



WORKBOOK

—

Create

YOUR AMAZING LIFE



Alycer Coaching
Creative possibilities

Welcome



It is my great pleasure to welcome you to this workshop and to see how determined you are to make a difference in your life. As you will realize during this workshop, gaining clarity is one of the most important aspects you can have as you desire to create the life that you desire. You will learn that creating a Vision Board is not just about cutting pictures and pasting them on a poster board. The focus is YOU as the creator of your life. Do not allow yourself to be an unconscious passenger in the creation of your life.

Finally, for you to benefit fully from this process, it is very important for you to take time and reflect on the questions in your workbook. This is where your transformation will happen.

I have given you a few things at the end of each module to reflect on as well as action steps to take towards the achievement of your dreams.

Creating your own Vision Board is the fun part; however, to accomplish your dreams, it will take hard work and focus each day. The fact that you are here is proof that you are eager to change your life for the better. So get to work, you are equal to the task! You have what you need to create a great life!

Congratulations for taking this time to create the life that you desire.

Enjoy

Alicengigi
Alice Ngigi
ALYCER COACHING

About this Workbook



This workbook is meant to be used as a tool for the Create Your Amazing Life workshop.

To benefit fully from this program, it is advisable to take time each week and work on the activities for the week. Doing this in small chunks as opposed to doing it all at once will help you get into the habit of self-reflection and introspection both of which are important in raising your level of conscious awareness.

At the end of each Module, you will find some reflective questions and action steps to take. It will be more beneficial to you if you could complete these before embarking on the following Module. The whole aim of this program is to bring about transformation in your life. The questions and actions steps in each Module, therefore, are the catalysts that will help you achieve that transformation, so do not ignore them.

Finally, transformation work is NOT a quick fix. Neither is it a one-off activity, it is a process and a journey of commitment. It is about acquiring new daily habits that will empower you and disregarding those that dis-empower you. In other words, the guaranteed transformation will only come from YOUR own effort.

While it is true that following the insights from this workshop and the accompanying workbook will lead to transformation, I cannot guarantee that it will be the same for you. And this is because I do not know your level of commitment or whether you will follow the recommended steps or not. This all depends on YOU. If you are looking for a quick fix, I will disappoint you, this is not for you.

This program will require that you put in the work; you show commitment to transforming your life, you honour the process and you own every part of the program. YOU will take full responsibility for your results. Only then can you expect to see transformation happen.

You have what it takes, you are designed for success, go for it!

“WHERE THERE IS NO VISION,
THE PEOPLE PERISH, BUT HE
THAT KEEPS THE LAW, HAPPY
IS HE”

PROVERBS 29:18 (KJV)

Table Of Contents

Welcome	2
About this book	3
You as a whole	7-12
Module 1: Gaining clarity	13-19
Module 2: Setting your values	20-25
Module 3: Master your life	26-31
Module 4: Create Your Dreamscape	32-36
Module 5: Live your dream life	37-42
The Dreamscape	43-48

“YOU DON’T ATTRACT
WHAT YOU WANT, YOU
ATTRACT WHO
YOU ARE”

~ANONYMOUS

You As A Whole

As you set your goals or dreams, it is essential to consider every aspect of your life to balance life. For example, what would it profit you to gain all the money in the world if you have lost your family or health? So consider these categories and set goals in each of them as you think about what you are becoming, what you want to do, and what you want to have. But before you get there, rate yourself against each category on a scale of 1 to 10, where 10 is the highest score you would want. Which type have you neglected, and what will you do about it? Being intentional about every aspect of your life helps you maintain a healthy balance.

1.Spiritual: My top three goals in this category are:

1.1.....
.....
.....

1.2
.....
.....

1.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

2. Physical (Health): My top three goals in this category are:

2.1
.....
.....

2.2
.....
.....

2.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

3. Financial: My top three goals in this category are:

3.1
.....
.....

3.2
.....
.....

3.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

4. Family: My top three goals in this category are:

4.1
.....
.....

4.2
.....
.....

4.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

5. Relationships: My top three goals in this category are:

5.1
.....
.....

5.2
.....
.....

5.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

6. Career/Business: My top three goals in this category are:

6.1
.....
.....

6.2
.....
.....

6.3
.....
.....

One step that I will take towards this goal is

.....
.....
.....

Personal Development: My top three goals in this category are:

7.1
.....
.....

7.2
.....
.....

7.3
.....
.....

One step that I will take towards this goal is
.....
.....
.....

8. Recreation: My top three goals in this category are:

8.1
.....
.....

8.2
.....
.....

8.3
.....
.....

One step that I will take towards this goal is
.....
.....
.....

7.2
.....
.....

7.3
.....
.....

One step that I will take towards this goal is
.....
.....
.....

8. Recreation: My top three goals in this category are:

8.1
.....
.....

8.2
.....
.....

8.3
.....
.....

One step that I will take towards this goal is
.....
.....
.....

