LIFE DESIGN WORKBOOK

Take control of your goals, your happiness and your success
Happy New YOU

Are you ready for a reset?

A little life supercharge?

I'm so excited to help you design the life you have been waiting for.

The question is: What are you waiting for?

The time is now.

I'm so excited to help you on your journey.

Let's make this the best year yet.

To You,

Vanessa
SCIENCE OF PEOPLE'S APPROACH

LATEST SCIENCE + ACTIONABLE TIPS

Psychology
Neuroscience
Behavior

Relationships
Communication
Leadership
Know Yourself

You'll learn the hidden forces that drive your behavior.

Choose a Path

We'll show you exactly how to use science-based steps to optimize your life.

Activate Your Life

Here, you will discover a completely new way to live.
What is the Life Design Workbook?

• A guide to help you discover, formulate and achieve your goals for the next year.

• A manifesto of YOU: what’s your word, your theme and your story that you want guiding you?

• A roadmap to success that you can refer to all year long.
TABLE OF CONTENTS

PART I: The Ultimate Bucket List

PART II: Building Connections

PART III: Goal Setting

CONCLUSION: What Story Do You Want to Tell?
Part I

THE ULTIMATE BUCKET LIST

Are you living the life you want to live?
Bucket List:

A list of all the things you want to try, goals you want to achieve and life experiences you want to have before you die.
Bucket Lists...

- Make you stop and think what you actually want to experience in this lifetime.

- Remind you that life is short and we should live it to its fullest.

- Increase our happiness because they give us both hope and curiosity (2 essential ingredients for happiness).
Step 1: Dreamstorm

• This is a combination of dreaming and brainstorming.

• Set aside 15 minutes to put all of your ideas into writing on the next page.

• Remove all limits!

*The most important part of dreamstorming is allowing your mind to be as free as possible. Put down every single idea that pops into your head!
My Dreamstorm:

1)
2)
3)
4)
5)
6)
7)
8)
9)
10)
Step 2: Get Inspiration

• Getting inspiration for your bucket list makes it more complete.

• This step is especially important if you had trouble dreamstorming or coming up with ideas in Step #1.

• Check out my bucket list on the next page. Maybe it will give you some ideas!

* Sometimes our brains can’t even imagine half the fun things we could do!
Ideas!

• Go on a cruise down the Nile River
• Hang Glide
• Go to a nude beach (and be nude)
• Go to an Olympic Event
• Go on an Alaskan cruise
• Go on a yoga retreat
• Go somewhere with zero gravity
• Go on a Safari
• Be in a flash mob
• Visit all 50 US states
My Bucket List:
(To give you even more ideas!)

- Go to a drive-in movie
- Learn to play the banjo
- Go to Harry Potter World
- Rent a House Boat with friends
- Be a redhead
- Learn to drive stick shift
- Make my own perfume
- Visit every continent
- Make homemade pasta
- Take harp lessons
Pinterest is another great resource for browsing, discovering and being inspired!
Step 3: Time List

• It’s time to break up your bucket list by time.

• This is crucial so your list doesn’t sit in a desk drawer or in your computer without ever getting done.

• Let’s take a look at the time categories...
• **2016 / 2017 / 2018 Bucket List:** Breaking your Bucket List into years is great to think about with other resolutions and goals.

• **Summer Bucket List:** Are there items you think you can get done this upcoming summer or next? Perhaps you want to try your hand at growing vegetables or going on a Caribbean cruise!

• **20s / 30s / 40s Bucket List:** What do you want to achieve before you hit your next birthday milestone?

• **City Bucket List:** Are you living in a city temporarily or new to a place? What do you want to achieve in your location?

• **College / High School / Certification Bucket List:** What do you want to get done before you are done with school? Perhaps you are in a temporary job or certification program? What do you want to achieve?
Step 4: Share and Compare

• The next step is to share and compare your bucket list with the important people in your life.

• You can and should share your bucket list(s) with your spouse, partner, parent, best friend, roommate, siblings, teachers—anyone who might be able to help or join you on your quests.

• Why do you need to share it?
• **Teamwork:** There is nothing better than being able to check-off bucket list items together with a friend or partner! It makes it so much easier (and fun) to have a partner in joy.

• **Buy-In:** Your partner or spouse needs to support (and possibly join) you as you complete your bucket list. Sharing it and comparing notes is a great way to do your bucket lists as a team.

• **Accountability:** Sometimes happiness and fun things get pushed aside when stress and work come up. When you share your list with people in your life, they ask you about it, they ask to hear updates and they give you accountability. The more people you tell the more likely it is to get done.

• **Interesting:** I believe that having and working on your bucket list is one of the most interesting things to talk about with new acquaintances. Use your bucket list as the ultimate conversation starter to build fast relationships!
Step 5: Partner in Joy

• After sharing and comparing (Step #4) you might want to consider asking someone to be your bucket list buddy, your partner in joy or your to-do list teammate.

• You don’t have to do your entire list with someone, but you can have certain items shared with someone else (especially the more costly activities like traveling!)
Step 6a: Choosing Your Top Three

• I want you to pick 3 items to work on planning (yup, just 3 right now!)

