



How to find your Super Power for life and for your business.

5 Step Guide

Do you want to wake up each day knowing exactly what you are striving for? Knowing what your goals are and how you are going to achieve them?

Identifying your super power is the key to fulfilling your purpose both in life and in business.

But it's essential that you differentiate between your Core Goals and your Outer Goals. If you're not familiar with this concept:

- Core Goals are those that make you happy;
- Outer Goals are those that identify you to the outside world, or how you want the outside world to see you.

These two goals can be completely separate but are intrinsically linked.

Are you fulfilling your purpose? If not, what needs to change that would bring you closer to achieving your aims and ambitions?

The following exercises will help challenge how you think about your goals: for your life's purpose and for your business. You will wake up every day knowing exactly what it is you need to achieve to bring your Core Goals and your Outer Goals into alignment.

You might like to print out this guide so you can complete the exercises and keep the answers close by.

“Events weave around our plans to disrupt, change and push us in directions we never ever considered.”

Before you can begin to identify your Core and Outer Goals, you need to do a bit of soul searching.

We don't often take time out of our busy lives to stop and really think about where we are going and if we do, we rarely know for sure how we are going to get there.

When we are in our 20s we have a vague idea that we want a great job or business; reaching our 30s and 40s and family life tends to take priority, creating a home and securing a stable future.

But at some point reality hits home hard and you wake up one day and realise you're not happy, you feel unfulfilled but don't know why. You know you shouldn't feel this way and this makes you feel guilty. You have everything that was on your wish list in your 20s, but somehow as life progresses, those same ambitions just don't seem to ignite the fire anymore.

When you think about it, this makes absolute sense. Of course your goals are not going to remain static throughout your life; events weave around our plans to disrupt, change and push us in directions we never ever considered.

This is why, every year, you need to do a Core Goals Stock Check. If your plan is working great, continue with whatever it is you are doing. But, if not, you need to re-adjust what it is that's interfering with your goals.

Step One

These questions only relate to your Core Goals for now.
Remember, these are goals that make you happy

Question 1

How do you want to be remembered in life?

Write your answer in this box

Question 2

What Excites You?

Write your answers in this box

Question 3

What Do You Do For Fun?

Write your answers in this box

Question 4

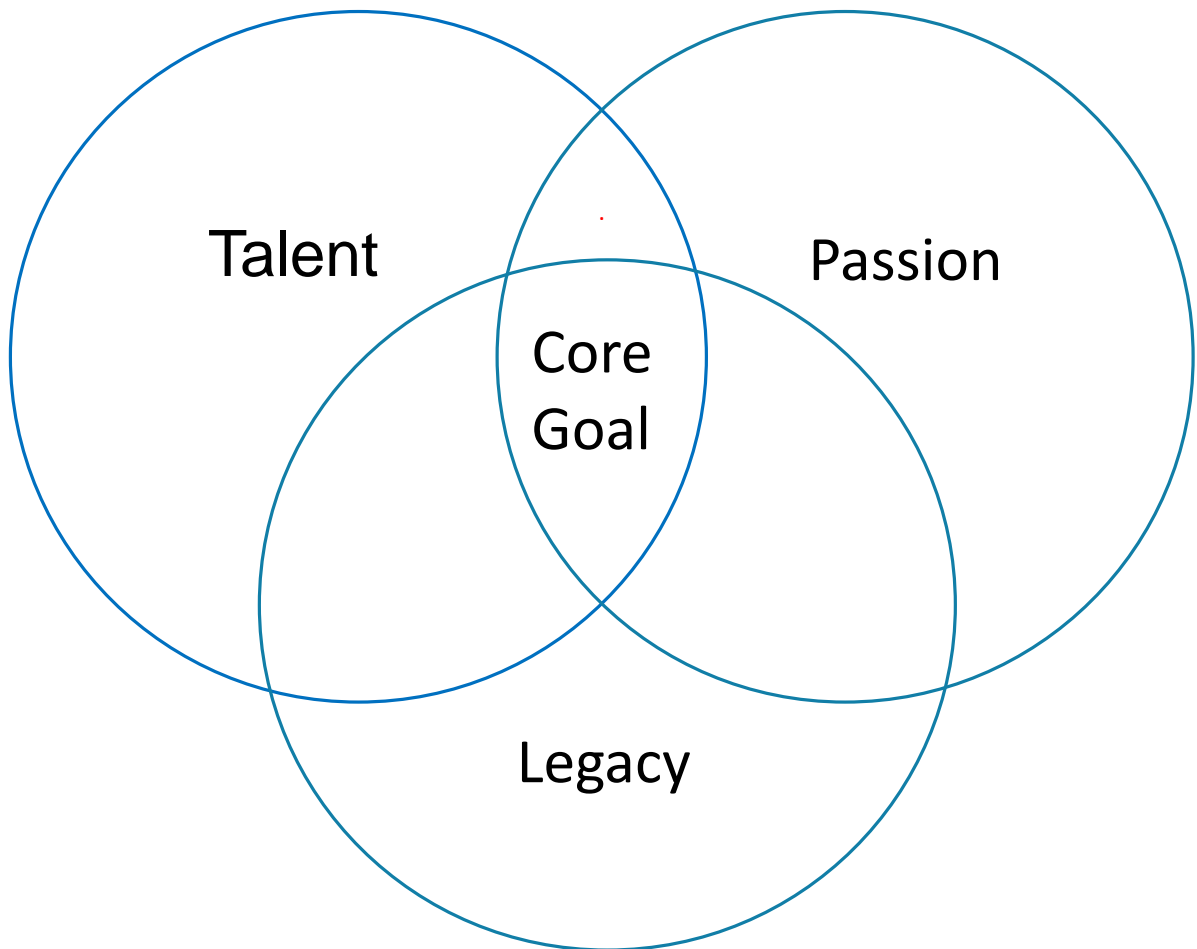
<p>What Are You Good At?</p>	<p>Write your answers in this box</p>

