

# **“Life Architects” Life-Planning Workbooks**

Simple, Practical Exercises for Establishing  
Values, Purpose, Compatibility,  
and Balance for Yourself and Relationship

Compiled by Hal Tipper – 2003

*Life Purpose Worksheet Module*  
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## **“Life Architects”- Life - Relationship -Planning Workbooks**

Simple, Practical Exercises for Establishing  
Values, Purpose, Compatibility and Balance  
for Yourself and Relationship  
The Principles of “Relationship Due Diligence”  
Human Potential Series - 101

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## Introduction

I believe one of the most important questions that two people could possibly ask at the beginning of a relationship is "What is the purpose of this Relationship"? This question implies an awareness of the highest order in that it allows you to be aware that you have the power and choice to creatively set the intent to have your needs met and values full-filled. Honestly asking and answering this question at the outset can empower you to move mountains and be the co-creator of your life.

I hope the real value and benefit of doing this work is that it will save both time and energy by establishing up front whether or not we share common interests, compatibilities, needs, values and purpose for a relationship that will support the highest growth for ourselves, and / or our potential partners. We quite often unconsciously hope that the people we have relationships with will change and / or support us by meeting our needs and expectations when we quite often haven't really established our own values, needs, goals and purpose clearly enough for ourselves to be able to verbalize and share what they are and more importantly, to ask for them. It's important that the needs and values we have are a result of our own conclusions and ones that we have "consciously" chosen.

An architect would not consider constructing a building without a plan or blueprint so it seems to make sense that in order to build a successful life, it would also be very helpful indeed to have a plan of some sort? These workbooks are meant to provide you with a simple process to help you take personal inventory and assessment of the needs, skills and materials you have to establish a "foundation" to help build your future. Each skill you have or need to develop is a tool to help you construct a life of your own design. If we don't have a plan of our own, someone will be happy to give you theirs and the chances are pretty good that our own best interests will not always be served.

Life is a continuing stream of one relationship after another whether it's friends, business associates, our children, spouses, girlfriends, pets or any interaction we have with any other living entity or anything in our world. The sooner we understand our own needs and values the happier we will be. Life fulfillment is about "Value Fullfillment".

We go out into the world brandishing the only relationship skills we have been taught which are pretty much the belief systems that were programmed into us in our formative years, typically without our consent or conscious choice. Unless we have been exposed to healthy relationship skills and tools in the formative environment of the family system or educational system, we are simply ignorant of them. Not ignorant in a bad way but ignorant in an innocent way. The irony of innocent ignorance is that we are simply not "aware" of what we are ignorant about. The first step as adults in getting past any hurdles or denial is to sincerely admit that we are ignorant because we weren't exposed to any of the healthy concepts, relationship and life planning skills we need, to be more effective, functional and pro-active people in our relationships. These skills are crucial to helping us to first establish what we really need for our own personal growth, what our expectations are and where we are going. There is no fault or blame here. Let's begin to learn now and correct our misperceptions and innocent ignorance.

I want to be clear right up front that this approach is not meant to replace any romantic elements that may be involved in getting to know someone. Of course the required elements of caring, respect and consideration as well as any romantic elements, “chemistry” and attraction have to be in place (candlelight dinners and flowers, etc...) for a relationship to flourish. It’s more designed to offer additional tools to clarify intention, purpose and compatibility about “what is really important” for growth in any relationship. Too often, we find ourselves and others hoping that “things will work out” without any “conscious” intention, direction or mutual purpose in place. Volition and our power of choice is the most important and powerful tool we have for creating a future of our own design.

This material will definitely take some effort and courage to establish a benchmark starting point and/or common ground to start a partnership together. Going through this process yourself will definitely make things clearer for you to make a more informed decision. Having the courage to put these questions to a potential partner will tell you volumes about their personality, character and what they “value” as important.

