



Next Level Vision, Next Level Goals, Next Level Core Values

PART 1: NEXT LEVEL VISION

Close your eyes and take three deep breaths (inhale for 4, hold for 4 and exhale for 4). Once you've finished your third breath, ask yourself, what does my Next Level Everything look like?

Once you can see it, open your eyes and write it down.

What does your Next Level Everything look like?

...in your health/wellness...

...in your romantic relationships...

...in your personal development...

...in your spirituality...

...in your career/business...

...in your family and friends...

...in your fun and recreation...

...in your financial health and wealth...

Are you sure? If not, go back and close your eyes again.

In order to be there in 10, where do you need to be in 7?

In order to be there in 7, where do you need to be in 5?

In order to be there in 5, where do you need to be in 3?

In order to be there in 3, where do you need to be at the end of the next 12 months?

This blueprint is now the start of your Next Level Everything Plan for your life and business.

Are you excited about your vision and goals? How so?

Does your vision bring your goals into alignment with all that you were born to be?

How or how not?

Why and why not?

PART 3: NEXT LEVEL CORE VALUES

Confession time: Not that long ago, I felt lost in my business. And I realized that I had deviated from my core values and what is most important to me. I was settling in my business. And as you participate in this challenge, I wonder if you have felt the same.

So, take a moment and **write down your top seven core values.**

(Core Value List Credit to [Scott Jeffrey](#))

Acceptance	Connection	Exploration	Insightful	Present	Stability
Accomplishment	Consciousness	Expressive	Inspiring	Productivity	Status
Accountability	Consistency	Fairness	Integrity	Professionalism	Stewardship
Accuracy	Contentment	Family	Intelligence	Prosperity	Strength
Achievement	Contribution	Famous	Intensity	Purpose	Structure
Adaptability	Control	Fearless	Intuitive	Quality	Success
Alertness	Conviction	Feelings	Irreverent	Realistic	Support
Altruism	Cooperation	Ferocious	Joy	Reason	Surprise
Ambition	Courage	Fidelity	Justice	Recognition	Sustainability
Amusement	Courtesy	Focus	Kindness	Recreation	Talent
Assertiveness	Creation	Foresight	Knowledge	Reflective	Teamwork
Attentive	Creativity	Fortitude	Lawful	Respect	Temperance
Awareness	Credibility	Freedom	Leadership	Responsibility	Thankful
Balance	Curiosity	Friendship	Learning	Restraint	Thorough
Beauty	Decisive	Fun	Liberty	Results-oriented	Thoughtful
Boldness	Decisiveness	Generosity	Logic	Reverence	Timeliness
Bravery	Dedication	Genius	Love	Rigor	Tolerance
Brilliance	Dependability	Giving	Loyalty	Risk	Toughness
Calm	Determination	Goodness	Mastery	Satisfaction	Traditional
Candor	Development	Grace	Maturity	Security	Tranquility
Capable	Devotion	Gratitude	Meaning	Selfless	Transparency
Careful	Dignity	Greatness	Moderation	Self-reliance	Trust
Certainty	Discipline	Growth	Motivation	Sensitivity	Trustworthy
Challenge	Discovery	Happiness	Openness	Serenity	Truth
Charity	Drive	Hard work	Optimism	Service	Understanding
Cleanliness	Effectiveness	Harmony	Order	Sharing	Uniqueness
Clear	Efficiency	Health	Organization	Significance	Unity
Clever	Empathy	Honesty	Originality	Silence	Valor
Comfort	Empower	Honor	Passion	Simplicity	Victory
Commitment	Endurance	Hope	Patience	Sincerity	Vigor
Common sense	Energy	Humility	Peace	Skill	Vision
Communication	Enjoyment	Imagination	Performance	Skillfulness	Vitality
Community	Enthusiasm	Improvement	Persistence	Smart	Wealth
Compassion	Equality	Independence	Playfulness	Solitude	Welcoming
Competence	Ethical	Individuality	Poise	Spirit	Winning
Concentration	Excellence	Innovation	Potential	Spirituality	Wisdom
Confidence	Experience	Inquisitive	Power	Spontaneous	Wonder

Why did you choose these 7 core values?

How do you feel they will play into your Next Level Everything?

Are your core values aligned to your Incredible Factor? How so?

Congratulations!

You now have a clear view of your Next Level Everything!