• Here’s how to pick the TOP Three:
  
  • **What excites you most?** Scan your list and take note of the items that give you a little rush or when you think of them your blood starts to pump.

  • **What has a time limit?** Is there anything you need to do soon because of a time limit or a season?
My Top Three:

1)

2)

3)
Step 6b: Planning Your Top Three

• **Who**: Are you flying solo or do you need a partner in joy to join?

• **When**: When does this need to happen? What time of day? Weekend or weekday? Get specific!

• **Where**: Where do you need to go and how do you get there? Do you need to book transport ahead of time like a ticket or car?

• **How**: How do you complete this item? How much money do you need to save up?

• **What (MOST IMPORTANT)**: What do you need to do to make this happen? What is your very first step? Now do it.
My Top Three:

1)  

- Who:
- When:
- Where:
- How:
- What:
My Top Three:

2)

- Who:
- When:
- Where:
- How:
- What:
My Top Three:

3)

• Who:
• When:
• Where:
• How:
• What:
Step 7: Celebrate Completion

• Once you have completed a bucket list item, the joy is not complete!

• The **happiness** and **pride** that comes from completing a massive bucket list item keeps giving and giving—if you honor it.

• Here are some ideas about how to honor your completed items…
• **Create a completed bucket list journal or list:** This is great for memories and helps you catalogue the good feelings that came from each experience.

• **Start a blog, Instagram or Pinterest:** With pictures and videos of your completed bucket list items—great to inspire your kids one day!

• **Build a board, wall or photo album in your home:** See and share with people about your bucket list items.

• **Collect items or keepsakes from each experience:** Display them on a shelf in your house or office—talk about great conversation starters…
Part II

BUILDING CONNECTION

Find relationships and people you love
Is there someone in your life that you hope to get closer to? In other words, you want to deepen the relationship or rise to another level? This could be a friend, a crush, a colleague or even a family member! Name your riser below:
Your Helper

Who are you grateful for? Who has helped you a lot in your life and you want to thank them for all they have done for you:

____________________
Your VIP:

Is there someone who could help you achieve your goals? This could be a boss, a peer or even a role model. Who do you need help from:

______________________________
Challenge:

I challenge you to reach out to each of these 3 people.

• Make a date with your riser—go to coffee, catch up on the phone, start working on deepening the connection.
• Write a thank you note to your helper. Tell them how much you care about them.
• Reach out to your VIP. The time is NOW! It’s time to level up your game, your career and your relationships.
Part III

GOAL SETTING

The science of goals will increase your success
Not all goals are created equal…

• Merely fantasizing about your goal is de-motivating—it actually tricks the brain into thinking you have already achieved it.

• Goals that aren’t set properly can end up having the opposite effect.

* I want you to throw out everything you have heard about goals.
Step 1: Emotional Temperature

Right now, I want to take your emotional temperature. On a piece of paper or on the Goal Wheel on the next page, rate the different areas of your life on a scale from 1 to 5 (1 being extremely dissatisfied, 5 being extremely satisfied).

- **Business**: How do you feel about your work, career or business effectiveness and success?

- **Friends**: How is your social life? Your friendships and support system?

- **Family**: How are your personal relationships? Your partner or spouse?

- **Personal Passions**: Do you have personal passion projects, hobbies or fun activities that fulfill you?

- **Spiritual**: You can interpret this one as you like. It could be your faith, mental health, personal journeys or mindset.

- **Health**: Are you happy with your physical health and wellness?
A finished Goal Wheel will have the lines filled in so you can see what your 'emotional temperature' is in each area. For example, this is mine right now:

You can quickly see that my goals for the upcoming year are going to be focused on Business, Friends and Spirituality. This little exercise is a really easy to way to check in with yourself.
Ninja Tip!

I save all of my Goal Wheels and then check-in to see if there are any patterns. You can use these worksheets over and over again to see how far you have come from previous months or years depending on how often you do it.
Step 2: Your Legacy

• Your legacy is what drives you and what gets you up in the morning.

• Step #1 was about looking at where you are right now. Step #2 is about looking at where you want to go.

• Answer the following questions…
• In 10 years, what do I want my life to look like?

• What do I want to be remembered for?

• What does success mean for me?
Step 3: The Neurology of Ownership

Step #3 is about owning your intention. Look at your Goal Wheel and set an intention for that area—your sections that are 4’s or 5’s might just be about maintenance. Remember, these aren’t specific goals yet, they are just intentions. This is going to help you own a different outcome for yourself in each area. Here are some examples:

• **Business**: Level up my business efforts so I can reach and help more people.

• **Friends**: Set aside time to support and reach out to friends more regularly.

• **Family**: See family more often and dedicate real time to connect and catch-up.

• **Personal Passions**: Learn how to paint and spend more time reading.

• **Spiritual**: Start meditating to create mental space and slow down at the end of a workday.

• **Health**: Get more toned and increase my endurance.
Set Your Intention:

• Business:

• Friends:

• Family:

• Personal Passions:

• Spiritual:

• Health:
Step 4: Outcome + Process

This is the MOST important step: This is why goals fail!