I guarantee the time you spend asking and answering these questions honestly will allow you and any potential partnership to get to the real joy of Conscious Co-creating faster. I also guarantee that the time you “don’t” spend asking and answering these questions honestly will have a direct effect on the time you spend questioning “why” it all might have fallen apart down the road sometime, finally realizing and discovering that you may not have had any real common interests or shared purpose from the start. The more information you have up front, the faster you can make a healthier, informed decision about whether or not to proceed forward with a potential relationship.

Like most people I believe, I didn’t receive any formative training or attend any official courses in “Relationships 101”. I went out into the world just as “ignorant” as most of the rest of people I met that didn’t receive any training in this area either. I don’t have a degrees or diploma in human relationships but I do have a burning desire to understand this stuff not just for myself but also for my children so they don’t have to stumble around for as long as I have done and can get to the possible joy and peace that healthy relationships offer, faster. This information is a culmination of various ideas, thoughts and processes that seem to help in getting clarity. I sincerely hope they have value and can help you as well.

We all want to believe that our potential perfect relationship will meet all our needs and we will live the perfect “and they lived happily ever after” Disney fantasy life, even though the occasional obvious red flags come up. We quite often just don’t want to see or state the obvious because it might burst the bubble of the possible perfect relationship?

In my experience, most conflict and issues arises from “The Gap” between the Ideal and what’s Real. Here are a few questions to ask yourself so you can be a little more objective and clear about what you really want and also to assess the size of the Gap to manage your inevitable differences in a possible partnership. This may help you determine if you might be compatible with your potential partner whether it is a business or personal one right from the start. The first step is to very “very clear” about your own values and what you are looking for, what you really want to do and where you want to go with your life. So the actual process of due diligence must start with yourself. Self-awareness is the first purpose-full step and **there are NO wrong answers.**

Another aspect of doing this work is in finding out what your potential partner’s needs and values are so you can honor them by meeting them. It has been proven that one of the deepest emotional needs of humans is to be accepted for who they are.

It is my sincere wish that asking and answering these questions with complete honesty will add love, value, meaning and purpose to your own and your potential partners’ life and perhaps save some time and energy in your next “Adventure in Relationship”. Hal Tipper, Calgary, Alberta – December 15th, 2003

**READING** is not as important as **DOING**. You will receive much more value from **DOING** this work than if you just read it or think about doing it.

### **Acknowledgments:**

I would like to give thanks to my parents and Universal Intelligence (All That Is) for giving me life and for all my relationships, past, present and future. I would also like to send a special thank you to Rev. Kenn and Debbie Gordon for introducing me to applied, practical, spiritual principles and to all “Spiritual and New Thought” authors that have influenced my life. (Suggested Reading Material at the End)

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## Why Due Diligence? – The Relationship / Business Model

Main Entry: due diligence

Function: *noun*

1. The care that a reasonable person exercises under the circumstances to avoid harm to other persons, their property or themselves.
2. An internal analysis in order to identify or re-evaluate the risks involved.

Wouldn't it be interesting to take the time to define what an "ideal" relationship would look like for you or to find out a little more about the character traits, expectations and personal beliefs of a potential partner for a relationship the same way the business world does? You can, and I guarantee if you do your "due diligence" on yourself and/or with a possible partner (if they are willing), you will save yourself a lot of time, energy. The fact is, we usually do less due diligence on what might be possibly some of the most important relationship decisions we make in our lives than we do when we are shopping for clothes.

The concept of doing "relationship due diligence" first came out of corporate leadership training work I was involved in. In a business planning module I was video-taping, it seemed obvious to me that if I simply substituted the word "relationship" for "business", the model and process for business planning made total sense to apply to relationships. The business model seems to have survived the test of time. It works.

The proven business model is very straightforward.

- Establish the goals, objectives and outcomes you want to realize.
- Establish where you're currently at and how you are going to get there.
  - Do a S.W.O.T. Analysis (See The S.W.O.T. Guide.)
- Constantly monitor and measure the progress and make necessary adjustments.

