



## **Love Yourself Naked Blueprint 30 Day Plan**

### *GAINING CLARITY: BODY, MONEY AND RELATIONSHIP*

- Specific HEALTH/BODY Goal in 30 days:
  
- Why I must achieve it:
  
- Specific MONEY Goal in 30 days:
  
- Why I must achieve it:
  
- Specific RELATIONSHIP Goal in 30 Days:
  
- Why I must achieve it:
  
- Specific SPIRITUAL Goal in 30 Days:
  
- Why I must achieve it:

## ***CREATING MY MISSION STATEMENT AND VISION STATEMENT***

*To do this exercise, use a timer and give yourself a maximum of 20 minutes for each question.*

- 1) What would I want to experience in life if time and money were not an issue? *(What are you passionate about?)*
- 2) How do I want to grow? *(What energizes you?)*
- 3) What do I want to contribute to this world? *(What would you fight for? Even when you are tired, discouraged and depressed, what would you fight for?)*
- 4) Who am I? Why am I here?
- 5) Where am I going? How do I want to be remembered when I am gone?
- 6) If I achieved all of my life's goals, how would I feel? How can I feel that along the way?
- 7) What is most important in my life? What do I value the most? What am I most passionate about?
- 8) What brings me the most joy and sense of peace in my life?
- 9) What does a successful life look like for me? *(What makes YOU different from the other people out there doing the same thing as you?)*
- 10) What do others most admire in me? What unique gift do I want to share with the world? What are my top 5 values? *(If you don't know, ask 5 people who know you well. Do not skip this question or action!)*
- 11) What are my top 10 achievements in life?

### ***VISION STATEMENT***

STEP 1:

After answering questions 1, 2, 5, 7, 8 and 9, define and craft your life vision in a paragraph or two. Your vision defines what you love to do, be, give, create, feel or share.

STEP 2:

Is my vision emotionally charged? Does it compel me to take action?

STEP 3:

Is my vision specific? Is it measurable?

*Note:*

*Create something that inspires you, and do not try to make it perfect. There is no right or wrong way to describe your ultimate vision. Write your vision statement in your journal for Love Yourself Naked.*

*MY VISION STATEMENT: (How I want to contribute to this world)*

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*DEFINE AND CRAFT YOUR MISSION STATEMENT:*

STEP 1

Identify past successes (check question 11)

STEP 2

Identify your core values (questions 7, 8 and 10)

STEP 3

Identify what you want to contribute (question 3)

STEP 4

Identify your goals (questions 1, 2 and 9)

*Note:*

*Based On the first four steps and better understanding of yourself, begin writing your personal mission statement. Write your vision statement in your journal for Love Yourself Naked.*

*REFINING QUESTIONS FOR PURPOSE, BUSINESS AND CAREER:*

- Who is your ideal client (be descriptive, write about their deepest fears, pains, dreams and passions)
- Who you DON'T want to work with?
- You solve a problem for people. What is it?

*Remember: Your clients are not buying their way into something. They're buying their way OUT of something.*

- What happens if your client doesn't solve their problem(s)? (super powerful to know this)

- What happens if they do?

*MY MISSION STATEMENT: (keep this under 5 sentences)*

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***YOUR IMPACT STATEMENT***

**I show** \_\_\_\_\_ (who is your ideal client?)  
**get** \_\_\_\_\_ (their specific desire(s)/want(s))  
**without** \_\_\_\_\_ (their specific pain)  
**by** \_\_\_\_\_ (the result your service provides)

**Write your full impact statement:**

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