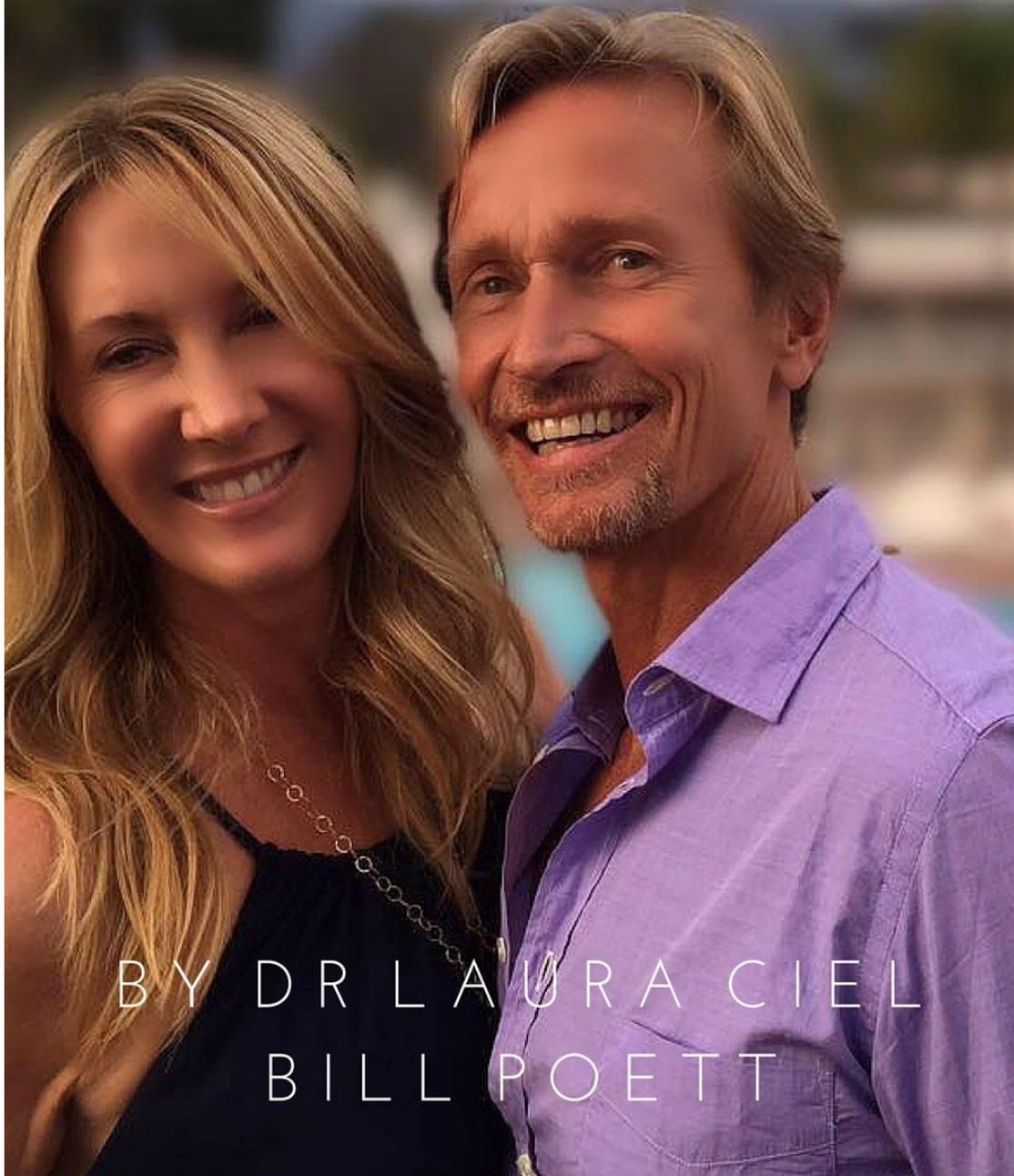


LIVE, LOVE AND LEAD YOUR DREAM LIFE

6 SECRETS

of Mindful Creators



BY DR LAURA CIEL
BILL POETT



Workshop: It's Never Too Late..

How to set and achieve goals that matter!

07.14.2017

Overview

It is never too late to create a life you love! Even if you are in your 40s, 50s, 60s and beyond it is still the perfect time to start over. And if you are ready to make a change, we are here to make sure that this time around you get to do it on your terms.