Even in doing due diligence in selecting a possible service provider or business merger, most businesses begin their search with referrals or communicate with happy, satisfied clients. The ironic paradigm in personal relationships is that there isn't a great deal of happy satisfied clients to check with or the potential partner might not be single?

In doing due diligence on a potential partner, we have to use a different methodology to assess the possibility of a personal relationship "merger".

So, to start the process, we will first have to establish and take inventory of our own core values, beliefs, purpose, dreams, goals, strengths, weaknesses, assets, etc..... and so on, before we can possibly bring them to the table and share them with a potential partner. To use the business model as a tool for process and apply it to a relationship, let's start with our primary relationship, *the one we have with ourselves*.

## **Worksheet 1 - Defining a Loving Relationship based on mutual growth.**

In Leo Buscaglias' groundbreaking book on relationships (Loving Each Other- The Challenge of Human Relationships) from 1984, he asks some basic questions for us to actually think about and define what an "ideal" loving relationship would look like to us, that most of us never actually take the time to do. This makes a lot of sense as the first place to start our own "due diligence". Let's begin our search for what is really important to us in our loving relationships here.

I have added one extra question at the end of this exercise that I believe is important and never seems to be brought up in typical relationships which implies awareness and intention of the highest order. I invite you and your partner to consider this question carefully.

1. Define what an "ideal" loving relationship would be to you.
2. What do you consider to be your primary loving relationship?
3. What 3 qualities do you believe to be the most conducive to the continual development of love and growth in this relationship and why?
4. What 3 qualities do you believe are most destructive to a loving relationship and why?
5. What do you consider to be your major secondary relationship? (Parent, spouse, child, etc..)
6. What 3 qualities do you believe are most conducive to helping these secondary relationships to last and grow?
7. What advice would you want to give, based upon your experience, to someone seriously entering into a primary loving relationship for the first time?
8. Based on your answers to the above questions, what would you say would be the "purpose" of your primary relationship?

## **Exercise Two – Establishing “Core Values” – Planting the Seed**

Understanding and establishing Core Values and beliefs is so important because without them, the issue of integrity will inevitably come into focus. Integrity is basically “being true” to your core values, expectations and needs in your life and other relationships. Quite often if we feel apprehensive in a relationship and don’t quite understand why, chances are pretty good that some boundary of our “unstated” values have been crossed and we’re not aware enough to recognize it and take action to resolve it. We always seem to be able to see a lot clearer when the perceived problem is happening to someone else. Sometimes it’s a little more difficult to bring objectivity to our own situations.

Core Values are also like guiding principles to live by and help establish a roadmap of “intention”. How can you possibly move towards an individual or a mutual target or goal that doesn’t exist? This might also give you some insight into your potential partners’ commitment level to plan a mutual purpose or goal together focused on a foundation of what’s really important to you, them or both of you.

In its simplest form, if after doing this work for yourself, you determine that one of the highest priorities for your own personal growth is the need to be “emotionally” intimate with a partner (which implies everything that is required for that intimacy including being honest and vulnerable in sharing your emotions and expecting a safe place to express, receive and be supported without getting judged) and your partner doesn’t have the same need or is not even willing to do a worksheet, you are literally setting yourself up for disappointment. No matter how many romantic elements are in place (Flowers, Candlelight Dinners, etc...), when it comes time to get down to the real nitty-gritty of the honest and continual communication that real growth requires, another candlelight dinner isn’t going to make that much difference. It’s not to imply in any way that their unavailability in that area is wrong or bad, it simply means that you are probably going to be continually frustrated at some level because they either can’t (for their own valid reasons) or are unwilling to provide the level of emotional support and intimacy that you know “you” need to grow. Wouldn’t it be nice to be aware of that right up front?