“IF YOU WANT TO MAKE
MINOR CHANGES IN YOUR
LIFE, WORK ON YOUR
BEHAVIOR. BUT IF YOU
WANT TO MAKE
SIGNIFICANT, QUANTUM
BREAKTHROUGHS,
WORK ON YOUR
PARADIGM”

STEPHEN R. COVEY

Module I: **GAINING CLARITY**

In this module, you will begin by asking yourself the all important questions; “who am I and why am I here”. You will be seeking to understand what really is important to you and hopefully gain clarity on what you want and why you want it. This module will also help you examine your results and gain understanding on what impacts them. You will get to understand the habits that are associated with successful people that ensure they achieve their goals.

SET YOUR INTENTION AND GAINING CLARITY

My intention for this workshop is:

What is your understanding of a Vision Board?

Why do you want to create a Vision Board?

Why is that important to you?

How will your life be different when you create the Vision Board?

How will it be different if you don't?

EXAMINING OUR RESULTS

Think of some results from either your work or personal life

Are you happy with them? If yes why if no why?

Think of possible reasons for each result

What do you think has the greatest impact on your results?

What behaviors most contributed to your positive results, which ones contributed to your negative results?

What causes our actions and behaviors?

GOAL ACHIEVEMENT

On a scale of 1 to 10, where 10 is the best, how would you rate your goal achievement?

What would have to change to better that score?

What in your opinion has contributed the most to your not achieving your goals?

What will you do differently?

REFLECTION AND ACTION STEPS

From this module, what was your greatest insight?

What will shift in your life as a result of this insight?

What is the tiniest step you can take to make this a reality?

What will be the consequence of not taking this step?

How different will your life be if you take this step?

Finally what are you most grateful for?

NOTES

Lined area for taking notes, consisting of multiple horizontal dashed lines.

A series of horizontal dashed lines for writing, arranged in 10 groups of three lines each, spanning the width of the page.

“HOW WE SEE THINGS
DETERMINES HOW WE
DO THINGS AND HOW
WE DO THINGS
DETERMINES THE
RESULTS WE GET”

STEPHEN R. COVEY

Module II: **SETTING YOUR VALUES**

In Module 1 you examined the question of who you are and why you are here. In this Module you will look at what makes you act as you do. What drives your behavior and the results you get? What is it that you value and how does this impact on how you do things? You will understand what you need to focus on and why this matters. You will explore your Paradigms and seek to understand how they affect the results that you get. You will dive deep into the creative process in order to help you appreciate how you are constantly creating your results whether you are conscious or not.

SET YOUR INTENTION AND GAINING CLARITY

What are your highest values?

Are you living true to those highest values? If not, why?

How will living by your highest values impact your life?

DEAL WITH THE PAST

What disappointments have you faced in the past?

What emotions did you feel?

What can you do to overcome this?

WHERE IS YOUR FOCUS?

What activities occupy your day?

How many of those activities are in your circle of concern?

What will you do to grow your circle of influence?

THE LAW OF CAUSE AND EFFECT

In Module 1 we asked the question of what has the greatest impact of your results.

What is your answer to this question now?

What one thing will you do to shift your previous answer?

REFLECTION AND ACTION STEPS

What was your greatest insight from this module?

What action will you take as a result of that insight?

How will your life change if you take this step?

If nothing changes in your life, how will your life look like in five years from now?

What must happen now if you don't like what that life would be?

What step must you take towards achieving your dream?

What are you most grateful for from this Module?

A series of horizontal dashed lines for writing, arranged in 20 rows across the page.

“UNTIL YOU MAKE THE
UNCONSCIOUS
CONSCIOUS IT WILL
DICTATE YOUR LIFE
AND YOU WILL CALL IT
FATE”

DR. CARL JUNG

Module III: MASTER YOUR LIFE

In this Module you will understand how your creative process works. You will clearly see how raising your level of conscious awareness helps you take charge of your life. You will understand how your belief system could be standing in your way of success. You will identify those beliefs that no longer serve you and replace them with empowering beliefs that will help you live the life that you desire. You will understand the unlimited potential within you and ways to unleash that potential.

MASTER YOUR LIFE

Who do you believe is responsible for the life you have now (besides God)?

To what extent have you consciously created your results or outcomes?

How intentional are you on your personal growth?

John Maxwell has said that “everything worthwhile is uphill”, what do you understand by this?

What will you do differently with this understanding?

SELF-LIMITING BELIEFS

What do you understand by the term “self-limiting beliefs”?

List some of your own self-limiting beliefs

To each of the self-limiting beliefs above, come up with a corresponding empowering belief

UNDERSTANDING YOUR POTENTIAL

What do you truly believe about your potential?

Your limiting beliefs hinder your potential, what step or steps will you take overcome those beliefs?

REFLECTION AND ACTION STEPS

What insight did you get from this Module?

What one step do you need to take as a result of that?

Knowing what you know now, what will you do differently?