If you want to have more of a say about how you live your life you are in the right place.

In this workshop, you will be guided through a process that will inspire you and set you on a path to lasting positive transformation and personal growth. **By the end of today's workshop, you will be ready to rock your life by:**

Goals

1. Reconnecting to your **loves and values**.
2. Getting greater clarity of your **current strengths and challenges**.
3. Identifying your biggest opportunity for positive change (your **High Value Target HVT**).
4. Converting that opportunity into an **inspiring, achievable 8 week goal (HVT)**.

1. **Physical Quotient: PQ or Earth Element.** Your health, strength and physical vitality.
2. **Intelligence Quotient: IQ or Water Element.** Your knowledge and skill base.
3. **Emotional Quotient: EQ or Fire Element.** Your ability to manage your own emotional state and show up in all the relationships in your life in the healthiest, most positive way possible. Even when you are in a negative emotional state, you know how to manage it and not let it take over your ability to show up. (e.g., ability to see the positive, motivated and focused on what matters even in challenging and adverse situations and supporting others as they do the same).
4. **Spiritual/Service Quotient: SQ Wind Element.** Your connection to others and your ability to share your unique gifts and talents with them.
5. **Energetic Quotient: 9Q Void Element.** Your capacity to access all of the potential energy within and around you and use it to Mindfully Create the life of your dreams.

You can't get to where you want to go, unless you know exactly where you are.

This is one of the most important...and least favorite parts of our Mindful Creators Academy course, for a lot of people. Nonetheless, the information you gather is essential to your success.

The important thing to remember is that you are simply gathering data. **It is not about how "well" or "badly" you are doing in life. It is about taking stock of what your strengths are and where you are facing your greatest challenges.**

If you inherited an estate, or were hired to take over a company, the first thing you would want to see would be a full inventory of assets (strengths) and liabilities (weakness or challenges). With this information, you could then chart a course for future success.

Starting over again in life, is no different. You are here today because you want a more joyful, beautiful, vibrant life. Before you can start on the journey, you need to know where you are and what you are working with.

Your ATR Assessment.

This exercise is going to require you to engage your creativity to imagine what might be possible for you. Don't compare yourself to others. Compare yourself with you in your most vibrant, loving, successful, healthy, grateful self.

Use your imagination to see each quotient in it's fully realized form. Next, grade your current self (the 0.000001% physical reality) against that fully realized self (99.999999% energetic reality).

You will give each of your 5 quotients a letter grade just like you are back in school. A+ means you are absolutely crushing it and that particular quotient is fully maximized. A D grade would mean that things can, and need to, get a whole lot better pretty quickly before some dire consequences occur.

Are you ready? Let's Do this!

Physical Quotient: PQ or Earth Element. Your health, strength and physical vitality.

Grade ____

Intelligence Quotient: IQ or Water Element. Your knowledge and skill base.

Grade ____

Emotional Quotient: EQ or Fire Element. Your ability to manage your own emotional state and show up in all the relationships in your life in the healthiest, most positive way possible. Even when you are in a negative emotional state, you know how to manage it and not let it take over your ability to show up. (e.g., ability to see the positive, motivated and focused on what matters even in challenging and adverse situations and supporting others as they do the same).

Grade ____

Spiritual/Service Quotient: SQ Wind Element. Your connection to others and your ability to share your unique gifts and talents with them.

Grade ____

Energetic Quotient: 9Q Void Element. Your capacity to access all of the potential energy within and around you and use it to Mindful Create the life of your dreams.

Grade ____

Exercise #3 Your biggest WIN...selecting your High Value Target (HVT)

Now that you have completed your personal **ATR** inventory at this point in your life, it is time to have some fun and get clear about what your biggest win might be.

When you look at your current **ATR**, you will probably see lots of opportunity for growth. Don't be hard on yourself! That is great news!

We realize that your health, relationships, career or finances right now might not be all that you dreamed of when you were younger. This is why you are here! What we can tell you is it isn't too late! You can make changes and if you commit to this training they will improve!

Imagine how much more health, love, joy, success and abundance you will experience when you learn how to close your **POTENTIAL GAP!**

Your **POTENTIAL GAP** is the difference between the results you have created to date, in any given quotient (the .000001% that makes up our physical reality) and what “could be (the 99.999999% of pure possibility)” if that quotient, or all your quotients were fully realized!

