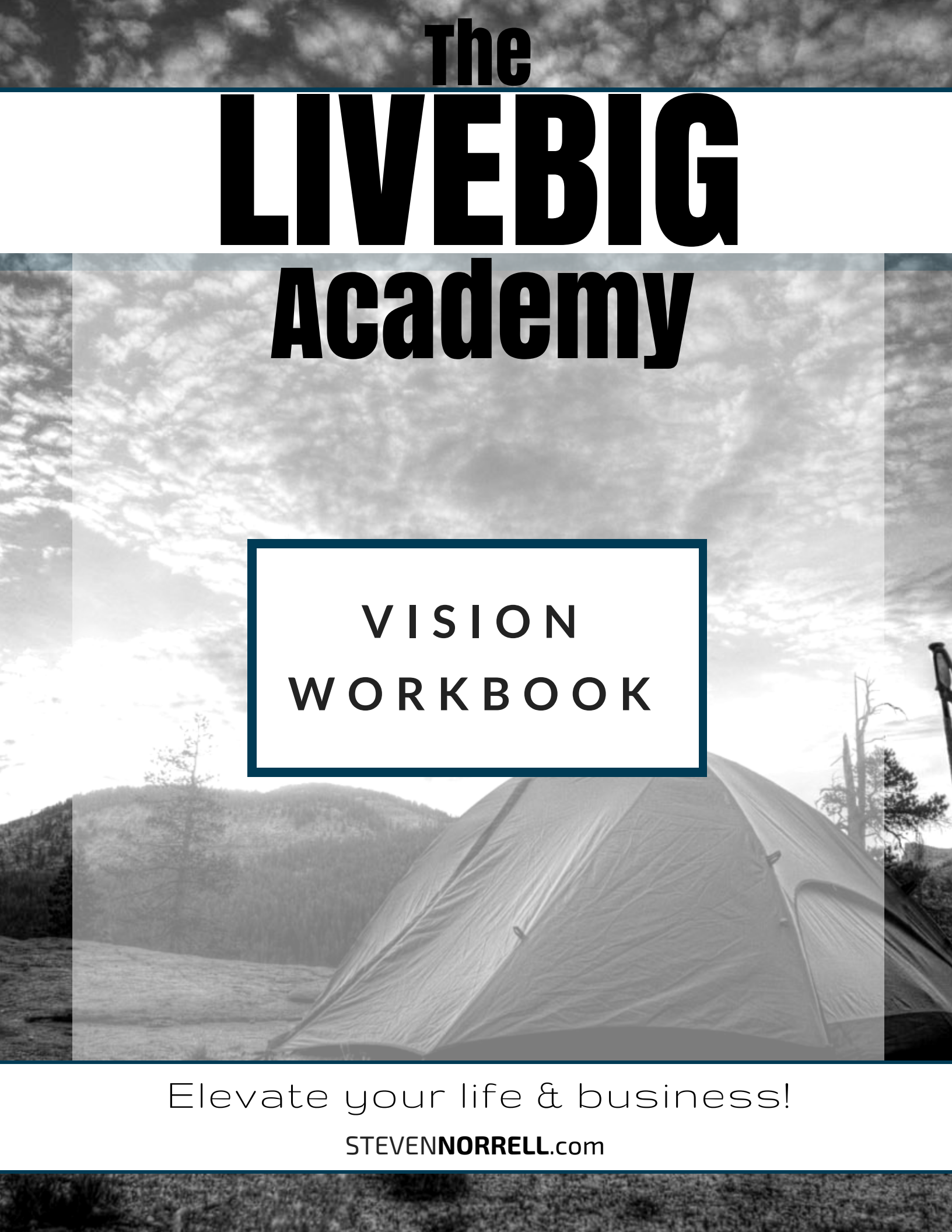




The **LIVEBIG** Academy

VISION WORKBOOK

Elevate your life & business!

