

LIFESTYLE DESIGN CHEAT SHEET

Hey there, fellow lifestyle entrepreneur. In this short exercise, I'm going to get you thinking about questions that you may not have thought about in order to help you **design your ideal lifestyle**.

The point of this exercise isn't to come up with all of the answers about *how* you're going to achieve that lifestyle. Instead, it's meant to create a vivid picture of all of the little things that go into your ideal lifestyle so that you can have a *crystal clear* vision of what you want to accomplish with your life.

How to use this worksheet.

- 1.) Print it out and *fill it out*. You didn't download this just to stare at it, did you?
- 2.) Don't hold back. No answer on this sheet is too crazy. Remember, this is your *ideal* lifestyle. Make it count.
- 3.) Don't share this worksheet with anyone who isn't committed to helping you reach your goals. Family and friends may have the best of intentions, but they'll hold you back if they don't believe that it's possible.
- 4.) Have fun with it. This isn't supposed to be a stressful exercise. Relax and let yourself dream a bit.

THE BIG STUFF

Do you live in a fixed location, or do you move from place to place? _____

If you live in one location, where do you live? _____

What about family? Do you have a wife and kids? _____

Which of the following describes you? Check all that apply (and I mean *all*).

- I want to travel. I want to own a home. I want to learn. I want to teach. I want to create.
 I want to leave a legacy. I want to be close to friends and family. I want to do work that matters to me.

FUN STUFF

What are your favorite hobbies? _____

Name one *awesome* experience that you want to have. _____

Name one foreign country that you would like to visit. _____

DAY TO DAY ACTIVITIES

What time do you wake up? _____ When do you go to sleep? _____

What is the first thing that you do when you roll out of bed? _____

What do you eat? _____

What time do you start working? _____ When do you stop? _____

How do you spend your evenings? _____



WORK LIFE

Which would you rather do? Find a job. Build a very small business. Build an empire.

If you could do just one thing for the rest of your life, what would it be? _____

What do you have to offer the world that no one else can? _____

Do you work in a physical location, or do you have a "virtual office?" _____

Which of the following sounds most appealing to you?

I want to work for myself. I want to work with someone else. I want to work with a team.

SHOW ME THE MONEY

Realistically, how much money would you have to earn (per year) in order to live the life that you have described above? *This is a "no judgment" zone. Personally, I need around \$250,000 per year, but this differs for everybody. Write your own response in the blank.* _____

Divide that number by 12. In your ideal lifestyle, how much do you earn each month? _____

Note: this probably seems like a huge number. Remember: nothing is too crazy. This exercise is going to be a roadmap for creating your lifestyle entrepreneurship. "Don't let your dreams be dreams." - Jack Johnson

PUTTING IT ALL TOGETHER

I don't want you to run through this exercise and think, "Oh, yeah, that would be nice." The point of doing this exercise is to create an ideal lifestyle that you will *obsess over* until you make it a reality. In order to do that, **you need to keep coming back to it until you make it a reality.**

Remember: this worksheet is just the beginning. The more vividly you can picture your ideal lifestyle, the more likely you are to make it a reality.

Here's a little trick that I learned from *Think and Grow Rich* by Napoleon Hill to create a burning desire to achieve your ideal lifestyle.

Create a "goal card." Get an index card, a napkin, an old receipt--anything that you can write on. Complete the following:

The date is (date when you plan on achieving your ideal lifestyle) and I am glad to have in my bank account the sum of (revenue goal). The service that I provided to earn this sum is _____, and the first step that I took to achieving this goal was _____.

Signed,

Keep this card close to you, and read it out loud every morning and every night. It will serve as a reminder of your revenue goals--and of your ideal lifestyle--and help motivate you to move in the right direction.