Few things are as exciting, or as much fun, as remembering who you are at your core!

Imagine what might be possible if you reverse the negative trends that are no longer serving you and begin “closing the gap”. Everything in your life will begin to change.

“Whatever the mind can conceive and believe it can achieve!” Napoleon Hill

Mindful Creators are proactive not reactive.

Now that you have your grades for your quotients (and remember, don't be hard on yourself) it is time to look at how key areas in your life are trending.

As humans, change is the only constant and if you look back over the past year or two you will notice these key areas are either following a positive trend, (i.e., getting stronger, better and closer to the dream or ideal). Or, these key areas are following a negative trend (i.e., getting weaker, worse and moving away from the dream or ideal).

One of the most important skill sets you will develop as a Mindful Creator, is to proactively address negative trends as soon as they “show up”, which is the easiest and best time to tackle any issues.

The reactive approach, used by most people, is ignoring a negative trend (hoping it will shift on its own) and waiting until things “blow up” . This reactive non-strategy is extremely painful, terribly expensive, and in many cases once things “blow up” like our health, a marriage or a business they are beyond repair and the cost and consequences can be devastating.

If it's not working, fix it.

You would be amazed at how many people we work with who tell us they don't know what they want or it's been so long since they had a big, beautiful dream, they feel like they have forgotten how to dream. This might be you. If it is, you are not alone.

The exciting news is that by identifying key areas of your life that are trending in a negative direction and then identifying one area that is causing you great pain or

that holds the greatest potential pain, you now know one **High Value Target (HVT)** that you can convert into a big win!

Some current examples of negative life trends:

1. **Your health (PQ)** Maybe you have been struggling with your weight for years. Lots of people are. According to the CDC, the average American will gain 1 to 2 pounds a year from early adulthood through middle age! **This is literally a huge negative trend of epidemic impact!**
2. **Marriage and divorce (EQ)** Going from “I do” to “I can’t stand the sight of you” or “I want out” Is a negative trend that will impact over 50% of the population! Grieving a lost relationship takes a huge toll on both people in many different ways.
3. **Career satisfaction (SQ)** No child in history ever said I can’t wait to grow up and spend the vast majority of my waking hours doing something I can’t stand, but according to the EDD 80% of Americans are disconnected from their work.
4. **Financial Stress (IQ & SQ).** The number one cause of stress in America today is money, according to the American Psychological Association.

Just by glancing at this short list, it is clear to see that many people are experiencing a negative trend in one or more areas. What do you do about it?

Baby steps to a big “WIN” and a beautiful life.

It is possible, and honestly quite likely based on current statistics, that you might be experiencing negative trending in more than one key area and quotient.

It is also possible that this current reality (0.000001%) has created overwhelm, depression, anxiety, major stress and caused you to freeze, self-medicate or just plain give up.

Bottom line: As of right now, you are on your way to changing this trend!

With our help, you will identify the #1 **HVT**, or area of your life that is on a negative trend, and you will learn how to flip that trend so you can restart your life. How awesome is that?

We want you to only choose one major **HVT** to focus on at this moment for two important reasons. 1. We don’t want you to feel overwhelmed and 2. Once you understand and master the process and principles we teach in our Mindful Creators Academy to reverse this trend, you will be able to apply it to every other area of your life!

“There is no greater agony than bearing an untold story inside you.” Maya Angelou

What is one major area of your life that is trending in a negative direction? What is one key area or quotient that is limiting your joy and success? What is the **Highest Value Target (HVT)** that you could change about your life that would create the biggest WIN in the next twelve months?

If you don't address this issue and the negative trend continues, how much will it hurt? How much will it cost you emotionally, financially, energetically? How much damage will it do to your life, relationships and dreams?

When you successfully flip this trend in a positive direction, what will be saved? How will you feel? What will you experience or accomplish that you can't on your current path? How much more joy, fun, love, success and abundance will be available to you?

The Google Technique.

The visionaries at Google understand that there is no value in building a plan around what “is happening now” because our current physical reality is only .000001% of all that is and all that can be.

Google visionaries, expert Mindful Creators, use their creative imagination to forward leap into the future, a new reality. They focus on what “can be”, and they build the blueprint for our Google future from this perspective...which by the way is genius.