STEVEN**NORRELL**.com

Introduction

This workbook aims to help you build focus in your life. It will help you create a vision that you can live by as you reach for your potential. Knowing who you are and what success means to you is the foundation of a meaningful life. It will help you build tools that you can use for the rest of your life.

These questions are designed to push your comfort zone. They will guide you to direct your attention toward both your challenges & your passions. I recommend that you take time to move through this workbook at your own pace. You'll get the most out of it by printing it out and relaxing in a place that you can relax, free from distractions. Something great happens when we use a pen or pencil on paper to write our thoughts.

This workbook is segmented into three sections: Passions & Challenges, Core Values, and Vision. It presents a series of exercises to help you uncover your core values and build your own vision statement to live by. By exploring the things you love, alongside the things that stand in your way of feeling fulfilled. These exercises will challenge you to target what matters most to you.

Explore the things that matter to you, and let your mind wander. Remember, this is supposed to be fun and exciting. You are taking big steps toward your potential!

Section One

Passions & Challenges

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it." ~Margaret Thatcher

We interact with our passions and challenges every day. It's a balancing act that we walk. Making ends meet and reaching our goals frequently takes up our focus and we stumble as we keep our balance. So just for a moment, let's take the time to give each the attention they deserve.

Passions

First, let's dive into your passions. Passions fire you up, that give you energy, excite you and make you feel good. They are the things that drive you and define your values.

"The mass of men lead lives of quiet desperation and go to the grave with a song still in them." ~ Henry David Thoreau

Take a moment to think back on a time when you felt completely fulfilled and happy.

Where were you?

Who were you with?

What were you doing?

Passions (Cont.)

You have been given three weeks to go on your ultimate vacation. Use your imagination! What will you do?

What are some of your proudest accomplishments?

What motivates you? What are some things that get you energized and excited to take action?

What do you admire most about yourself?

What traits do you admire in others?

What passions do you wish you could pursue?

What would your ideal lifestyle look like?

Describe your greatest strength. What is it? What does it contribute to others?

After spending some time with your passions, look back at your answers and list 5 things you describe that you are most passionate about.

- 1.
- 2.
- 3.
- 4.
- 5.

Challenges

The challenges in life give us opportunities to grow. It's important to understand this when we get caught up in pushing through them. By taking some time to look at what our challenges are, we can see which challenges are helping us become a better version of ourselves, and which we are facing unnecessarily.

"There are no great people in this world, only great challenges which ordinary people rise to meet." ~ William Frederick Halsey Jr.

What would you consider to be weaknesses?

Is there an area in your life that you consider a biggest weakness?

Looking back in time, does anything stand out that you would like to have done differently?

What things weigh on your mind and overwhelm you?

What keeps you up at night?

What do you feel you have to overcome or accomplish before you can feel content and fulfilled?

Challenges (cont.)

When has fear kept you from pursuing something you were passionate about?

In what areas of your life would you most like to improve?

Are there challenges that keep you from pursuing your passions?
What are they?

What would you consider to be your greatest challenge(s)?

Take a moment to look back over your answers and describe the 5 greatest challenges that you face.

- 1.
- 2.
- 3.
- 4.
- 5.

Section Two

Core Values

Values are concepts and principles that are as much a part of you as your skin. They are standards of living that have a significant impact on the way you interact with the world. Pursuing goals, lifestyles and relationships that conflict with our values can have significant consequences when it comes to our fulfillment, confidence, and mental strength.

It's important to add that knowing what your values actually are is more challenging than it may seem. It's all too common to be told what our values are or should be. In the pursuit of our potential we *must* learn our values and who we are before setting and pursuing our goals. If we skip over it, we fall short, find walls, and encounter a wide array of obstacles on our path.

"Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do." - Elvis Presley

Values

Abundance Acceptance Achievement Adventure Aesthetics Appreciation Authenticity Balance
 Beauty Bliss Caring Career Cheerfulness Clarity Commitment Compassion Co-operation
 Confidence Contentment Courage Creativity Daring Dedication Detachment Determination
 Devotion Diligence Discipline Discernment Discrimination Empathy Empowerment Energy
 Enthusiasm Excellence Faith Family Fame Flexibility Forgiveness Freedom Friendship Fun
 Generosity Gentleness Good will Grace Gratitude Growth Happiness Harmlessness Harmony
 Healing Health Honesty Hope Humility Inclusiveness Insight Integrity Influence Intelligence
 Intimacy Introspection Intellectual growth Intuition Joy Justice Kindness Knowledge Leadership
 Learning Love Loyalty Maturity Money Openness Order Passion Patience Peace Positive
 Power Prosperity Purity Purpose Recognition Relationships Respect Responsibility Reverence
 Sacrifice Security Serenity Service Sharing Silence Spirituality Spontaneity Strength Status
 Support Surrender Success Tolerance Trust Trustworthiness Truth Understanding Union Unity
 Wisdom Winning Wealth

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Values (Cont.)

Write the 5 values that mean the most to to you from the list above.
Choose words from the list to describe what the value means to you

- | | Value | What it Means to You. |
|-----------|-------------------|---|
| 1. | ex. Wealth | ~ Achievement, security, or freedom. |
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |

Core Values

By describing what your values mean to you, you've uncovered your core values. Choose your top 5 values from the **What it Means to You** column above. Write them below in order of importance to you.

- 1.
- 2.
- 3.
- 4.
- 5.

Section Three

Vision

Vision is a word we use to describe our understanding of where we're heading in the future. But it is more than a metaphor. A strong vision is something that can be described in detail and when you close your eyes, you can see it.

In this section we will design a statement that describes our potential and what it looks like to be living it. This is what's known as a *vision* or *personal mission statement*.

Remember: There is a difference between a *vision* and a *goal*. A vision is dynamic and flexible. It changes as we grow and gather experience in our lives. Remember, the question, 'What do you want to do when you grow up?' The answer was a form of a vision statement.

"If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you."
~ **Steve Jobs**

Rewrite your top three *core values* below. Beside each describe what it would be like to become successful in this area. Take some time here to really think about what it would be, feel, look like.

Ex. Achieving **Freedom** to me means...

- 1.
- 2.
- 3.

Vision (Cont.)

Now merge these three descriptions into one overall statement. There is no 'one way' to do this. It can be a short and precise mission statement or it can be a longer statement of several paragraphs. It's up to you. I recommend that you do this in your journal or notebook - somewhere you can reference and keep close to you.

"Your vision pulls you, like gravity pulls the river." ~ Steven Norrell

Now merge these three descriptions into one overall statement. There is no 'one way' to do this. It can be a short and precise mission statement or it can be a longer statement of several paragraphs. It's entirely up to you.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." ~ Dr. Seuss

Your Personal Vision Statement:

Your compass is within you and you have just acknowledged where it points. Your vision statement is something to hold close. It is a statement of what matters most to you throughout your life and can help us to identify the things that aren't aiding us in our journey.

Congratulations!

Taking the time to work through these exercises distinguishes you as an individual. It is a valuable step to take, to uncover who you really are. You have begun to chisel yourself from the mold and climb to your potential.

Remember however, it is the first step. Choosing a direction does not define the path. The climb takes hard work. What you have done in this workbook is establish a foundation on which to build from. So as you discover your goals and habits along the way, you can take steps that remain consistent with your vision statement.

It is the greatest expedition to reach for your potential. If you are willing to take the steps and face the challenges that await you on your journey, you will succeed. It will require you to push yourself, but as we grow in ourselves, our ability to overcome challenges does as well. Let yourself grow and enjoy it!

The only person to compare yourself to is who you were yesterday. Cheers to you, for pursuing a life that really matters. Not just for yourself, but for your community and the world.

Live big and let's make it happen!

-Steven Norrell

A stylized, handwritten signature in black ink, appearing to read 'Steven Norrell'.

"Open your arms to change, but don't let go of your values."
~ **Dalai Lama**



self
community
world

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