Question 5

<p>How Do You Want To Feel Each and Every Day?</p>	<p>Write your answers in this box</p>
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A Combination of Your

Talent, Passion and Legacy gives you your Core Goal



Step Two

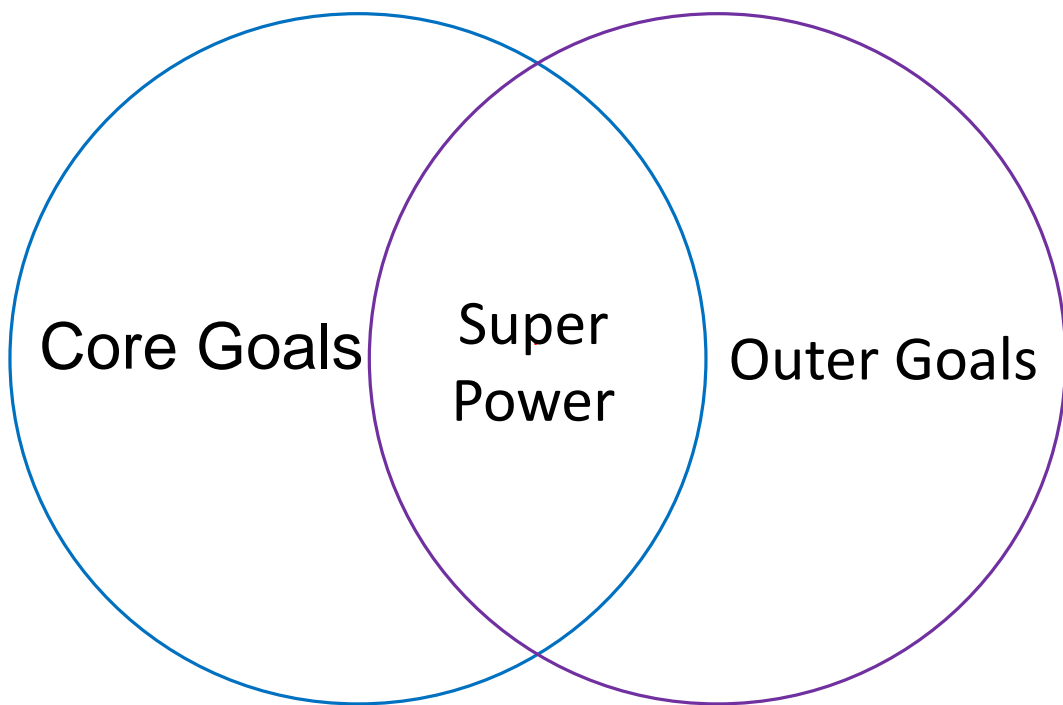
Now repeat this exercise for your Outer Goals. There are no questions for this section; remember Outer goals are your personal material 'wants'.

Write your material 'wants' in this box.

Write how you want people to see you in this box.

Now see where, or if, your Core Goals and your Outer Goals overlap.

The challenge is to achieve a balance between your Core and Outer Goals, what brings them into alignment for you so that you stop making the mistake of choosing goals based on the destination not the journey, ultimately your journey should bring you happiness on a daily basis.



Step Three

Thinking about the next 3 to 6 months ahead, what goals do you want to achieve that will help bring your Core Goals and your Outer Goals into alignment?

Write your goals here

Your Timescale here

Step Four

Are you fulfilling your purpose? If not, what needs to change? Think about what activities that would bring you closer to achieving your goals.

Write down the goal(s) you are *not* achieving here

Now write here, the activities you need to put in place to achieve your goal(s).

Step Five

Create A Vision Board.

If you haven't yet come across the concept of Vision Boards, the idea is that you use your board to remind you daily of the goals you are trying to achieve.

Vision Boards are similar to Mood Boards but whereas a Mood Board includes your physical wants and desires; a Vision Board should only contain ideas which express your *feelings*.

Your board should include inspirational images, messages, words, your Core Goals' list – anything that will help inspire you on a day to day basis. Pinterest is the place to visit if you need some ideas. everything you need to get started on your Vision Board.

I've a few ideas on my Pinterest page here:

<https://www.pinterest.co.uk/gingerduckretro>

You can also find an Inspirational Messages pack for free, which you can use for yourself or for your own business at

www.coast-academy.com/resources

Finally, to help you achieve your goals I can recommend an online tool that is extremely useful for keeping you on your toes. This is not an affiliate link, I only recommend this because I use Asana and think it's a great tool. You can find out more here. www.asana.com

I hope you've found this guide useful and can takeaway these five steps to create your own Vision Board and find your Super Power.