You will do the same thing. Imagine you are fully committed to turning your one big **HVT** around. Instead of your health, marriage, business, bank account, friendships or whatever trending in the wrong direction, you flip it, and spend the next 12 months rocking it!

Take a moment and imagine, with all of your senses, your health, love life, business, whatever... being all that it can be.

If you think planning a vacation is fun, once you get good at this forward leap you will love it! For those of you who like to stay in your imagination, this step will be easy and you will be more challenged with the following step.

So what exactly does your big WIN look like?

It's time to engage your creative imagination and get really clear. One of your most powerful, and quite likely underdeveloped, assets is your imagination. Forward leap one year out from now and imagine that for the previous 12 months you have focused your incredible power and used these tools and training and your _____ (fill in the blank) is awesome!

Describe exactly what this looks and feels like. Remember, the more clear and compelling the blueprint, the better able you will be to identify actionable steps and eventually reach your vision.

How much progress can be made toward that one-year blueprint in 8 weeks?

Clearly, you will not “fix” decades of negative trending in 8 weeks.. that is just crazy talk.

You can, however, completely flip your negative trend into a positive trend and be moving powerfully toward your one year vision. That is exactly what today is about and exactly why we created the Mindful Creators Academy.

Today, the goal is to come up with a rough blueprint. On your own or in the Academy you will tweak, review, refine and ultimately create an awesome blueprint. You will answer these questions below:

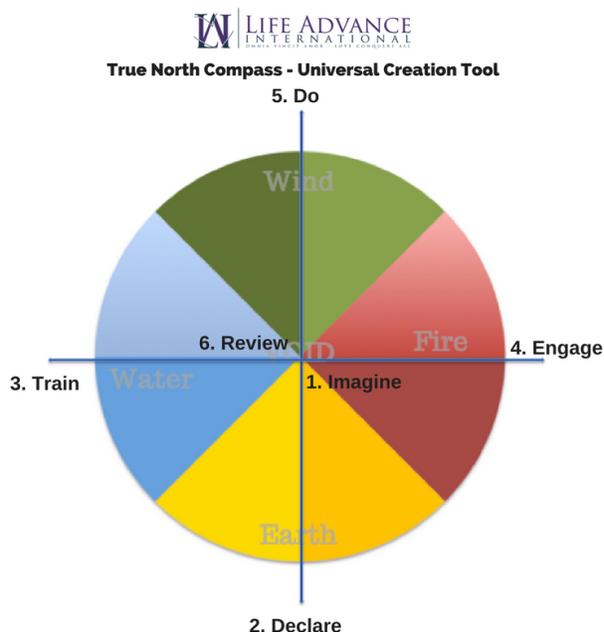
1. Why does my one-year big vision matter?
2. How much of my resources are available to me in the next 8 weeks (time, energy, focus)?
3. What would be a “WIN” for me in the area of _____ in the next 8 weeks?

Example: Laura just completed this exact process that you are learning today and her 8 week HVT flip looked like this:

At age 52 she was not happy with her strength, energy and the direction her body was heading. Hormones, age and digestive issues were starting to take over her health and she wasn't feeling strong in her body. She was doing all of the same things she did in her 40's to stay fit and trim and nothing seemed to be working. She was gaining weight and losing energy which was not making her happy. How she answered the above questions:

1. The big one year vision mattered because she intends to live a long time and is passionate about her work in the world and her relationships with loved ones. Increasing fitness would keep her healthy and strong to do everything she wants to do.
2. She waited about 9 months before starting any fitness program because she knew she needed to address some health questions/concerns first. Once she had dealt with 75% of these issues she cleared her calendar to be ready to train every weekday morning at 5:45am (even though she isn't a morning person) and she did

Exercise #5 Six Simple Steps to Achieve any Goals That Matter



Congratulations, you have actually completed the first two steps of our True North Compass™ process.

The simple process you are about to learn is the same process that lies at the foundation of our Mindful Creators Academy.

These steps are universal in their application. From individuals struggling to regain their footing after death and divorce, to bankers realigning their team after a merger or a board of a nonprofit looking to expand their service we train teams and individuals to use this process to create the vision they want and make powerful progress toward their goals.

