

SUPER POWER YEAR

2018

## Creation Workbook



## What You'll Find:

Welcome  
2017 Highlights  
2017 Takeaways  
Your "WHO"  
Central Values  
Life Orientation  
Life Map  
Domain Design  
Long Range Vision



WELCOME!

Hello, lovelies! Thank you for joining me here. Super Power U is a podcast hosted by Lisa Betts-LaCroix. We are dedicated to helping you have what you want by identifying the mental models and tactical skills needed to reveal your Superhero so you can have more of what you really want.

For many of our listeners what they want is more meaning, vision, or impact in the world, which needs us now more than ever. For others it's more freedom or access through increased profitability, better budgeting or a new career. Some want more ease in their lives through increased productivity, better systems or a calmer, more connected mindset. Others are committed to improving relationships with spouses, kids or parents. Some of our audience are in a transition from one season of life to another and others want to monetize what's already a passion.

I'm sure there are things you want too! This workbook is for you!

It's my belief that we can't get what we want until we know what it is, and until we take some time to envision, identify, and write down some of the details. I've put this workbook together for you now. It's the result of my own yearly process which has been evolving since 2002, when I wrote the first vision of this workbook.

The tools and exercises in this book are intended to serve as a structure for creating a life that springs from who you are, what you value and what you most want...your own marvelous and extraordinary life. I hope it will empower you to imagine your Super Power Year 2018.

With love and appreciation for all you do, all you are and all you are becoming,

-Lisa

## **Key events and Highlights of 2017**

What are some of the important events you remember as you reflect back over the calendar year? What trips did you take? What relationships changed?

What were some of your biggest accomplishments this year? What are you most proud of?

Who would you like to acknowledge? For what are you grateful?

What do you have to celebrate about 2017?

## Learning From 2017

As much as I believe in growth that used strengths as a foundation and starting point, if we're brave enough we can also learn from what didn't work. Here are some questions to reflect on and write about:

Are there any circumstances or events from 2017 that leave you with a lingering sadness?

What were your three biggest mistakes of the year?

What projects are incomplete? What goals are unrealized or were unsuccessful?

Do you have any other regrets about the year?

*“Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.”*

-Helen Keller

## The Who

### YOUR SUPER POWERS Identifying your Gifts and Strengths

This is the gold! A time to celebrate you. Why?

Because it's fun. Because it feels good. But more importantly because conscious awareness of our strengths makes them even more power and more effective. Knowing your Super Powers will be the foundation of your planning for 2018.

There are many ways to think about and access your strengths. Consider your:

- Knowledge and Learned Skills: Those acquired from education and experience like computer skills, languages, training and technical ability.
  
- Developed Traits: strengths you've gained through through life and work experience like communication, people skills, analytical problem solving and planning skills)
  
- Personal Gifts: Your unique qualities like enthusiasm, creativity, dependability, flexibility, friendliness, sense of humor, expressiveness)

Super Power Challenge: If this is difficult, ask three people, "what would you are my greatest gifts and skills?" and then write them down:

Friend 1

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Friend 2

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Friend 3

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## Central Values

The more we orient our actions, goals and lifestyle around our Central Values, the more masterful and joyful our lives will be. Get clear on your Values by taking two passes through this list. The first time underline any Value that is highly important to you. Then narrow it down to 10 Values that you can circle.

Acceptance	Exhilaration	Passion
Accomplishment	Experience	Perfection
Acquisition	Experimentation	Persuasion
Adeptness	Expertise	Plan
Adventure	Explanation	Pleasure
Amusement	Family	Preparation
Aptitude	Feelings	Presence
Arousal	Freedom	Provision
Assistance	Fun	(A) Quest
Attraction	Gambling	Radiance
Awake-ness	Games	Realization
Awareness	Gloriousness	Refinement
Beauty	Glow	Reign
Bliss	Good feeling	Relate
Bonding	Good taste	Religion
Building	Government	Response
(Being a)	Grace	Revelation
Catalyst	Greatness	Risk
Cause	Guidance	Rules
Community	Hedonism	Sensitivity
Compassion	Holiness	Sensuality
Conception	Honor	Service
Connection	Imagination	Sex
Contribution	Impact	Spark
Creation	Improvement	Speculation
Danger	Influence	Spirituality
Daring	Inspiration	Sports
Design	Instruction	Strength
Discernment	Integrity	Superiority
Discovery	Invention	Support
Domination	Joy	Synthesis
Edification	Leadership	Teaching
Education	Learning	Tenderness
Elegance	Location	The unknown
Emotion	Love	Thrill
Empathy	Magnificence	Touch
Encouragement	Mastery	Triumph
Endowment	Ministering	Unity
Energy	Model	Upliftment
Enlightenment	Nurturing	Venture
Entertainment	Observation	Vision
Excellence	Originality	Winning

