

Life Vision Navigator

a Step-by-Step Workbook for Charting
a Clear Path to Realize Your Dreams

by Arcturus Solomon



Need help with accountability? <https://lorielandarcturus.com/swag>

Life Vision Navigator

A Step-by-Step Workbook for Charting a Clear Path to Realize Your Dreams

by Arcturus Solomon

This workbook is going to help you gain clarity, confidence, and courage to take the necessary steps to create the life you desire. Inside you will find a worksheet for each of these steps.

- Step 1:** Choose where you desire to be
- Step 2:** Make an honest assessment of where you are now
- Step 3:** Identify new habits to create and old ones to let go of
- Step 4:** Write out your SMART goals
- Step 5:** Commit to following through
- Step 6:** Track your progress daily
- Step 7:** Review and adjust

Follow these steps to make consistent progress towards realizing your dreams.

If you have any questions or stories to share about how this has helped you, I'd love to hear from you. You can email me at arcturus@lorielandarcturus.com

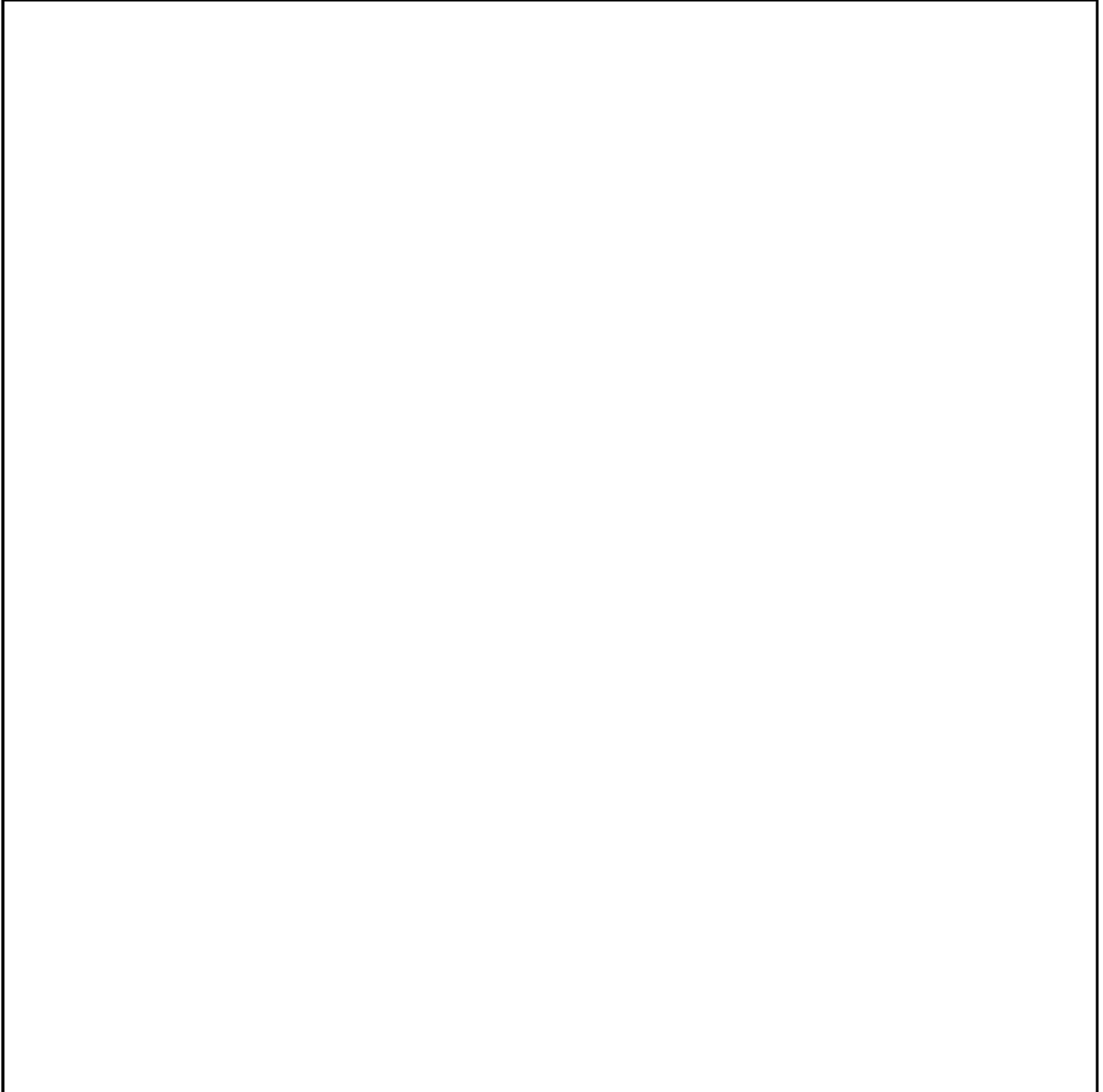
There is a detailed walkthrough video available at <https://lorielandarcturus.com/lvn-download/> to help you get the most of this workbook.

© Copyright 2023. All Rights Reserved.

Need help with accountability? <https://lorielandarcturus.com/swag>

Step 1: Where Are You Going?

This is an exercise in imagination. Try not to place any limits on your creation. The goal of this worksheet is to create a paragraph or two that vividly illustrates what your ideal life is like. Include why each item is important to you as this is going to help you tap into the energy required to maintain focus and consistency as you work towards turning this dream into a reality you experience. Read this narrative aloud at rising and setting each day with feeling to boost your creativity and productivity. If the story doesn't move you, keep re-writing it until it does.

A large, empty rectangular box with a thin black border, intended for the user to write their narrative about their ideal life.

Step 2: Where Are You Now?

