



FAST TRACK YOUR WAY TO RICHES

WORKBOOK





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Module 1

Dream Big

What do you really **WANT**?

Crucial steps towards actualizing your dream lifestyle with ease and grace.

Are you ready to create your Dream Life?

Module 1: Dream Big

In this module, we will be digging deep into what you really want. Step by step we will take you through a process which will help you discover what it is that you truly desire. What's great is that you can use this process across every aspect of your life.

Checklist for Today

- ☐ Watch today's video!
- ☐ Fill out the worksheet below to prepare your mind and workspace for this Fast Track Your Way to Riches program.
- ☐ Go to the Fast Track Your Way to Riches private Facebook group and comment on today's mission thread when you're done type in the words: **#FASTTRACKCOMPLETE**

Step #1: The Sky is the Limit

The first step is getting clear on what you actually want. Sounds simple enough but you would be surprised at how many people don't even know this.

If I handed you a magic wand and you could create anything that you desired i.e. there was no limitations or fear.

What would that look like?

What would you love to be, love to have, love to do, love to experience?

It's important to focus on what you want, not on what you don't want and state it in the positive, for example, you wouldn't say "I want to get out of debt", but rather 'I'm grateful now that I have financial freedom'. A desire should inspire excitement. It should make you feel alive and feel good. They should not be born out of a sense of duty or expectations from others. Don't lose yourself trying to fit in or what society expects.

Treat this is as a free-flowing brain storming session. Remember you are only limited by your own imagination and what is humanly possible. You may find it more fun doing this exercise with a friend, family member or business partner to really get the creative juices flowing.

Step #2: Living Your Dream Year

If you found starting with a blank canvass a little overwhelming then you may find the following exercise more manageable. If someone told you that you just had the best year of your life. What would that look like? Remember this is not what you think you should have, or be, or experience but what excites you.



Step #3: Core Values Alignment

I would like you to begin by listing down everything that is important to you i.e. your core values in respect to each of your goals.

This Core Value Alignment exercise can be applied to any aspect to your life - career, job, business, financial, relationship, education, health etc. It can also be used across the different categories of your life.

For example, if my goal was to attract a romantic partner, then these would be the qualities I would like him to have, i.e. the qualities that are important to me:

Growth mindset	Kindness
Take responsibility for finances, emotional, physical, spiritual	Laughter/humour
Loyalty	Genuine love and care
Integrity	

Now explain what these values mean to you. Keep asking yourself why they are important to you, so that you can really gain a greater understanding of your core values.

Please note that when you explain why these values are important to you, you need to focus on moving towards things that evoke positive emotions (e.g. I feel safe, secure and taken care of), not moving away from negative emotions (e.g. he needs to take responsibility for himself- so he isn't dependent on me like a substitute mother figure).

In the above example:

- **Growth Mindset**

What does this mean to you?

He would need to have a growth mindset so he is happy to improve, learn and continually grow as a person.

Why is this important to you?

Continual growth and evolution of my consciousness is important to me and I would like someone to share in that journey with me. So that the relationship can grow, while we grow as people.

- **Take responsibility for his own finances, emotional, physical, spiritual**

What does this mean to you?

I would like him to have a strong sense of self, wholeness, excitement and charisma.

Why is this important to you?

That we don't need each other to make us complete, that we both feel complete in ourselves, which builds a much healthier relationship.

- **Kindness and Loyalty**

What does this mean to you?

That he would be willing to go beyond his own needs for the greater needs of the family.

Why is this important to you?

I would like our family to feel valued, safe and taken care of.

- **Laughter and humour**

What does this mean to you?

I would like him to have a sense of fun and enjoyment.

Why is this important to you?

I would like to feel joy and happiness.

Now prioritise which values are more important to you.

Continuing with the previous example:

- It is more important to me that my partner has a growth mindset than it is for him to take responsibility for his own finances, emotional, physical, spiritual.
- It is more important to me that my partner is kind and loyal than it is for him to be funny.
- It is more important to me that my partner has Integrity than it is for him to have a growth mindset.

Keep going through your list until you have gone through all the qualities.

Write out your final list in order of importance.

So, my final list would be:

- Integrity
- Kind and loyal
- Genuine care and respect
- Growth Mindset
- Takes responsibility
- Laughter and humour

Create a sentence for each of your final values and put it together.

For example:

What if you were in a relationship in which...

*...there was a lot of **laughter**. We can laugh at our fallibles, quirks, because I feel valued and appreciated. We love spending quality time together, even though we have busy lives. He is exciting and charismatic. I feel like I am taken care of, very safe and protected and honoured. I totally trust him as he is a one-woman man, who stands by me and I know makes me a number one priority, which propels us to greatness. He has a **growth mindset**, open to new horizons in a safe and secure way with an open-heart journey. Our relationship is based on **integrity** and he is honest, and I feel **genuinely cared** for and we are able to continuously and joyfully grow in our relationship which keeps the spark going.*

Would that be alright?

Keep reviewing your final statement until you are happy - that you feel that YES, this sounds exciting and I love it!

The **Core Values Alignment** exercise not only helps you to become aware of what your core values actually are but what core values are more important to you. For example, do you value a loving family more than being wealthy? Note these are not mutually exclusive, this is simple an exercise in awareness. By asking you to make that choice, you are really having to dig deep on what you value most in life. Knowing this can help you assess how you are actually spending your valuable time and energy. For example, if you said your family was more important than your career and yet you are spending the majority of your time at work to the detriment of your family relationships then maybe you seriously need to re-evaluate your role at work, so that your core values match up to how you are actually living your life.

The other way you can use the Core Value Alignment exercise is to look at who you would like to become in order to achieve the goals you have set for yourself. For example, if your goal is to become a millionaire, then you might like to explore what core values you think you might need in order to become this person. Next, evaluate the gap between your current core values and what values need to change to achieve the core values of the person you wish to become.

You may need to review and modify your internal beliefs and mind maps as a result. For example, if you have a belief that “you have to work hard for your money”, and yet a person with a millionaire mindset’s is that “making money is easy and effortless”, then take this as an opportunity to close the door on these old beliefs that do not serve you and replace them with the beliefs that will.

Do your Core Values Align to how you are spending your time?

How are you currently spending your time?
What percentage would you give to each life category out of 100%?



% Currently Spending Your Time	
Physical %	
Emotional %	
Social %	
Financial %	
Education %	
Environmental %	
Spiritual %	

Explore your core values using the core value alignment exercise.
How would you like to be spending your time?

% Would Like to Be Spending Your Time	
Physical %	
Emotional %	
Social %	
Financial %	
Education %	
Environmental %	
Spiritual %	



If you are really serious about aligning your core values with how you spend your time, I suggest you keep a weekly diary. The added bonus is that you will be able to identify all the time wasters and less productive things you do, that you might not be aware of.

Scheduling in time for each area of your life allows you to be fully present in each of those activities. For example, if 7-9pm is your family time, then checking and being on your work phone is not being fully present in that activity and you are not giving your family the full attention that they deserve from you. Yes, unexpected things arise but then your timetable should be adjusted accordingly. For example, during your 7-9pm family time, you spend an hour of it on an emergency work call. Then one hour during your scheduled work time can be swapped for one hour of family time. That way things are always balanced out.

Review the gap between current and desired way you are spending your time based on your core values. If there is a gap what strategies or changes can you make to close the gap?

Homework

Over the next week, I would like you to go through these three simple but powerful steps with every aspect of your life, for example, health/fitness/weight, relationships, finance, career, lifestyle/travel, education, spirituality/religion. You may have other areas you wish to add. Remember that these lists can be revised or updated at any time.

Additional Notes



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