Don’t expect your potential partner to live up to any of your values, expectations or needs if you haven’t yet considered or established any for yourself or vice versa. Laying all your expectations, goals and dreams on the table up front really makes things clear very fast and doesn’t leave much room for gray area and surprises down the road. Honesty, Commitment, Trust, Caring, Responsibility and Respect are common core values.

All thought is creative. We are constantly creating with our minds with our established belief systems from the past, usually unconsciously. One of the main objectives of this workbook is to be “conscious” and aware of what we are creating. On a spiritual level, until we are conscious of what we want to create, we will typically and unconsciously attract what we are familiar with based on our beliefs about who we are and what we deserve from our past experience. If we want to create something new, we have to plant “New Thoughts” and seeds for the future. We have to change our “Mind.”

We “see” what we believe. We give life meaning by our perceptions. Our current typical societal world-view is based on the assumption that we will “believe it when we see it”. Many teachers believe that from a spiritual point of view, just the opposite is true in that we will “see it when we believe it”. This requires a definite shift in perception but if you can entertain this shift, the results are miraculous.

Where do you believe now? What are your current beliefs about what you deserve and your life outcomes? Do you have any that you are aware of or have “consciously” chosen? Doing the “I want” and “I don’t want” worksheets included with this material will establish a starting point to find out more about your own needs, wants and core values. This alone will give you an incredible amount of clarity about who you are and what your real needs are which will further clarify your purpose, intention and goal paths.

### **Image Chart**

Write down any other qualities that seem important to you in a potential partnership. This ties into your Core Values. Don’t leave out anything! If you feel you need to be with someone who makes you laugh, write it down. If you feel you need to be nurtured, write it down. If you feel you would like your partner to dress in a burlap sack for that “earthy feel”, write it down. You might not know specifically what you want but sometimes starting off with what you definitely don’t want will help. Write them all down.

You might also want to put annotations beside your list defining needs and expectations. Needs are typically stated but expectations are usually not openly talked about but ‘expected at some level’.

## Worksheet 2A - Establishing Core Values – “Traits I want” List

We subconsciously carry with us a mental shopping list of character traits we desire to have in a potential partnership or mate, and character traits that we don't want or that are less desirable. With this list tucked away in our heads, we can quickly assess whether someone we meet fits our core values. Examine the list of items below and select ten character traits and qualities that you might want in a potential partner. (Note:) The traits identified in these two lists are only a starting point. If you have ones of your own that are not included, add them. There are NO WRONG ANSWERS!

You will find it challenging to limit your list to only ten items, so please choose only those items that are most important to you. Use this as an opportunity to learn a little more about yourself, and really think about what you're looking for! When you are finished with your “I want” list, you will choose your ten “I don't want” character traits.

### Traits

#### **Chemistry...**

I want to feel deeply in love with and attracted to my partner.

#### **Communicator...**

I want to have someone who is good at talking and listening.

#### **Sense of Humor...**

I want to have someone who is sharp and can enjoy the humorous side of life.

#### **Emotional Intimacy and Vulnerability...**

I want to know that my partner is sharing their deepest emotional thoughts and desires.

#### **Strong Character...**

I want to have a partner who is completely honest and strong enough to do the right thing.

#### **Opinion...**

I want to have someone whose opinion is a product of their own conclusions

#### **Artistry...**

I want to have a partner who has a passion for music, literature, drama, art, and the finer things in life either as a spectator or participant.

#### **Emotionally Healthy...**

I want to have a partner who is emotionally healthy, understands what it takes to have a loving relationship and able to share a stable life with someone else.

#### **Kindness...**

I want to have a partner who is gentle and kind.

#### **Education...**

I want to have someone whose educational achievements match my own.

#### **Organized...**

I want to have a partner who values structure in their life.

#### **Exciting...**

I want to have someone who isn't afraid to take a risk and who sees life as an adventure.

#### **Patience...**

I want to have someone who can handle life's frustrations or momentary setbacks with a patient, steady demeanor.