## **Insight into Your Life Orientation**

Finish these sentences quickly with the first thought that comes to mind:

My life is built around \_\_\_\_\_

\_\_\_\_\_

My two most valued possessions are \_\_\_\_\_

\_\_\_\_\_

What I most need is \_\_\_\_\_

\_\_\_\_\_

My central values are \_\_\_\_\_

\_\_\_\_\_

What I wish for others is \_\_\_\_\_

\_\_\_\_\_

*“Oh, it’s delightful to have ambitions...And there never seems to be any end to them—that’s the best of it. Just as soon as you attain to one ambition you see another one glittering higher up still. It does make life so interesting.”*

-Anne Shirley (L.M. Montgomery)

*“Work is love made visible.”*

-Kahlil Gibran

## Life Map

### Life Lessons carried over from the Past

Life Lessons from 2017. What I want to carry forward from 2017 into 2017 in either the form of goals or inspirations.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Who I am Statement:

I am a person who is gifted with \_\_\_\_\_. I value and seek \_\_\_\_\_. I love \_\_\_\_\_ and I make a difference in the lives of others by \_\_\_\_\_.

Read your Who I Am statement as the basis and inspiration for designing the future, considering what's possible. Brainstorm on the following areas:

The Biggest Shift I'll be Creating in 2018 is:

Some Possible Key projects are:

Key Life Changes so that I'm more fully acknowledging Who I am:

Some Possible New High Personal Standards:

## **Domain Design**

Using your Who Statement as the basis and inspiration for designing the future, consider what's possible in these Domains of living:

### **Health & Well Being**

What really needs to be handled in order for me to have an incredibly strong foundation for excellence, energy and fulfillment in the other areas of my life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I'll do this year in the service of Extreme Self-Care:

Personal Development: How I'd like to develop as a person. (This could be a trait or skill you already have that you want to be SUPER or it could be something you want to introduce to your makeup. eg: Integrity, Grace, Persistence, Humor)

### **Physical Environment**

Things I see as being possible to make my home and office reflect who I am:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Self Expression and Creativity: Some ideas I have for expressing who I am creatively:  
Some thoughts on my Spiritual Practice or connection:

What I would like my clothes and self presentation to say about who I am:

### **Recreation/Joy**

Top sources of fun and pleasure.

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_ 6. \_\_\_\_\_

Travel:

Activities:

Books to Read:

Other:

### **Marriage/Romance**

What I want for my current or future relationship:

What I'm willing to do now to improve or attract this relationship:

## **Family**

What I would like more of for myself and my family:

Actions I can take to move this forward:

## **Friends and Social World**

What I want:

Actions I can take to improve my friendships:

## **Career/Business**

What's next? What would I like to improve or add? What new standards will I implement?  
What I would love to see happen.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are the three most powerful steps I can take to move this forward:

Specific Goals:

Circle of Influence Relationships:

Business Aim for the Year:

Something that would be a stretch for me to accomplish in my business or career in 2018:

What kind of income or salary I'd like for 2018:

## **Financial Freedom**

Which pieces are in place? What's possible? What could benefit from attention?

1. I am saving 15-20% of what I earn.
2. My income is consistent.
3. I will double my earnings this year.
4. I have financial independence.
5. I have insurance adequate to protect my loved ones.
6. At least half of my friends save well.
7. I have support for my Financial Freedom journey.
8. I work from a budget, which I trust.
9. I have a CPA and financial planner.
10. I live a lifestyle that is below my means.

Why it would be wonderful to be Financially Free:

What I could do if I had no money concerns:

Other thoughts:

## **Long Range Vision**

Some thoughts I have on:

My Ultimate Life Accomplishments:

A huge crazy dream-like vision or goal

One Secret Vision or Goal (to be kept to Self)

What I know about the Legacy I'd like to leave:

## Conclusion

I hope that this workbook did what it was intended to do; helped connect you with Who You Are and what is possible for your life and 2018. It is intended as a starting point, meant to offer ideas. It will be a bit linear and regimented for some and a bit general for others. Use it in the way that serves who you are and how you work best. Do the exercises that appeal to you, write, scribble or add pictures or collages or drawings. Let it be an expression of You. That's what creating your life is all about.

If you have any questions about the content of this workbook or if you would like access to other materials or services or materials that focus on helping you grow your business, please contact me.

I wish you the best of all things and remind you that it all starts with what you can imagine! If there's ever anything I can do to support your journey, please be in touch. Helping others create the life of their dreams is my passion.

Allow 2018 to be your best year yet!

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