These steps are how Wayne Gretzky became one of the greatest hockey legends of all time. They are how Elon Musk will take us to Mars and they are the fastest way to bring fire, passion and great sex back into your bedroom! They are based 100% on natural law and we have tested and proven them in almost every imaginable arena.

Once you learn this process, you will see it in every successful achievement of man from the creation of the iPhone, to our first steps on the moon, to your grandparents 50th wedding anniversary.

You will also realize that it is a fully integrated process and when one or more of the steps are missing the goal, dream, or vision will fail.

Before we take you through this final exercise we want to emphasize one of the core concepts of our training programs, which goes against a fallacy that most of us have been taught!

We have been taught that knowledge is power. This idea is ludicrous, for all of us KNOW at least one thing we could start, or stop, doing that would dramatically improve the quality of our lives and yet we don't take ACTION on that knowledge. Not much power in that if it does absolutely nothing for us. The knowledge we possess contains zero power until we feel compelled to apply it.

Knowledge, skill, or information only becomes valuable when it becomes cellularized. When the **information literally “becomes you” on a cellular level**, it is immensely powerful because it drives your actions.

The only way to cellularize any piece of knowledge or skill set is through repetition and training. And the only way you will repeat and train is if it really matters to you deep down.

The champion tennis player will hit 1,000s of practice services because he/she wants to be the best. The musician or ballerina will repeat their movements 1,000s of times because they cannot imagine not creating the most beautiful and moving music or dance. The scientist will spend 1,000s of hours applying their knowledge because finding a cure for a disease or creating something that has not yet been created drives them out of bed.

Even if your dreams feel less huge, they still deserve the focus and training if they really matter to you. Once you understand the Mindful Creators’ process, you will be able to practice it daily!

True North Compass: Mindful Creators Process

Step 1 Void: Imagine - Every goal and creation begins as an Idea

Every thought, every word, every action we take is attached to some future outcome. We are naturally creative and resourceful beings. Mindful Creators recognize that everything that currently exists in physical form had its conception as an idea, a thought, a dream.

Mindful Creators are practical dreamers because we know exactly how to move beyond the physical world and use our limitless imagination to touch, see and feel future realities and possibilities that excite and inspire us and then transmute them into our current reality.

A Mindful Creator can connect with that which “can be”. They have the capacity to tap into pure energy/potential/the 99.999999% and transmute it into that which “is”, the .000001% physical matter.

You just did this step when you sourced your biggest win.

Step 2 Earth: Declare - Dreams must be declared as specific, actionable, high energy blueprints.

Once you source that idea, or dream that quite literally turns you on, the next step is to declare it in blueprint form. A contractor can’t build you a dream house unless they have a clear blueprint to follow.

A fitness trainer can't design the right training for you unless they have clarity about what your specific goals are. You might want to prepare for a marathon or a dance competition or maybe you want to lower your body fat by 6% and gain lean muscle.

One of the most exciting things to realize in this step is that once your blueprint is complete, your vision already exists energetically!

They say there are two types of miserable people, those who don't know what they want and those who know what they want, but don't know how to get it.

Congratulations! At this point, you know what you want, at least in one area of your life. This is a great place to restart your life on your terms. The next four steps explain exactly what you need to do to transmute your blueprint into its physical form

Step 3 Water: Train - New skills, knowledge and processes must be developed.

This third step is critical and one that far too many people skip or ignore.

The BAD News: Any time you set a goal or create a blueprint greater than your current reality you need to acknowledge the fact that **right now, you don't possess the strength, skill, knowledge or experience to create it!**

If you did, it would already exist in your life. So the cold, hard truth is that if you want more health, more love, more success, impact or wealth, you must literally become more.

A 10 oz cup can't hold 20 oz and until you grow your 5 quotients/**ATR** you can vision board and meditate until the cows come home and there will be no change in your reality!

The GOOD News: Growing in power, knowledge, emotional intelligence and our ability to share our gifts for fun and profit is our natural state! **We were born to grow. In fact, that is one of the definitions of life!**

In step 3 you develop a mission/blueprint specific training protocol and get access to all of the tools, training and coaching you need to grow your ATR and develop your plan of action so that you are capable of creating the dream!

Step 4 Fire: Engage - To manifest a goal, it must be meaningful to you. It must have enough energy in motion (E-motion) to fuel and sustain its creation.