**Open / Tolerant...**

I want to have a partner who is able to hear and appreciate divergent viewpoints.

**Conflict Resolver...**

I want to have a partner who will work to resolve rather than “be right” and have to win arguments or conflicts within our relationship.

**Attractiveness...**

I want to have a partner who is considered "very attractive" by most current standards.

**Personal Habits...**

I want to have a partner who maintains high standards of personal hygiene, orderliness, and other personal habits.

**Affectionate...**

I want to have someone who is comfortable giving and receiving affection.

**Industriousness...**

I want to have someone who is willing to work hard at whatever they do.

**Energy Level...**

I want to have someone whose energy level matches my own.

**Emotionally Generous...**

I want to have a partner who enjoys people and is generous with his or her compassion, attention, sympathies and love.

**Intellect...**

I want to have a partner who is bright and can share my understanding of the world as well as enjoy discussing important issues.

**Self-Confident...**

I want to have a partner who knows and believes in themselves throughout life's ups and downs.

**Accountability...**

I want to have someone who is able to accept another point of view, and even admit to being wrong sometimes.

**Able to Accept Help...**

I want to have a partner who is willing to accept outside help for personal or relationship issues that are serious and important.

**Curiosity...**

I want to have a partner who is hungry for new information and knowledge and who strives to learn and grow as much as possible.

**Supportive...**

I want to have someone I can count on to be there when I need support.

**Adaptability...**

I want to have a partner who is able to adapt to life's surprises.

**Values****Autonomy...**

I want to have a partner who will give me space to be my own person.

**Family Life...**

I want to have a partner who is committed to marriage, home, and family.

**Awareness / Sense of Purpose...**

I want to have a partner who knows where they are going and why they are going there.

**Shared Interests...**

I want to have someone who is willing to share my interests and passions.

**Style and Appearance...**

I want to have someone who cares about the way they look and dress and has a sense of personal style.

**Shared Politics...**

I want to have someone who has political beliefs which are the same or similar to my own.

**Spirit of Volunteerism...**

I want to have a partner who shares my willingness to volunteer and support community and/or social causes.

**Family****No Children...**

I want to have someone who shares my desire to not have children.

**Family...**

I want to have someone who shares my desire to have or adopt children.

**Stepchildren...**

I want to have someone who will accept my children as their own.

**Parenting Style...**

I want to have someone who shares my views about how to raise children.

**Parent Care...**

I want to have someone who is willing to help me take care of my parents, now or when the time comes.

**Social Living****Staying In...**

I want to have a partner who mainly enjoys staying in together and having quiet evenings alone or with close friends.

**Sociability...**

I want to have a partner who loves to socialize with lots of different people.

**Spirituality****Spirituality...**

I want to have someone with a similar deep commitment to spirituality, who shares my beliefs.

**Religious Practice...**

My partner must be committed to being an active member of a church or temple congregation.

**Spiritual Acceptance...**

My partner must accept and respect my spiritual beliefs, whether they share them or not.

## **Financial**

### **Responsible...**

I must have a partner who shares my desire to achieve high financial and/or career goals.  
My partner must be financially responsible.

### **Relaxed...**

I recognize that financial security is important but I want to have a partner who is also able to recognize other important areas of life.

## **Sexuality**

### **Abstinent...**

I want to have a partner who has saved them selves sexually for marriage.

### **Traditional...**

I want to have someone who is reserved and traditional in their sexual needs.

### **Sexually Knowledgeable...**

I want to have someone who is mature and experienced as a potential sexual partner and is able to express them selves freely.

### **Passionate...**

I want to have someone who is willing to explore our sexual desires with passion and understanding.

## **Worksheet 2B - Establishing Core Values – Traits I don't want List**

We tend to focus on what we most want in a partner. However, it may even be more important to know what we want to avoid! Examine the list of items below and select ten qualities and character traits that you don't want to have in a potential mate or partnership. Use this as an opportunity to learn a little more about yourself, and really think about what you're looking for!