I want you to pick an outcome and a process for each goal:

- **Outcome**: The ideal result, hopeful conclusion, best end for your goal.

- **Process**: The skills you need, the method required to get you there.
Write the skills, process or methods you need to achieve your outcomes. For example:

- **Business**: Level up my business efforts so I can reach and help more people.
  - Hire a marketing agency.

- **Friends**: Set aside time to support and reach out to friends more regularly.
  - Join a class with friends. Plan a weekend getaway.

- **Family**: See family more often and dedicate real time to connect and catch-up.
  - Plan a family reunion that happens on the same holidays each year.

- **Personal Passions**: Learn how to paint and spend more time reading.
  - Buy a painting book. Get suggestions of 10 books from friends.

- **Spiritual**: Start meditating to create mental space and slow down at the end of a workday.
  - Get a mediation app to remind me before bed.

- **Health**: Get more toned and increase my endurance.
  - Buy a weight set and sign-up for a bootcamp.
Set Your Process:

- Business:
- Friends:
- Family:
- Personal Passions:
- Spiritual:
- Health:
Step 5: MAC Daddy Goals

• **Measurable**: Your goals should be quantifiable. There should be a clear ending that can be measured.

• **Actionable**: You have to know exactly what you want and the process you need to get there (Step #4).

• **Competent**: Your goals have to align with your legacy (Step #2) and be achievable.

*In 2011, researchers did a huge meta-analysis of 38 studies on goal setting. They found that there are patterns between goals that work and those that don’t. MAC goals work!*
Go through each area and set a measurable, actionable and competent goal. In this way you incorporate your process into your outcome. For example:

- **Business**: Hire a marketing agency by March to add 10,000 new subscribers and 5,000 new Twitter followers.

- **Friends**: Send 5 classes to friends to sign up together and get a weekend getaway on the calendar before this summer.

- **Family**: Plan a family reunion over Labor Day. Set bi-weekly call dates with sisters.

- **Personal Passions**: Buy a painting book. Get suggestions of 10 books from friends.

- **Spiritual**: Get a meditation app and set a reminder for 9pm each night.

- **Health**: Order a weight set and buy a 12 class bootcamp package.
MAC Goals:

- Business:
- Friends:
- Family:
- Personal Passions:
- Spiritual:
- Health:
Step 5: Identify Blockers

When we first set our goals we are super optimistic and filled with hope—and that’s great.

One thing that happens, however, is we fail to identify possible blockers.

I want you to get real with yourself for a moment and answer these questions...
• What logistical constraints might make it difficult for you to achieve your goals?

• What behaviors might make it difficult for you to achieve your goals?

• Who might make it difficult for you to achieve your goals?
Potential Blockers:

- Business:
- Friends:
- Family:
- Personal Passions:
- Spiritual:
- Health:
Step 6: Make Your Map

• For each goal, add the first step you need to take to achieve your goal.

• Steps that take 10-minutes (or less) are the best.

• Once you have broken your goal up into 10-minute segments for success, schedule them into your calendar.

* Set calendar alerts, phone alerts, put post-its up, make a big white board to do list for the month. Schedule your steps into your life.
First Step:

- Business:

- Friends:

- Family:

- Personal Passions:

- Spiritual:

- Health:
Step 7: Get Accountability

• Post on your social networks about your goals to get public accountability.

• Get a goal partner and set up times to talk or text every few weeks about your goals.

• Make an awesome club and use the power of groups to achieve your goals and conquer blockers.

• Change your passwords to remind you of your goals. For example, “LevelUp2016” or “20lbs2016”

* Feedback and accountability will supercharge your goals.
Revise, Practice, Revise

• This is a new way to think about goals—they are always a work in progress until they are achieved. Don’t be afraid to revise your goals as you go.

• Check in with your goal wheel and this planner every few weeks.

• As you revise you learn about yourself, you reinvigorate your goal and set yourself up for more MAC Daddy goals next year.

* Maybe you thought that a family reunion was possible this summer but a cousin just planned her wedding in a far off destination. Revise the goal for a winter getaway!
WHAT STORY DO YOU WANT TO TELL?

AS YOU EMBARK ON YOUR ADVENTURE THINK ABOUT THE STORY YOU WANT TO TELL THIS TIME NEXT YEAR. WHERE DO YOU WANT TO BE?
CONGRATULATIONS!

You have completed your Life Design Workbook!

Remember, your journey does not end here:

• Check items off your Bucket List as you go! Update your list as you think of more ideas.

• Add a reminder to reach out to your Riser, Helper and VIP at least once per month.

• Check in with your Goal Wheel frequently to evaluate your progress and accomplishments.
... And Please Let Us Help

Don’t forget to check-in with us at the Science of People so we can send you more fun tips and challenges!

• ScienceofPeople.com

• Twitter @Vvanewards

• Instagram @Vvanedwards
CONGRATS!
WE CAN'T WAIT TO SEE WHERE THIS YEAR TAKES YOU!

Heart
Science of People Team
Science of People

- Relationships
- Leadership
- Communication
- Negotiation
- Influence
- Charisma
- Business