

for professionals who want to get startup ready

## ASSIGNMENT I, PART I

# DEFINE YOUR FUTURE

**R**ather than looking at your options and other people's successes, **diving within** is the best place to start finding out what "a remarkable life" means to you.

To create that life, you need to clearly envision your future and then adjust what you're doing currently to get yourself there.

To help you author your remarkable future, begin by looking back – what are the things you love doing, that you'd do in your spare time? And what are the things you know you don't like doing regularly?

By observing your past actions you can find out what you truly value and what you'd want, and not want, in your successful future.

Look into your past. What did you hate doing? What regular activities or places made you feel bored? Be as specific as you can.

Look into your past again. What do you do in your free time? When you lost track of time, what were you doing? Where were you when you felt alive?

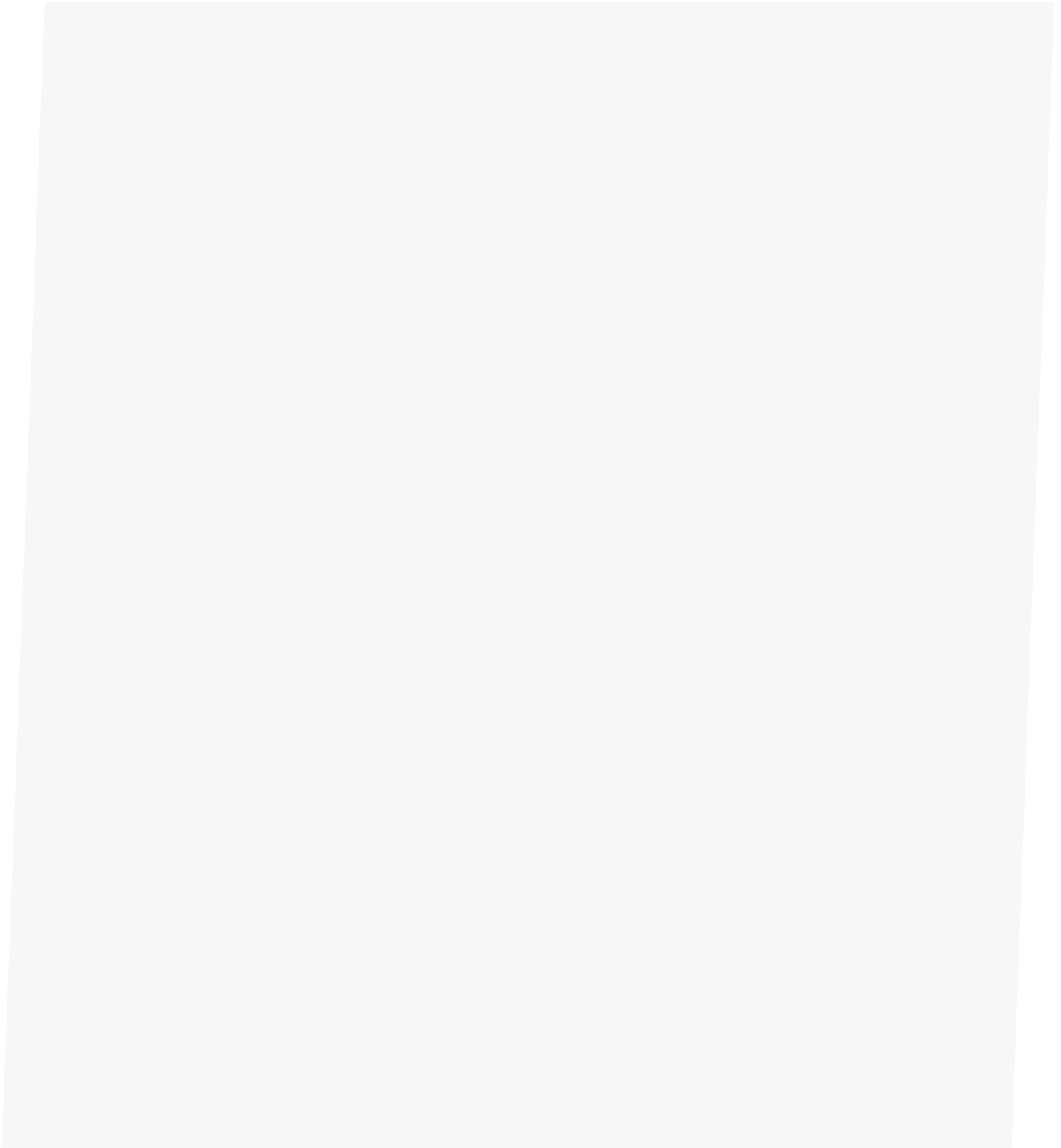
**W**ith that insight into yourself through your past actions, you're now ready to begin **defining your future**.

