

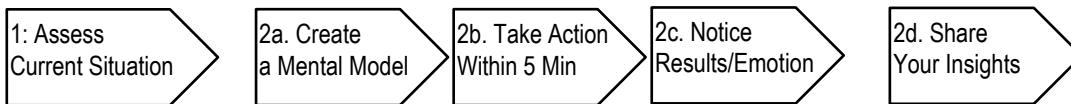
0.1 START HERE: Preview Your Life of Vision and Action



Create your own reality by living into the picture you hold of the future.

An end point is the farthest you can see, or the moment of completion. End Point Vision (EPV) will help you build habits that develop the mental strength required to define your purpose, take action and get results.

A purpose is your intention or reason for being, generally something you aspire to excel at and that brings value to the world. During this preview lesson you will identify or clarify a vision for some part of your life (or lack thereof), and then assess how well your beliefs and behaviours support that vision.



You will experience the essence of End Point Vision (EPV): a boost in clarity and motivation as a result of taking focused action, and the thrill (or fear) associated with commitment.

Exercise 1: Assess Your Current Situation (:10 minutes)

Use the following scale to rate yourself. Be honest and go with your gut or first thought, rather than overthinking the answers: 1= No, 3 = Uncertain, 5 = Yes

- | | |
|---|------------------|
| 1. I have a major purpose or vision for an area of my life. | No 1—2—3—4—5 Yes |
| 2. I have a clear plan for how to fulfil my purpose. | No 1—2—3—4—5 Yes |
| 3. My values and beliefs aligned with my purpose. | No 1—2—3—4—5 Yes |
| 4. I consistently behave in ways that support my purpose. | No 1—2—3—4—5 Yes |
| 5. I am confident in my results toward my purpose. | No 1—2—3—4—5 Yes |

Total your score _____

Divide by 5 to get your average score _____

If a score or the average is 4 or more you are likely on track. EPV will support your success.

If a score or the average is 2-4 you risk failing. EPV will help you fine-tune your purpose.

If a score or the average is 2 or less, you lack focus. EPV will help you define your purpose.

Exercise 2: Experience the End Point...Now! (:10 minutes)

Now that you have assessed your current situation, complete this exercise to experience End Point Vision (EPV). Use this worksheet or a blank page for notes.

a) Create a Mental Model: Get a clear sense of your purpose or results for a specific event.

Take 5 minutes to visualize success in your mind's eye like a multi-sensory movie. Describe it in words, handwrite it, mind map it, sketch it as a picture, draw symbols, say it aloud, act it out.

Write your End Point Vision (EPV) as a statement of action. Use positive present tense.

Example: *I am standing with my team for the winners' photo at 8:00 pm on Feb 14; I am cheering in celebration; I glimpse the twinkle of pride in my coach's eye.*

Summarize your EPV in one word or a 3-5 word slogan. Repeat it to trigger your EPV movie. A memorized image, symbol, sound and physical movement or sensation can also trigger the movie to play. Example: *My Team Win! [pump fist in the air, big smile, say "Yes!"]*

b) Take Action Within 5 Minutes. Commit to your vision or event. The bigger and more committed your action, the more interesting the next step will be. Examples: *Call someone, make a reservation, research something, make a list, schedule an action in your calendar that you will take within 24 hours or as soon as possible (e.g. 8:30 am on the next business day).*

c) Notice Results and Emotions. Is your belief stronger? Do you feel anxious about committing?
Belief/motivation/feelings before EPV: _____ Belief/motivation/feelings after action: _____

d) Celebrate/Share: What did you experience or learn from these two exercises? Share with your coach. Post a short comment at the end of this lesson online: 0.1 START HERE: Preview...