This exercise requires honesty. You can never lie to your higher self, so why try to hide anything?

What is going great in my life right now?

What could use some improvement?

What needs to stop?

These next 4 questions are designed to help you discover the sweet spot to create a life doing what you love. Circle all items that appear in all 4 boxes.

What do I love doing?	What am I great at?
What does the world need?	What can I get paid doing?

Step 4: Write Out Your SMART Goals

S - Specific. Is the goal you have written out clear and concise or is it vague?

M - Measurable. Can you quantify this goal?

A - Attainable. Is this goal one that you can perceivably accomplish?

R - Relevant. Is this goal aligned with the vision you are creating (Step 1)?

T - Timebound. This is built in as you see below.

What are the goals you feel you can accomplish in 5 years on your journey to create your ideal life? Write up to 10 SMART goals. Know that we tend to underestimate what we can achieve in **5 years**, but overestimate what we can do in 1 year.

What goals are you accomplishing in **3 years** from now? Write up to 7 SMART goals.

What goals are you accomplishing in **1 year** from now? Write up to 5 SMART goals.

What goals are you accomplishing in **3 months** from now? Write up to 3 SMART goals.

What goals are you accomplishing in **1 month** from now? Write up to 3 SMART goals.

Use these goals to determine your weekly SMART goals and daily To Do List for Step 6.

Step 5- Commitment

I, _____, hereby declare my commitment to following through with unwavering determination and effort, on the journey towards creating the life I desire. I recognize that change is not merely a desire, but an active pursuit, requiring consistent

I vow to embrace the uncomfortable moments that arise during this transformative journey. I acknowledge that real growth lies outside of my comfort zone, and I am prepared to confront my fears and challenges head-on. I will no longer allow self-doubt to hinder my progress, as I am worthy of all the success, joy, and fulfillment that I seek. I choose to believe in my capabilities, knowing that with every step I take, obstacles will transform into stepping stones towards a better, more purposeful life.

Furthermore, I pledge to cultivate a mindset of gratitude and resilience. I will appreciate each setback as an opportunity for learning and growth. I am aware that setbacks do not define me, but rather, they are temporary detours on my path to success. I pledge to remain resilient in the face of adversity, treating every obstacle as a chance to evolve and become stronger. No matter the challenges that may arise, I commit to staying focused, persistent, and adaptable, constantly refining my approach as I move forward.

With heartfelt determination, I sign this commitment today, fully aware of the challenges, sacrifices, and hard work that lie ahead. I am ready to prioritize my goals, persist through difficulties, and seize every opportunity that aligns with my vision. This declaration is not just a promise to myself; it is a testament to my unwavering dedication to creating the life I desire. I am prepared to overcome all obstacles, transform my dreams into reality, and live a life that is truly extraordinary.

Autograph

Date

Step 6: Tracking Your Progress

The most important habit you can establish is tracking your progress. There is a reason that every business has a treasurer tasked to keep track of the company's performance. Every area of your life is your business. If you desire to know whether you are on course so you can make the appropriate adjustments, you are going to have to track it. This step is going to help you track your progress towards creating the life you desire from Step 1 by tracking the habits you are changing from Step 3 and using a daily To Do list to reach your weekly, monthly, quarterly, and annual goals.

For the daily tasks below, first identify your top 3 SMART goals for the week. Your daily To Do list should support the achievement of these goals. The next page has a blank copy of the monthly habit tracker. You may choose to either use the calendar month or adapt it to a lunar month. I use the lunar since the moon has a profound impact on the unconscious part of us. Write the habits you are making or breaking in the left column, and then record whether or not you were successful in the box that corresponds to the day. You may choose to use a green highlighter to signify success and a red highlighter to show you missed that day.

Week Ending:

Goal 1: _____

Goal 2: _____

Goal 3: _____

Day 1 To Do	Day 2 To Do	Day 3 To Do	Day 4 To Do	Day 5 To Do	Day 6 To Do	Day 7 To Do

Step 7 - Review and Adjust

The last step is to review your progress at regular intervals. This is a key final step as it guides you as to which step to do next as you continue with your journey.

Daily Review

Take time at the end of each day to review how you did with your goals and habits. Did you hit the mark? If yes, congratulations on a day well spent! If not, what can you do to improve tomorrow? What changes can you make to ensure success? Write out the 3 goals you have tomorrow and visualize them all getting done with joy and ease.

Weekly Review

At the end of the week, review the progress you've made. If you accomplished all of your goals, have you been too easy on yourself? If you missed any, what happened? Look at your SMART goals sheet (Step 4) to help determine what 3 goals are going to best serve you for this next week.

Monthly Review

Did you hit your 3 goals this month? Review each of the weekly tracking worksheets and the SMART goals sheet to determine your 3 goals for the coming month. You may choose to include rewards you can treat yourself to based on hitting each of your monthly goals. What do you deserve for putting in all this energy and hard work?

Quarterly Review

How was this past 3 months? Did you reach your goals? What adjustments need to be made? Were you stretching too far or not far enough? Look at all of the weekly sheets from the past 3 months to see if there are any patterns you notice. If you are choosing to use rewards for hitting targets, the quarterly ones can be even bigger!

Annual Review

How many of the goals did you meet for the year? All 5? Less? Or even more?! This is a deep review as you are going to look back at all of the notes you have from the past year. The annual rewards are going to be the grandest, and you can plan them out ahead of time to make sure you can deliver when the time comes. You are also going to review each of the steps and do them again. As we grow and move towards our ideal life we are going to become aware of limitations we had put on our imagination. As you do this each year, the possibilities that you see before you are going to expand, allowing you to dream even bigger. Don't hold back! You are the creator of your life. Inspire yourself!