So, start making a list of the things you want to be doing in your future. And get carried away with this – have fun, be honest with what you really want and avoid the soul-sucking force of "reasonableness". Make them all "actions" – that is, the things you want to be doing on a daily basis in your ideal future; look at some of the things you currently enjoy doing for inspiration.

Some examples: travelling the world, teaching, writing, working from home and on the road, running a business, playing sports, speaking in front audiences.

Before you begin the assignment on the next page, make sure you're ready to begin. It is hard and takes a lot of time to garner insights from your past actions to visualise different futures, and to get specific. So make sure you're somewhere alone (ideally in nature) and are distraction-free. You should listen to your favourite music before beginning, do some exercise, meditate; whatever pumps you up and gets your headspace in an unreasonable and brave state.

Make a list of the things you want to be doing in your future. These are “actions” that you envisage doing regularly.



**T**o live a remarkable life, there are two beliefs worth buying into:

**1) You can climb any mountain once you name it's peak.**

Essentially, by defining something to achieve and truly believing that you can achieve it, it'll happen

**2) Behind each mountain, are more mountains**

Life really is a journey, not a destination. No matter what you succeed in doing, you'll want to succeed at doing something else afterwards. After-all, the alternative to that is to stop trying to grow; to retire and slowly fade away.

Given these beliefs, your best cause of action is to choose a massive purpose – one that makes you come alive – and the spend your life fulfilling it.

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No matter your current position, there's always something you can be incredible at. But to get there, you must believe that you are capable of the incredible.

And then you must decide what you want to be incredible at.

For this next exercise to work, YOU MUST BELIEVE YOU CAN DO ANYTHING. You'll want to be in an inspired, energetic and upbeat state of mind. Do what you must to get to that state of mind before starting this exercise – go for a run, listen to rousing music, talk to a friend.

**Ready?**

Write down everything you want to **achieve** in your future, and everything you want to be; your aspirations.

Write down **BIG** aspirations – not something that'd appear on your New Year's resolution's list. Focus on things that surround you with people you love, or involve creating something:

e.g. build and lead a company with thousands of employees

become a journalist respected for speaking uncomfortable truths

create a global university built around both professional & personal growth

Don't think about "how" you'll get there; only on what you want and who you want to be. Don't be specific. Don't be afraid to write something that's too big as well. **Often it's the thing you fear writing that is the thing you most want.**