### **Traits**

#### **Vanity...**

I don't want someone who is overly interested in their physical appearance.

#### **Dependence...**

I don't want someone who bases their happiness solely on me.

#### **Depressed...**

I don't want someone who is constantly unhappy about their life.

#### **Lying...**

I don't want someone who lies to anyone, especially to me.

#### **Cheating...**

I don't want someone who takes advantage of people.

#### **Cynicism...**

I don't want someone who generally sees the world from a cynical perspective.

#### **Anger...**

I don't want someone who can't manage their anger in a healthy way, who yells, projects it on others or bottles it up inside.

#### **Self-Centered...**

I don't want someone whose main topic of conversation is them-selves or who seems to think that the world revolves around them.

#### **Superficial...**

I don't want someone whose depth of conversation doesn't go much below the weather, their jobs or themselves.

#### **Rude...**

I don't want someone who is belittling, impatient or hateful to people in any situation.

#### **Unhappy at Work...**

I don't want someone who hates their job and complains about it all the time.

#### **Materialistic...**

I don't want someone who sees material items as a measure of success.

#### **Denial...**

I don't want someone who is unable to accept personal accountability or see error in their own actions.

#### **Workaholic...**

I don't want someone who treats everything in life as secondary to their job.

**Lazy...**

I don't want someone who likes to spend excessive time sleeping, resting or being a "couch potato."

**Worrier...**

I don't want someone who easily loses perspective and constantly worries.

**Intolerance...**

While I understand that religious conviction is a positive trait, I don't want someone who is self-righteous and feels that their particular faith is the only one that matters.

**Victim Mentality...**

While everyone has times of self-pity, I don't want someone who continually sees themselves as a victim.

**Grudges...**

I don't want someone who cannot forgive.

**Mean Spirited...**

I don't want someone who has a devious nature and is mean to others.

**Childishness...**

I don't want someone who is not emotionally mature.

**Fiscally Irresponsible...**

I don't want someone who is incapable of managing their money.

**Petty...**

I don't want someone who focuses on imperfection.

**Hypochondriac...**

I don't want someone who has a general disposition of sickness and is constantly treating the symptoms of their supposed illness.

**Boorishness...**

I don't want someone who is inclined to rowdy, vulgar or disrespectful behavior when "having fun."

**Excessive Overweight...**

I don't want someone who is overweight.

**Gambling...**

I don't want someone who gambles.

**Drugs...**

I don't want someone who uses illegal recreational drugs.

**Intruding Family/Friends...**

I don't want someone whose relatives and friends are constantly calling or visiting.

**Values****Punctuality...**

I don't want someone who is always late.

**Flirts...**

I don't want someone who constantly flirts with the opposite sex.

**Racist...**

I don't want someone who believes that any particular ethnic group to which they belong is superior to the rest of humanity.

**Television Junkie...**

I don't want someone who constantly watches television.

**Poor Hygiene...**

I don't want someone who is not clean.

**Hypocrites...**

I don't want someone who holds a double standard for their actions and those of other people.

**Gossip...**

I don't want someone who loves to talk about other people.

**Judgmental...**

I don't want someone who finds fault with everyone and everything.

**Pornography...**

I don't want someone who views or owns pornography in any form.

**Addictions...**

I don't want someone who currently suffers from addictions.

**Sloppy...**

I don't want someone who is unkempt.

**Undependable...**

I don't want someone who fails to come through and is unreliable.

**Cheap...**

I don't want someone who is so tightfisted as to be impractical.

**Foul Mouthed...**

I don't want someone who swears or uses inappropriate language or humor.

**Arrogant...**

I don't want someone who is obnoxiously cocky.

**Extremely Shy...**

I don't want someone who is so shy that they cannot open up and share with me.

**Pessimism...**

I don't want someone who always sees the glass as half empty.

**Political Correctness...**

I don't want someone who censors their thoughts and opinions with a politically correct agenda.