What are you most grateful after going through this Module?

A series of horizontal dashed lines for writing, arranged in 15 rows across the page.

“OUR MIND IS THE
ENEMY’S TARGET, IF HE
CAN MESS WITH OUR
THOUGHTS, HE CAN
MESS WITH OUR LIVES”

AUTHOR UNKNOWN

Module IV: CREATE YOUR DREAMSCAPE

THE DREAMSCAPE

In this Module, you will be creating your vision board. You will gain an understanding of what it really takes to create a vision board. You have already worked on your Dreamscape from week one. At this stage you will be clarifying some of the things you had written down in your Dreamscape. You will go deeper in examining your true desires so that the vision board is as real to you as possible. You will take time to reflect on who you are in order to ensure that your vision board is in alignment with your highest value. You will also be re-visiting the creative process to prepare you for your vision board creation. This is indeed the fun part that you have been waiting for.

Has anything shifted since this workshop started? If yes what was that?

Why is this process important to you?

How will your life change if you achieved all you have written down?

If things remain as they are now, how will your life look like in say 5, 10 years? How would that make you feel?

Knowing what you know now, what will you do differently?

REFLECTION AND ACTION STEPS

What have you discovered about yourself during this process of vision board making?

If you were to go back to the beginning, is there anything that would change and why?

Are there things that you desired previously that no longer matter? Why is this?

Having understood how RAS works, what will you do to make sure that it works to your benefit?

From the previous Modules, what are some of the habits that you have that could hinder your progress?

What are you going to do about those habits?

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

“EVERYTHING
WORTHWHILE IS
UPHILL”

JOHN C. MAXWELL

Module V. LIVE YOUR DREAM LIFE

You have now created your vision board. Congratulations! What next?

In this Module, you will critically examine your master creation and determine practical ways of bringing it to fruition. You will understand how to prioritize your resources and activities in order to reap the maximum benefits. You will also visualize any obstacles that could stand in your way to success and come up with ways to mitigate that. Having a clear end from the beginning will also help you remain focused on your dream. You will understand the power of “NO” as you focus on the important things and learn to make the real thing the real thing.

What three things from your Vision Board are inspiring to you and why?

What did you discover about yourself during this process?

How will this new knowledge about you impact your future results?

What do you need to do immediately to shift your outcomes (your needle movers)?

What might stand in your way?

How do you plan to navigate that?

Who could you turn to for support?

How will you measure your progress or achievement?

What was the greatest insight that you have received which you could gladly share with a friend?

Knowing what you know now, what will you do differently?

How might your life change as a result of attending this workshop?

REFLECTION AND ACTION STEP

Take time to think about your life during this process so far, what would you say has been your greatest discovery about yourself?

Does your vision board represent your deepest desires? If not, what will you do about it?

Are there some deep desires that you have not brought to the light?

What is still holding you back?

Looking at your vision board, what one thing will keep you up in the night because you can't wait to see the end result?

What will you do to maintain that momentum and motivation?

NOTES

Lined area for notes, consisting of multiple horizontal dashed lines for writing.

A series of horizontal dashed lines for writing, arranged in 10 groups of three lines each, spanning the width of the page.

“IF YOU WANT TO HAVE
MORE, YOU FIRST HAVE
TO BECOME MORE.”

~ JIM ROHN



HOW TO CREATE YOUR BE-DO-HAVE DREAMSCAPE

This is designed to open your mind to your desires to awaken you to the awareness that there are possibilities for your life- and that you can actually create your world the way you want it to be.

There are no wrong or right answers. This will help you gain clarity **SET ASIDE A CHUNK (OR SMALL CHUNKS OF TIME WHEN YOU WILL NOT BE DISTRACTED)**

It doesn't matter if you do this all at once, or if you like to do it in pieces so that you don't feel so much pressure. The biggest thing is to just write.

Before you begin – sit quietly for about five minutes. Just sit quietly and relax for several minutes. Intend that this be a fun and expansive activity!

BE

***EXAMPLE:** I am encouraging*

DO

EXAMPLE: *I travel round the world with my family*

A series of 25 horizontal dashed lines for writing.

HAVE

EXAMPLE: *I have enough money to do the things I love*

A series of 25 horizontal dashed lines for writing.

“NEVER DOUBT GOD’S MIGHTY
POWER TO WORK IN YOU AND
ACCOMPLISH ALL THIS. HE
WILL ACHIEVE INFINITELY
MORE THAN YOUR GREATEST
REQUEST, YOUR MOST
UNBELIEVABLE DREAM, AND
EXCEED YOUR WILDEST
IMAGINATION! HE WILL
OUTDO THEM ALL. FOR HIS
MIRACULOUS POWER
CONSTANTLY ENERGIZES
YOU”

EPHESIANS 3:20 (TPT)

THANK YOU FOR COMING THIS
FAR, IT'S TIME NOW TO GO
LIVE YOUR DREAM

~GOD BLESS YOU~