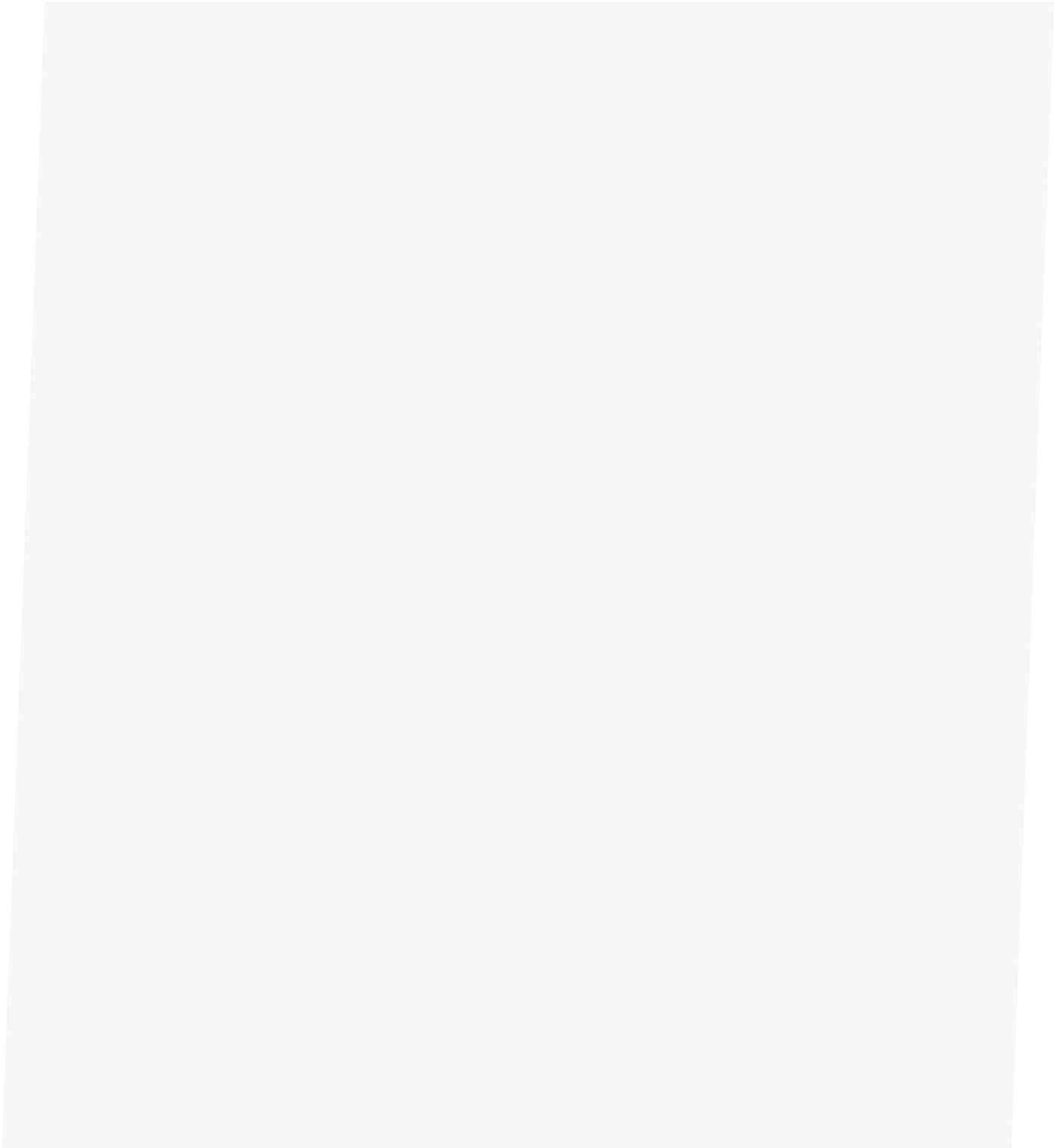
Once you've finished brainstorming, take a look at your previous exercise on the activities you want to be doing everyday; which three aspirations that you've written sync most with that list?

While writing those select three aspirations, pay attention to yourself. Is there something that makes you come alive on the inside as you write it? Something that fills you with intense emotion – that makes you angry, even afraid?