**Recklessness...**

I don't want someone who has a careless and irresponsible manner when with others.

**Sexually Obsessed...**

I don't want someone who is sexually obsessive.

**Uninterested...**

I don't want someone who does not enjoy having sex on a regular basis.

**Infidelity...**

I don't want someone who engages in sex outside a committed relationship.

### Exercise 3 – Establishing your Life Purpose or Mission – Maggie Hanna

Here are some interesting questions to help establish what you stand for. Do you have a subject that you are passionate enough to do a world speaking tour engagement to spread the word about what you're excited about? If not, why not?

My life's mission is to use my:

\_\_\_\_\_ and \_\_\_\_\_  
(2 nouns, characteristics that are part of your personality. Eg: Passion, Skills)

To \_\_\_\_\_ and \_\_\_\_\_  
(2 verbs, how you best interact with people.)

as (so that) \_\_\_\_\_

Describe your ideal world:

Discovery Guide – What is your mission?

1. Vision is about what you see as possible for the world that you would like to have a hand in making happen. Complete this sentence many times if you will because it will help you to refine your vision.
  
2.
  - a. I see a world where...
  - b. I see a world where...
  - c. I see a world where...
  - d. I see a world where...
  - e. I see a world where...

3. What is THE question that will just not let you go?
4. What subject would you speak about if you were 100 times braver than you are now?
5. What would you die for? What would be worth your life? (Besides your kids) if this could magically happen in the world?
6. What do you hate in the world? You might just be here to remedy something.
7. What do you have the most conviction about in your life?
8. If all speaking topics paid exactly the same, and were in exactly the same demand, what would jazz your heart to speak about?
9. What have you fought for in your life and why?
10. If you could have written any book, what would it be? And Why?
11. What is the Big Picture here? Given that you have thoroughly and sincerely completed the above questions, what is the pattern that is emerging? What is repeating? Do any answers have a big charge to you either positive or negative even if they have only been allowed to appear once? Are you answers clustering in any area of life?

## **Establishing your Goals and Objectives with Balance**

**“If you fail to plan, you plan to fail.” Brian Tracy**

### **The Power of Written Goals – Asking for what you want - The 3% Factor**

Can you ask for what you want and need? A number that keeps coming up in various studies is that about 3% of the population can actually ask for what they want or have clearly defined, written goals. It's the same figure as the percentage of people that have library cards and other interesting synchronicities. I have personally verified this in various surveys I have done over a few years. In the realm of human relationships it means that about 97% of people in relationships do not have any clear written goals for themselves or with their partners' thus having no clue on how to reach them. It's no wonder that about half of current marriages end in divorce. Once again, the “mystery of romance” is somehow supposed to make it all work out. Balancing your energies is extremely important. More about energy management in the next book.

What are your own goals, dreams, objectives and outcomes for your own future and life? This is a basic exercise in goal setting. Where do you plan to be in one year, five years, ten years and how do you plan to get there? Who will be there to share it with you?

Be honest with yourself in answering these questions and setting realistic goals in all the important areas of your life. Financial, Health, Family, Work, Spirituality. Please use the enclosed worksheets and do the work. Our thoughts are fleeting at best and the only way to be objective about them is to get them out of your head onto paper so they are staring you right in the face.

Think Big. Be outrageous. Don't hold back anything. If there were absolutely “nothing in the way” of achieving and fulfilling your vision, what would your perfect life look like? We're planting seeds of possibility here. After you have created your perfect future on paper, it may also be helpful to ask, “what is in the way or stopping me from reaching these goals”. Your answers will be very revealing as to what your current self-limiting beliefs are. Are you waiting for someone else to provide your desires and needs to you? If so, why? What are you “willing to do” to get there?

After establishing where you are at and where you want to go, define what it is you have to do to get there. It may be that you have to address a self-limiting belief or behavior that is holding you back, like procrastination for example. Through the next “Time Out” balance model, it should be fairly clear what behaviors and beliefs you have that might be keeping you from your objectives.

