



WELCOME! I'm so glad you're here, thinking about your year! 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, and capture some details.

Maybe you want more meaning, vision, or to increase your impact in the world, which by the way 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.

The tools and exercises in this book are intended to serve as a structure for creating a life that springs from who your 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.

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.

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

-Lisa

Key events and Highlights of 2017

- 1) What are the important events you remember as you reflect back over the calendar year? What trips did you take? What relationships changed?
- 2) What were your biggest accomplishments this year? What are you most proud of?
- 3) Who would you like to acknowledge? For what are you grateful?
- 4) 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. Reflect on and write about:

- 1) Circumstances or events from 2017 that leave you with a lingering sadness?
- 2) Your three biggest mistakes of the year?
- 3) Projects that are incomplete? Goals that are unrealized or were unsuccessful?
- 4) Do you have any other regrets about the year?
- 5) What did I learn from the challenges?

YOUR SUPER POWERS - Identifying your Gifts and Strengths

This is the gold! A time to celebrate you. 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:

- A) Knowledge and Learned Skills: Acquired from education (computer skills, languages, training and technical ability)
- B) Developed Traits: Strengths gained through through life and work experience (communication, people skills, analytical problem solving and planning skills)
- C) Personal Gifts: Unique qualities (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

Friend 2

Friend 3

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	Experience	Perfection
Accomplishment	Experimentation	Persuasion
Acquisition	Expertise	Plan
Adeptness	Explanation	Pleasure
Adventure	Family	Preparation
Amusement	Feelings	Presence
Aptitude	Freedom	Provision
Arousal	Fun	(A) Quest
Assistance	Gambling	Radiance
Attraction	Games	Realization
Awake-ness	Gloriousness	Refinement
Awareness	Glow	Reign
Beauty	Good feeling	Relate
Bliss	Good taste	Religion
Bonding	Government	Response
Building	Grace	Revelation
(Being a) 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
Exhilaration	Passion	

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...

What I wish for others is...

Life Lessons from 2017. What I want to carry forward from 2017 into 2018 in the form of either 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

_____.

Domain Design

Using your “Who I Am” Statement as the basis and inspiration for designing the future, consider the your top 3 goals for 2018 in each domain. If these feels like two much, pick the three domains that are most important to you based on your values and your desires.

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. _____

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)

1. _____
2. _____
3. _____

Physical Environment

Things I imagine changing to have my home and office better reflect who I am:

1. _____
2. _____
3. _____

Self Expression and Creativity

Creative projects, personal expression or related possibilities:

1. _____
2. _____
3. _____

Recreation/Joy

My top three intended sources of fun and pleasure. (Consider travel, activities, books, etc):

1. _____
2. _____
3. _____

Marriage/Romance

What I want for my current or future relationship:

1. _____
2. _____
3. _____

Family

What I would like more of in my relationships with my family:

1. _____
2. _____
3. _____

Friends and Social World

My vision for the social life and relationships with friends:

1. _____
2. _____
3. _____

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. _____

Recreation/Joy

My top three intended sources of fun and pleasure. (Consider travel, activities, books, etc):

1. _____
2. _____
3. _____

Habit Design

Three Habits I'd like Build which will support my goals:

1. _____ 2. _____ 3. _____

Three Habits I'd like Break to support my goals:

1. _____ 2. _____ 3. _____

Long Range Vision

Take a minute to write down in a journal or notebook some thoughts about the longer range future. This could be 3 years, 5 years or a the legacy you'd like to leave behind.

Consider:

- 1) Ultimate Life Accomplishments
- 2) A huge crazy dream-like vision or goal
- 3) Bucket list items
- 4) One Secret Vision or Goal (to be kept to Self)
- 5) Possible Legacy
- 6) How You Want to Be Remembered?
- 7) What you might regret when you're 90 if you didn't consider it now

A great way to look at long range future vision is to pick an age and right a story in the first person describing all of the things that are true at that point. Then put it away. At some point you will rediscover it. My experience has been that a very high percentage of the story I've described has come true years later in spite of never having looked at the paper again.

To Your Amazing 2018!

I hope that this workbook did what it was intended to do; help you remember your highest and best self as the basis for considering what is possible for your life in 2018.

It is intended as a starting point, meant to offer ideas.

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.

Please do subscribe to the Super Power U Podcast on:

iTunes, Stitcher, Google Play. If there are specific topic areas that would help you realize your vision for 2018 please email me at hey@lisabl.com.

Thanks for you all you do, all you are and all you are becoming!

-Lisa

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