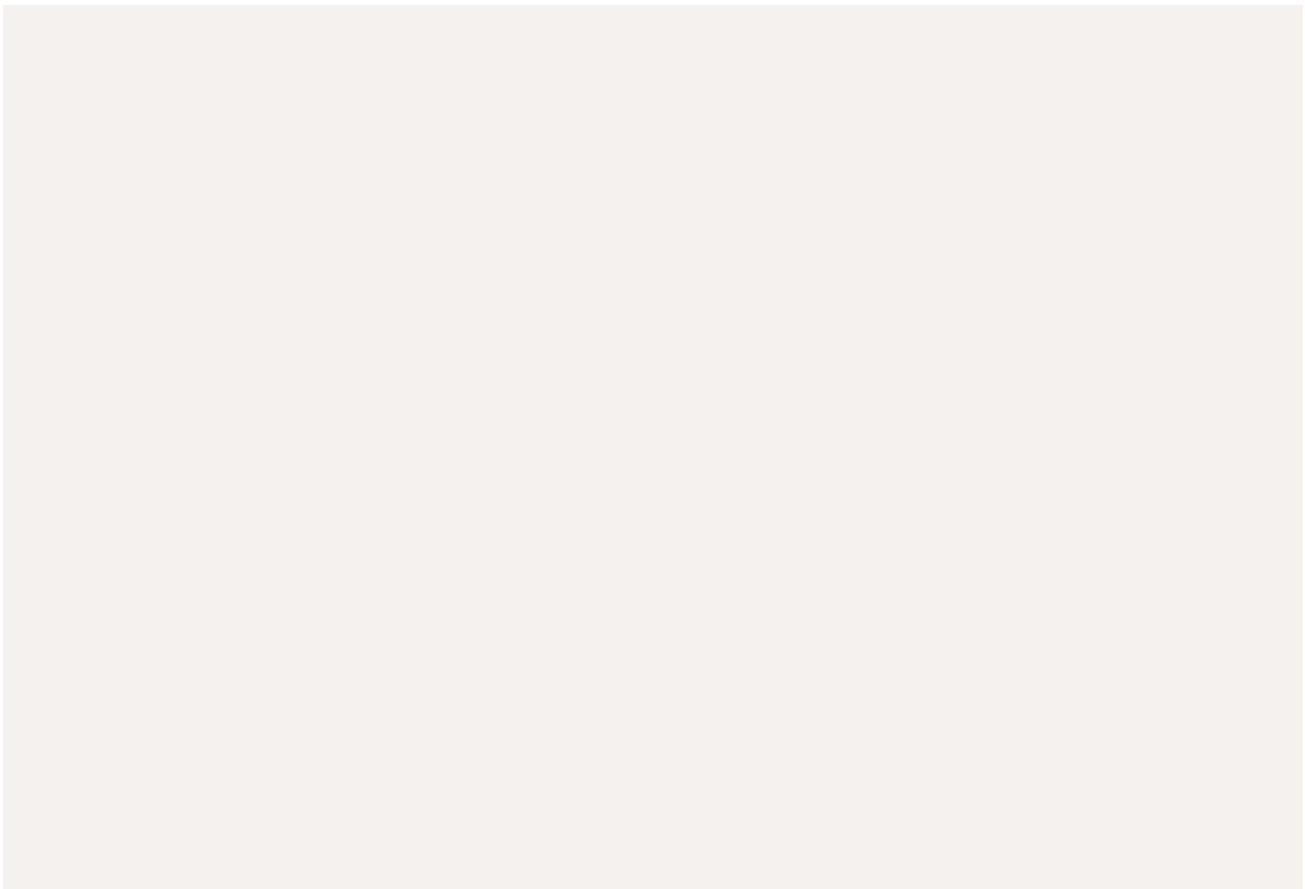
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how do you want to grow?

YOUR EMOTIONAL LIFE

- When you think about goals for your emotional life, you're thinking about how you want to feel on a persistent basis.
- More humble.
- More blissed out.
- Happier and more positive.





how do you want to grow?

YOUR SPIRITUAL LIFE

- Where are you now spiritually and where would you like to be?
- What is your highest aspiration for your spiritual practice?
- Would you like to learn things like lucid dream, dee states of meditation, ways to overcome fear, worry or stress?

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Contribution

How will you shape the world around you? Here we'll dive into your family, career and community



how do you want to contribute?

YOUR CAREER

- What are the visions for your career? What level of competence do you want to achieve and why?
- How would you like to improve your workplace or company?
- What contribution to your field would you like to make?

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how do you want to contribute?

YOUR CHARACTER

What traits do you want to embody?

- Bravery
- Honesty
- Perhaps you want to be a person who takes a stand for issues that matter to you in the world.

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how do you want to contribute?

YOUR FAMILY AND PARENTING LIFE

Picture yourself being with your family, not as you think you should, but in ways that fill you with happiness.

- What are you doing and saying? What wonderful experiences are you having together?
- What values do you want to embody and pass along?
- What can you contribute to your family that is unique to you? Keep in mind family doesn't have to be traditional family. Create your own model of reality.

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how do you want to contribute?

YOUR LIFE VISION.

How would you like to contribute to your community?

- This could be your friends, your neighbourhood, your city, state, nation, religious community or the world.
- What is the mark that you want to leave on the world that excites and deeply satisfies you?

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Hey! Welcome future you

Now that you've examined every aspect of your life, you've gone further than the majority. You're starting to get clarity on where you want to go and those are the very first steps of your journey.

Try to breathe more life into your goals through visualisation - imagining your future self through all of your senses. Perhaps write a letter from yourself three years from now, what have you experienced in that time? How amazing does it feel?

Keep returning to your notes and find ways of working towards these goals. Each month, set a reminder to check back in to keep aligned.

I help people like you to realise their full power and potential, if you'd like to explore different ways we can work together do send me a note or subscribe to my regular newsletter.

LET'S KEEP IN TOUCH

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