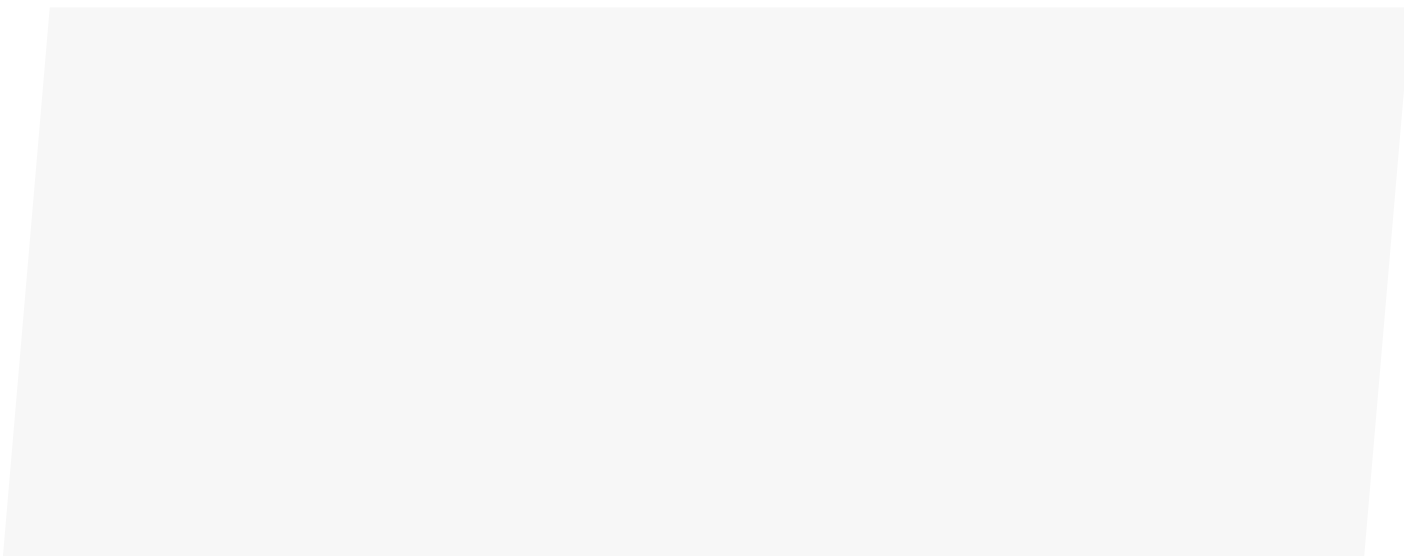
**That is the aspiration worthy of being the foundation of your purpose.**

Say it out loud, write it in big bold letters and put it on your wall.

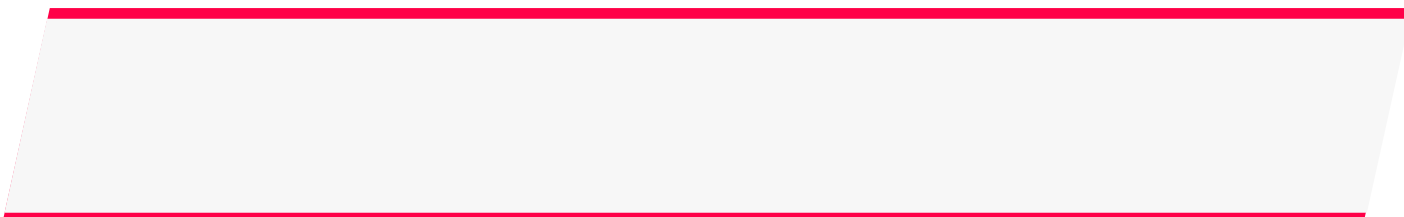
Start writing down everything you want to achieve in your future, and everything you want to be; your aspirations. **Be unreasonable.**



Which three aspirations are most in sync with the future regular actions you listed in part II of this assignment?



Look at the three aspirations you've listed above. Which one leaps out of the page at you most? Which makes you feel the most emotion – fear, excitement, rage? Write it down. Don't use logic here; trust your gut.



Finding your purpose requires you to name your future position in advance – from there you can then evaluate your current position, and begin mapping a path towards your future position.

**You've just taken a massive step towards a remarkable life. Well done.**