



## **DIG A LITTLE DEEPER**

*Adapted from "Be Yourself"*

### **PART I - VISION**

*Having a vision is a common theme in the book. Some people have their vision, if you don't then go to your heart to help you begin.yourself, define your purpose, and create attainable goals and visions to apply to your personal and professional lives.*

**A** **WHAT DO YOU CARE ABOUT? WHAT DO YOU HAVE ENERGY FOR?  
WHAT ARE YOU CURIOUS ABOUT?**



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### PART I - VISION (CONTINUED...)

**B** WHERE YOU SPEND YOUR TIME ENERGY AND ATTENTION SHOWS WHAT YOU CARE ABOUT.

#### YOUR CURRENT DAY, HOUR BY HOUR

1:00-6AM \_\_\_\_\_  
6:00 \_\_\_\_\_  
7:00 \_\_\_\_\_  
8:00 \_\_\_\_\_  
9:00 \_\_\_\_\_  
10:00 \_\_\_\_\_  
11:00 \_\_\_\_\_  
**12:00** \_\_\_\_\_  
**1:00** \_\_\_\_\_  
**2:00** \_\_\_\_\_  
**3:00** \_\_\_\_\_  
**4:00** \_\_\_\_\_  
**5:00** \_\_\_\_\_  
**6:00** \_\_\_\_\_  
**7:00** \_\_\_\_\_  
**8:00** \_\_\_\_\_  
**9:00** \_\_\_\_\_  
**10:00** \_\_\_\_\_  
**11:00** \_\_\_\_\_  
**12:00** \_\_\_\_\_

#### MY IDEAL 24 HOUR DAY

1:00-6AM \_\_\_\_\_  
6:00 \_\_\_\_\_  
7:00 \_\_\_\_\_  
8:00 \_\_\_\_\_  
9:00 \_\_\_\_\_  
10:00 \_\_\_\_\_  
11:00 \_\_\_\_\_  
**12:00** \_\_\_\_\_  
**1:00** \_\_\_\_\_  
**2:00** \_\_\_\_\_  
**3:00** \_\_\_\_\_  
**4:00** \_\_\_\_\_  
**5:00** \_\_\_\_\_  
**6:00** \_\_\_\_\_  
**7:00** \_\_\_\_\_  
**8:00** \_\_\_\_\_  
**9:00** \_\_\_\_\_  
**10:00** \_\_\_\_\_  
**11:00** \_\_\_\_\_  
**12:00** \_\_\_\_\_



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### **PART I - VISION (CONTINUED...)**

**C** ARE THE PEOPLE YOU CARE ABOUT INCLUDED YOUR DAY? WHY OR WHY NOT?

A large, empty rectangular box with a dotted purple border, intended for the user to write their response to the question above.



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### **PART 2 - BELIEFS**

*In "Be Yourself" Joe fondly reminisces about his father and grandfather, two men who taught Joe anything is possible. Anything is a possible is an elementary phrase but what does it really mean? Its means that Life is not certain or predicatble and that Possibility is always present. Do you believe That ANYTHING IS POSSIBLE or do you create excuses for yourself? Joes father could have said he is too old at 81 to create a baseball park or he is to poor or that he does not have a position of power. All of which was fact. But he did not believe that he was too old, poor or in lack of position. Beliefs, feelings and judgments are just ideas and feelings that can help or hinder us.*

#### **A WHAT BELIEFS ARE HOLDING YOU BACK FROM MAKING YOUR VISION A REALITY?**



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### **PART 2 - BELIEFS (CONTINUED...)**

*In "Be Yourself" Joe fondly reminisces about his father and grandfather, two men who taught Joe anything is possible. Anything is a possible is an elementary phrase but what does it really mean? Its means that Life is not certain or predicatble and that Possibility is always present. Do you believe That ANYTHING IS POSSIBLE or do you create excuses for yourself? Joes father could have said he is too old at 81 to create a baseball park or he is to poor or that he does not have a position of power. All of which was fact. But he did not believe that he was too old, poor or in lack of position. Beliefs, feelings and judgments are just ideas and feelings that can help or hinder us.*

**B** ARE YOU WILLING LET GO OF YOUR BELIEFS THAT ARE HOLDING YOU BACK OR ARE YOU WILLING TO ACCEPT THE CONSEQUENCES FROM YOU'RE CHOICE?

#### **MY VISION**

*I want* \_\_\_\_\_

#### **MY BELIEF**

*I can't/I can* because \_\_\_\_\_

#### **MY CONSEQUENCES**

*The outcome* \_\_\_\_\_



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### PART 3 - PASSION

The word **passion** is derived from the latin verb **patere** which means to suffer. Are you willing to step out of your comfort zone? You will not be able to manifest your vision unless you are willing to (suffer) do what takes.

#### **A** WHAT JOBS, EVENTS OR HOBBIES HAVE YOU ATTENDED OR HAD WITHOUT PASSION



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### PART 3 - PASSION (CONTINUED...)

The word **passion** is derived from the latin verb **patere** which means to suffer. Are you willing to step out of your comfort zone? You will not be able to manifest your vision unless you are willing to (suffer) do what takes.

#### **B** WHAT ARE YOU PASSIONATE ABOUT IN YOUR LIFE?

#### EXAMPLE:

##### VISION

I want to raise my kids in the best way I can



##### PASSION

I will learn how to do this. I will read, talk to others so that I can learn new skills. I will set my ego aside and ask for others input. I will evaluate what works and what doesn't.



##### PURPOSE

To consciously be the best mother I can be



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### PART 4 – PURPOSE

*We recently received feedback from a woman who moved to NYC to become an actress. She found odd jobs as a personal assistant, nanny, house manager and event planner.*

*She would go to auditions, even landed a few professional gigs, but didn't fully commit to "taking the meeting". She made her "survival" jobs her priority. She thought that she was committed to being an actress. But she was not willing to suffer, doing everything it took to be on Broadway. She found that she had other talents in her survival jobs that satisfied her.*

*The aspects of performing that she loved most, she found in her survival jobs. She could be the producer, director, performer all within one days work. She was learning and being challenged. She had one big problem. She didn't have a conscious purpose. Her idea was to be an actress. She would say "I just can't make it" or "I am not good enough". She became depressed.*

#### THE PROCESS

*She evaluated what she had energy for and cared about. – **What do you care about***

*She thought about what her ideal day was like – **Vision***

*She was willing to let go of her ego and no longer "BE AN ACTRESS" – **Will to experience pain and redefine herself***

*Upon realizing she never had the drive needed for acting, she reevaluated what she really cared about and what she enjoyed doing. She enjoyed helping others manage their lives and planning events. She planned weddings, birthday parties, organizing home office's and found solutions to problems presented on the spot. She liked running the show and she also wanted to be her own boss. She accepted the responsibilities that came with owning her own business, like taxes and insurance.. She was able to go on to form a lucrative business for herself and has the freedom to create the life and schedule she wants for herself.*

***Her purpose as she now states is:** To help clients find solutions to challenges and find creative ways to make their visions become reality.*