

Defining Your Level 5

Vision without action is a daydream. Action without vision is a nightmare.
– Japanese Proverb

Every life is perfectly designed to produce exactly what it is producing. The same is true of every career and business. You can dream of what you want and hope circumstance brings it to fruition, or you can get crystal clear on where you are going, create a detailed plan for getting there and remain committed to the steps needed to achieve the life *you* design. The choice is yours.

Tony Robbins got it right when he said, “It is in your moments of decision that your destiny is shaped.” You can make decisions based on circumstance or intention; by reacting to what life brings or taking ownership of what life can be. The former puts your life under the control of others. The latter allows you to take control of what matters most.

Defining Your Level 5 is about clarity, intention, ownership, and accountability. As a key resource within the **Level 5 EQ** suite of services, this tool is an opportunity for you to define *your* future, and with this, take control of life through the steps needed to achieve it. This includes understanding what it means to *be* your best *self*.

Beginning with the end in mind follows the principle that all things are created twice. The first is in your mind. The second is in the physical world; in the actions you take to achieve the goals needed to bring your vision to life.

Defining Your Level 5 helps you with the first step. It is divided into six categories to help you develop the clarity needed to take the second step. The objective is to document what your life is going look like in each category one year from now. Think big here. There is so much you can achieve when you know *who* you need to *be*, and from this, what you need to do, to achieve it.

The **Level 5 EQ** Goal Tracker will help you with the second step. In it you will set the goals and corresponding actions needed to achieve the vision you have for each of the six categories.

Your **Level 5 EQ** Self-Profile is then used to provide clarity in *who* you need to *be* to achieve your goals. Being comes before doing. You decide on the inside to *be* someone and then act out that decision. That’s how human *beings* work. You can allow circumstance to define your *self* or get crystal clear on who you need to *be* in life. The former brings with it a rollercoaster of emotions. The latter brings joy, equanimity and fulfillment. The choice is yours.

Write as much as you like in the spaces provided below. The key is to allow your imagination to envision all you desire in each area of your life; to live your life without limits. Get specific. Be bold. Take control!

- **Self** – This is who I am going to *be* and how I am going to feel within my *self* one year from now ...

- **Relationships** – In twelve months I am going to be enjoying these relationships with the following individuals (include spiritual relationships if relevant to you)...

- **Physical Wellness** – In twelve months I am going to be enjoying the following physical activities and being in the following physical shape...

- **Leisure** – In twelve months I am going to be enjoying the following leisure activities...

- **Career** – In twelve months my career is going to be...

- **Finances** – Twelve months from now my money situation is going to improve to the point where...

Go back through each area. Does the story being told reflect the life you (truly) desire? If so, great! If not, take it up a notch!

I look forward to helping you on this journey of all that is possible within your *self!*

What lies behind us and what lies before us are tiny matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen
– Henry Stanley Haskins