Many excellent goals/blueprints have died an early death, never coming to fruition because the men and women driving them simply ran out of gas. Every truly worthwhile goal will come loaded with challenges, problems and obstacles. These are actually part of the essential training process required to prepare you to manifest your dream.

If you aren't in love with what you have imagined, if the **"why"** fueling this change isn't strong enough, you will not have the necessary energy to see the task all the way through.

In step 4 you are constantly reconnecting to **why** you are doing this, **why** you are spending your very limited and priceless life and breath in pursuit of this goal! And, if you don't know why, you are going back to step 1 to imagining what you really want. **You must keep the fires of desire burning, or you will quit!**

Step 5 Wind: Just Do it! Real world results require massive, consistent intelligent action.

You've done the imagining, the declaring, the training and you are fully engaged (you know why this matters to you)!

Now what your dream needs is consistent, intelligent, relentless daily action! Bodies, houses, marriages and business, rocket ships and iphones don't build themselves, you do.

If your fear of failure, making mistakes and general lack of confidence have paralyzed you up until now this is a huge training opportunity. Paralyzing perfectionism "busy-ness" will never get you to what you want because results will never look exactly like the plan. This step is about taking action and being in pursuit of feedback (what others might call "failure") so that you can access the new data and results we need to change ourselves and our plans into ones that actually work!

Step 6 Review: The best plan on earth will have to be modified as new data and results are gathered.

To become a master of Mindful Creation (which is how you become a practical dreamer and recreate a life you love living) you must learn how to **stop** frequently.

You stop to reconnect to your original vision and see if it still thrills you and to see if it can be improved.

You stop to reconnect to your **why** during the tough times so that you have the energetic juice to keep going.

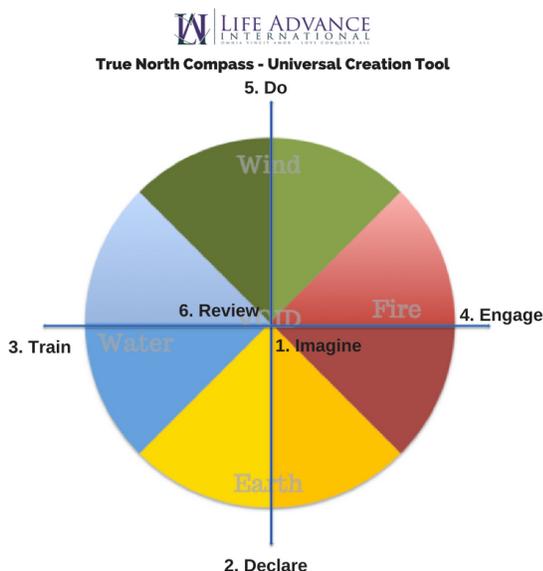
You stop to make essential course corrections based on the real time data you receive through all of your actions.

The final step in the universal process for creation is a technique we call a **W.I.N.** review.

Stop and look at the actions you have taken and the results you have created and ask and answer the following questions:

- What is **Working**?
- What **Isn't** working?
- What **Needs** to change?

You would be amazed at how many individuals and organizations complete the first 5 steps and neglect the last one, wasting precious time, money, energy and resources and never learning from their mistakes or feedback.



**And once you finish step 6,
what do you do?**

Begin again.

There is no ultimate destination. There is only joyful evolution/positive trending or painful decay/negative trending!

Apple didn't stop with the iPhone 1 and as a Mindful Creator you won't ever stop joyfully realizing your full potential.

Success is not determined merely by results. Success is joyfully expanding on your journey.

Maybe you just feel too tired or overwhelmed. Maybe you feel like it is too late or you are too old. Have you ever considered what it "costs" you to stay on a negative trend?

- **Health (PQ)** One day in a hospital averages \$7,500
- **Marriage (EQ)** The average cost of divorce \$20,000 - \$30,000
- **Business (SQ)** The average cost of a bankruptcy \$1,500 plus losing most of your assets.
- There are so many other "costs" associated with staying in a negative trend that it is critical to consider these when you feel uncertain about taking action to reverse your direction.

Are you ready to do this?

You have your vision. You have your 8 week blueprint and you have the 6 step process for Mindful Creation. Are you ready?

Are you a self starter that regularly sets and achieves your goals or would you like more help and training in this process?

Do you feel like you have the ATR to take the information we've shared and rock your life, or do you still want more?

