



## Genius Action Step #6 - Future Visioning

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This Future Visioning exercise will help you create a future vision for where you want to go, By using where you have been to help you create a future vision that is as detailed and real To your mind as it needs to be in order for your inner-self to believe it.

**Step#1:** select a time in your past where you were very certain about what you were doing, Where you were going and how you wanted to get there. Make this a time where you were Authentic and true, satisfied and passionate, happy and fulfilled. Make your answers as detailed As you can!

Date in your past: \_\_/\_\_/\_\_

Date in your future: \_\_/\_\_/\_\_

### 1 - General

- a. Where did you live?

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- b. What did you love about that place?

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- c. What work or roles did you do there?

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### 1 - General (continued)

- d. How long had you been doing that kind of work at that point?

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- e. Where you involved in the community and if so how?

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- f. Why did you choose this time in your life for this exercise?

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### 2 - Relationships

- a. Who were some of your closest relationships with?

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- b. How good were those relationships?

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- c. What specifically was good about some of those relationships?

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- d. How happy were you overall with those relationships?

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- e. How many best friends did you have?

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### 3 - Satisfaction

- a. Overall, how satisfied were you?

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- b. Why were you this satisfied?

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- c. How hard did you have to work, how many hours per week

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- d. Was this too many hours at the time?

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- e. How fulfilled were you in your personal and professional roles and why?

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### 3 - Satisfaction (continued)

- f. How authentic did you feel and why?

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### 4 - Health

- a. How old were you?

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- b. What did you weigh?

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- c. How healthy would you say you were?

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- d. How much did you exercise?

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- e. How much energy did you have throughout the day?

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- f. How did you physically feel when you woke up in the morning?

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### 5 - Relaxation/Leisure

- a. What hobbies did you have, or what did you do to relax?

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- b. How often did you get to relax or have fun like this?

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- c. Where did you go on vacation that year and for how long?

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- d. What “toys” did you play with then?

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- e. Who did you relax or play with and how?

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### 6 - Self Development

- a. What did you do to improve yourself?

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- b. What kinds of new skills or experience did you develop?

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- c. How much self-development were you doing at the time?

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- d. Did you have a coach, mentor, take classes, read, etc.?

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### 7 - Roles

- a. What was your job title?

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- b. What were you duties and responsibilities in this role?

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- c. How long had you been filling that role?

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- d. Did you enjoy the work, how did it make you feel?

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- e. What's one of the most important things you had to do in that role?

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### 7 - Roles (continued)

- f. What did a typical day look like at work?

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### 8 - Finances

- a. What was your income?

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- b. Was that enough money for you at the time (did you have more month than money)?

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- c. How much of an increase was that amount over the previous year?

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- d. How much were you able to put away comfortably?

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- e. How much more do you think you could/should have been earning?

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### 9 - Spiritual

- a. How at peace were you in your spiritual journey?

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- b. What were some things you did to develop yourself spiritually?

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- c. What is one thing that you enjoy most about that aspect of your life?

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- d. How did you spirituality support and benefit you?

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### 10 - Talents

- a. What were two of the natural talents you leveraged for success?

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- b. How did you leverage these talents?

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- c. What non-talents was your success dependent on?

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- d. How did you make sure your success depended on these talents?

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### 11 - Motivators (Use your knowledge of the Values Index to answer these questions)

- a. Which motivator was significant for you at this time in your life (Theoretical, Social, Economic, etc.)?

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- b. How did you your roles in life align with your motivations (how well and specifically how)?

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- c. What about your roles was not motivational to you?

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- d. How did you lack of motivation affect your success?

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### 12 - Behaviors (Use your knowledge of the DISC Index to answer these questions)

- a. Which behavioral factor do you think was the most significant for you at this time in your life (Theoretical, Social, Economic, etc.)?

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- b. How did you your roles in life align with your dominant behavioral dimension (how well and specifically how)?

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- c. How were your roles was benefited by the behavioral dimension above?

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- d. Did this same behavioral dimension hinder your success in any way (and how)?

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Your Name:



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[www.whatsyourgenius.com/workbook](http://www.whatsyourgenius.com/workbook)



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Once you have finished answering the first part of these questions, Step 2 is to then pick a date 12-18 months into your future and write a similar statement for each question - but in a future tense. In other words, use your past tense experiences to guide you as you answer these same questions again - but answer as you believe will be true 12-18 months from now.

Make your future answers as justifiable as you can because your 5th Level Coach will hold you accountable to your answers (so be ready to defend whatever you answer).

Remember to keep your dream job clearly in your head as you answer the questions in Step 2.

*For question 13 use the blank space on the following page.*





**Your Name:**