**Measure the progress and make necessary adjustments.**

*You can't manage what you can't measure.*

An extremely important element in defining your goals for the immediate and long-term future is establishing “how you will get there”. (See the Time Out Worksheet) Ultimately this will get down to a daily “To Do” list of activities that will move you towards your future objective. Even a rocket ship to the moon has a guidance system that basically provides constant feedback to continually correct errors when it is off course. That's how it arrives at its destination. By constantly checking in and measuring your own progress, you can correct them when you're off course to your own goals. Re-negotiation is permitted.

Set some time aside each day and at the end of the week to honestly look at how you did in the to do list you have created for yourself or any mutual goals you have established with your partner or family. If you're not hitting the mark, or at least moving forward towards your objectives, you'll clearly be able to see that and readjust.

## SWOT Analysis Guide - Strengths, Weaknesses, Opportunities, Threats

SWOT Analysis is an effective method of identifying your Strengths and Weaknesses, and to examine the Opportunities and Threats you face. Carrying out this analysis will often be illuminating - both in terms of pointing out what needs to be done, and in putting problems into perspective. To carry out a SWOT Analysis, write down answers to the following questions in each area: (Health, Relationship, Financial, etc...)

- *Strengths:*

- What are your advantages?
- What do you do well?

Consider this from your own point of view and from the point of view of the people you deal with. Don't be modest, be realistic. If you are having any difficulty with this, try writing down a list of your characteristics. Some of these will hopefully be strengths!

- *Weaknesses:*

- What could be improved?
- What is done badly?
- What should be avoided?

Again this should be considered from an internal and external basis - do other people perceive weaknesses that you don't see? Do your competitors do any better? It is best to be realistic now, and face any unpleasant truths as soon as possible.

- *Opportunities*

- Where are the good chances facing you?
- What are the interesting trends?

- *Threats*

- What obstacles do you face? Emotionally, Physically, Financially.
- Do you have bad debt or cash-flow problems?

## **Summary**

If you have done these worksheets honestly, you are probably a little amazed and have a little more clarity about who you are and what your real values and goals are.

This is extremely powerful information to be aware of as a pre-requisite to planning a future for your self or with a potential partner.

The list of commitments below, are some of the most important sets of simple guidelines and principles to live by. If you can honestly work towards consciously implementing them into your life, I believe you can resolve anything with a partner and that will free up an incredible amount of energy in your lives to create an unlimited future and share what you've created with everyone.

## **Principles of a Conscious Co-Committed Relationship – Gay Hendrix**

I accept relationship itself as my primary teacher about myself, other people and the mysteries of the universe. I open myself to letting every relationship interaction, no matter how seemingly trivial, deepen my connection with my essence and the essence of others. I invite all healing powers in myself and the universe, to remove any obstacles to my relationships being a source of joyful fulfillment to me in all my depths.

I commit to being close, and I commit to clearing up anything in the way of doing so.

I commit to revealing rather than concealing.

I commit to my own complete development as an individual.

I commit to the full empowerment of the people around me.

I commit to taking full healthy responsibility in my close relationships.

I commit to having a good time in my relationships.

*Further Suggested Reading:*

**Enchanted Love - Marianne Williamson**

**Radical Honesty – Brad Blanton**

**Radical Forgiveness – Colin Tipping**

**Loving Each Other – Leo Buscaglia**

**Conscious Loving and Living – Gay Hendrix**

**The 10 Second Miracle – Gay Hendrix**

**Simple Steps to Impossible Dreams – Steven K. Scott**

**A Return To Love - Marianne Williamson**

**A Course In Miracles – Foundation For Inner Peace**

**Jane Roberts**

**- The Nature of Personal Reality**

**- Dreams, Evolution and Value Fulfillment**

**- The Unknown Reality**