



Love Yourself Naked Blueprint 30 Day Plan

GAINING CLARITY: BODY, MONEY AND RELATIONSHIP, HIGHER SELF

- 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 or Higher Self Goal in 30 Days:
- Why I must achieve it:

CREATING MY MISSION STATEMENT AND VISION STATEMENT

Mission Statement: Think streamlined, clear and specific mission for how you want to be of service to yourself and others in this lifetime.

Vision Statement: How I want to contribute to this world, think BIG VISION FOR YOUR LIFE. This may include some aspects of your mission 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?

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. This can be related to a purpose or career mission, but not always.

Write your mission statement in your journal for Love Yourself Naked.

REFINING QUESTIONS FOR MISSION (PURPOSE, BUSINESS, CAREER, RELATIONSHIP, HEALTH, MONEY, SPIRITUAL):

- Who is your ideal client/person you want to help/a helpful 'cause' you are inspired by, etc (be descriptive, write about their deepest fears, pains, dreams and passions)
- Who you DON'T want to work with? Be clear here. Example: If I'm inspired to help change laws around the United States in regard to chemicals sprayed on agriculture, then I am afraid that the bandwidth to go up against the big pharmaceutical, chemical corporations that are backed by billions would not be worth the toll it would take on my health. This fear doesn't have to be true, but it is a fear and one that could hold us back from doing things important to our soul's mission.
- You solve a problem for people. What is it? This problem you solve is what makes you unique at helping the people in your life and community that you help so easily and effortlessly. What makes you unique and how does this solve problems for people who appreciate having someone like you in their lives. Sometimes it helps to ask 4-6 people super close to you questions like, "how do you see me or how would you describe me?"

Remember: Your clients, etc are not buying their way into something. They're buying their way OUT of something. They are looking for a result.

What is the result you give?

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

MY MISSION STATEMENT: (keep this under 5 sentences)

DEFINE AND CRAFT YOUR 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?

REFINING IDEAS FOR VISION STATEMENT:

Create a life that inspires you, and do not try to make it perfect. There is no right or wrong way to describe your ultimate vision. Write the story of your future life, in the present tense, as if it's a snapshot of what is already happening. This is a Big Picture. Describe the scene your future self is living. How do you feel in this future? In your body, within your relationships, financially, stress level, adventure, love, connection, creatively, philanthropic, service, etc. Important: Be more specific about how you taste, touch, feel, smell, hear and sense your surroundings, than you are about the things you see.

Write your vision statement in your journal for Love Yourself Naked.

MY VISION STATEMENT:

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:

COACHING:

Show up to your next Coaching Salon and bring 1) your mission statement, 2) vision statement and 3) impact statement. Give this ALL YOU GOT and then bring them “as is” and we can work through it together.
- Renee