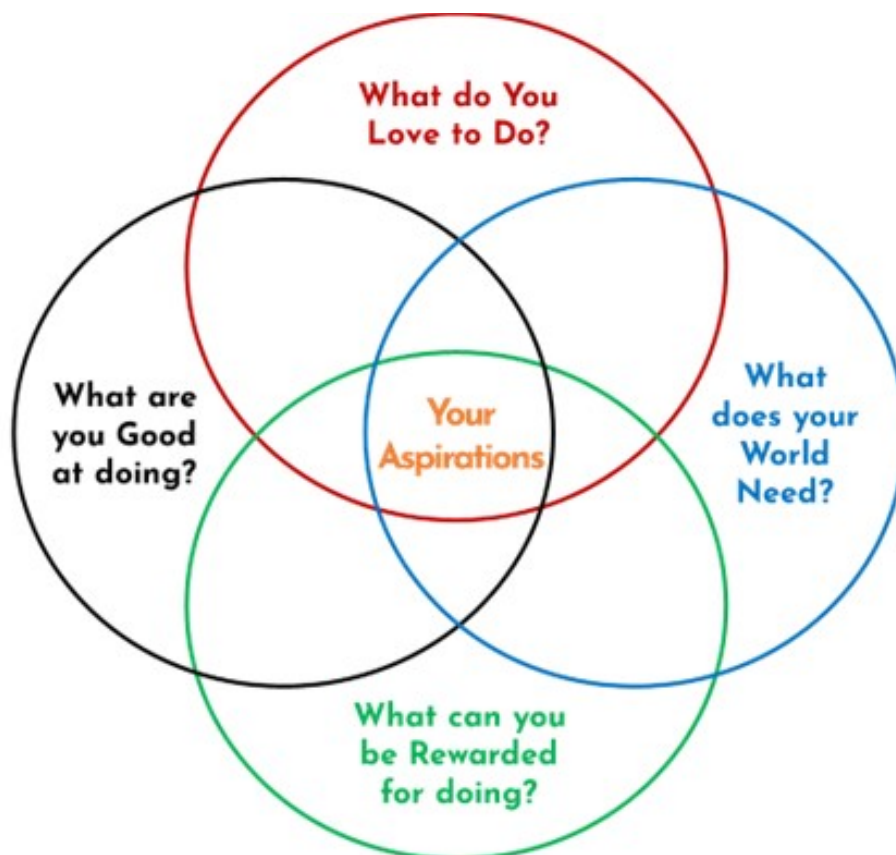


## ASCENT Guide to Self-Excellence Masterclass

**Module 1 - Aspiration** - What are your desires, what do you long to do or be in life?

Let's lay the foundation for the house of Self-Excellence that you are about to build. The purpose of Modules 1 and 2 is to help you lay a solid foundation rooted in self-awareness and the things that are most important to you and you alone. That's not to say that other people and circumstances in your life don't matter, but staying the course as you ascend your self-belief and dedication to achieve will be tested. So, it's important that you know where your true motivations originate from, because that's going to be the bedrock upon which everything else is built. If you begin with a weak or shaky foundation, then everything built on it is subject to crumble.

So, first things first, who are you now, and what do you aspire to be?



### **Find your true Aspirations**

Answer each question, completely independent of the others, and at the center you will find your true Purpose in Life

*Aspirations Self-Assessment Questions (be detailed and specific with your answers)*

1. Who do you aspire to be, what do you desire, long for, or dream about having in your life? What brings you joy?

*Enter your response below, the text box will automatically scroll.*

2. How would you describe yourself and where you are in your life today?

3. What has stopped you from going after your dreams and aspirations in the past?

4. In your mind's eye what does it look like or feel like when you reach your dreams or aspirations?

5. Do you believe you can achieve your aspirations, and why or why not?