

Mid Shift

Menu Development - The Menu of Your Life

Once you have written out your goals and dreams you can record them in your own Menu of Life. Simply transfer your goals and dreams to the following worksheet, so that you have an everyday visual of what you want for your life. Carry it with you, keep it on your laptop or PDA or any other place that would allow you to read it every day.

<p data-bbox="334 390 675 443">Personal</p>	<p data-bbox="852 390 1250 443">Personal Connections</p>
<p data-bbox="334 1077 732 1129">Wealth Creation</p>	<p data-bbox="852 1077 1250 1129">Community Connections</p>

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Working Lunch - Clarifying Your Life's Focus Values and Beliefs Activity:

Completing the following activity will give you more clarity on your current values and beliefs.

Write down the values and beliefs supporting you in you life. Feel free to simply make a list or to write statements. You will find examples of values and beliefs below.

A) Core Values

What are your values? To support you in your answer here is a list of values; please feel free to add more to the list.

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Caring | <input type="checkbox"/> Contribution |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Excellence | <input type="checkbox"/> Education |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Fun | <input type="checkbox"/> Health |
| <input type="checkbox"/> High Standards | <input type="checkbox"/> Honesty | <input type="checkbox"/> Individuality |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Passion | <input type="checkbox"/> Power |
| <input type="checkbox"/> Uncompromising | <input type="checkbox"/> Quality | <input type="checkbox"/> Service Oriented |
| <input type="checkbox"/> Trust | <input type="checkbox"/> Work Ethic | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Other _____ | | |

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Defining Your Purpose

The following is a process that I have used when consulting with managers and executives and have found it very easy to use. Take some time and answer the following questions.

A) Passion (using your responses from earlier in this section might be helpful)

- 1) What are you most passionate about in the whole world?
- 2) How does your passion fit into your life?
- 3) How are you sharing your passion with others?
- 4) Does your passion benefit the greater good??
- 5) What would you do full-time for free if you knew all of your bills and living expenses were taken care of?

B) Explore Your Successes

- 1) What do you believe you have been the most successful at in your life to this point?
- 2) What success are you most proud of in your life to this point?
- 3) What is one success that you would still like to achieve?

Do you see a theme under success? If so, please write your theme:

C) Focus on Your Core Values

Refer back to the *values and beliefs* you have identified and please select the top three that best capture your “core” values.

- 1) _____
- 2) _____
- 3) _____

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Defining Your Purpose

D) Identify your Core Beliefs

Refer back to the *values and beliefs* you have identified and please select your two or three “core” beliefs that really capture the essence of your beliefs.

E) Contributions

- 1) What contributions to people, society, or our planet will occur because you are living your life true to your passion?
- 2) How will people’s lives improve if you make your contribution?

Do you see a common theme? If so, please write your theme:

Your Life’s Purpose Statement

- 1) What was the theme of your **passion**?
- 2) What was the theme of your **success**?
- 3) What are your three **core values**?
- 4) What was the theme of your **contribution**?

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Defining Your Purpose

5) What would be one statement that would capture your themes and core values?

Now, taking the combination of all your responses and all the exercises in this book into account, try to draft one statement that would capture the essence of all your responses.

Please write your purpose statement in the space below:

Having clarity about your life's purpose is so powerful! It can serve as your compass when it becomes the centerpiece of your life. What used to be the barely acknowledged driving force in your life is now an open guide, available at all times to help you make decisions.

Here is the important key: your life's purpose is for how you know your life *today*. Your purpose will evolve as you grow and journey through life. It is a good practice to check your purpose annually.

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Prepping for Dinner: Creating a Life-Shift Plan

This is your opportunity to move forward! Create your own Lift Shift Plan!

Please use the *Life-Shift Plan* template to complete the following activity.

- 1) Choose a dream or goal from the *Menu of Your Life*. Select one that is easily attainable and that you feel very passionate about. Be as specific and as detailed as possible in writing down your dream. Try to select something that you would like to accomplish in the next thirty days.
- 2) Using your *Love, Like, and Dislike Checklist*, select everything that you love about your life that supports this dream. What adjustments do you need to make to your *Love, Like, and Dislike Checklist* to align to making this dream a reality?
- 3) Review your *Timeframe Inventory*. How will you manage your priorities to make your dream a reality? Identify and adjust your timeframe to support and reinforce your dream. What shifts can you make to support your dream becoming a reality?
- 4) How does your life's purpose support your dream/goal?
Answer the following questions: What is your intention for realizing your dream? What positive thoughts will you focus on to support you? How will your values and beliefs inspire and motivate you to succeed?
- 5) Complete the action timeline section of the *Life-Shift Plan* to see how you will achieve your dream/goal. Include the following in your action timeline:
What specific action steps do you need to complete to achieve your dream? Assign due dates so you hold yourself accountable for accomplishing each step toward your dream.
- 6) Identify the resources you will need to achieve your dream/goal.
- 7) Keep notes of each step, record what works, and apply it to your next action step or *Life-Shift Plan*.
- 8) Have fun creating your *Life-Shift Plan* to achieve your dream/goal!

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Life Shift Plan

Date:

My Dream/Goal Please write your dream in the space provided here.	Immediate Actions What do I want to accomplish right now.	One Week What do I want to accomplish in the next 7 days?	One Month What do I want to accomplish in the next 30 days?
My Objectives What are my overall objective that I want to accomplish in this time period to achieve my Dream/Goal?			
Skills and Knowledge to Be Learned What, specifically, do I need to learn? What skills do I need to work on?			
Resources What resources do I need?			
Support What support do I need?			
Outcomes What outcomes do I want to achieve?			

Celebrate Your Success. Realize Your Dream/Goal.

Continue to utilize everything you have done and apply it to another dream. If you choose to continue, realizing your dreams will become one of your greatest habits. Enjoy your dream, and look forward to achieving your next one.