



DESIGNING YOUR ULTIMATE LIFE

YOUR MASTERCLASS WORKBOOK
WITH JON & MISSY BUTCHER

WELCOME TO YOUR MASTERCLASS

WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. Review the contents of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to increase the quality your life.
5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

Start with Intention

We believe that Goal Setting in the modern world is fundamentally broken. We don't set goals that come from within us, we set them based on outside programming. The media, politicians, commercials, society, etc. design ideas and tell us who we should be, what we should buy and what type of life we should lead.

The biggest curse is that, for most of us, we've been made to think that the entire point of life is only two things: how much money we have and what is our career title. But human beings are so much more than this and "having it all" is not a myth, but a real possibility!

This is what this masterclass is about. It will introduce a framework for thinking about your life that helps you create a vision for your life that is truly holistic, that will "pull you forward" towards achieving a truly extraordinary life in every area.

Write down and set your positive intentions. *What are your intentions for joining this Masterclass? What do you hope to leave with?*

Use this space to write down positive intentions.

2. SELF-ASSESSMENT QUIZ

Assess your current state of life with this self-assessment. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I have a clear vision for who I want to be as a person.	
2. I know in what kind of environments I want to stay in.	
3. I have a clear vision for my ideal love relationship.	
4. I know exactly how much money I want to earn and why.	
5. I am fully satisfied with my current level of health and fitness.	
6. My career is very fulfilling and I love what I do.	
7. I have a strong sense of how I would like my life to unfold in the coming years.	

Use this space for additional notes or reflections.

3. DESIGNING YOUR ULTIMATE LIFE

Follow along the Masterclass and fill in the blanks. You can pause the video to write down your answers or take notes on the right side. Click on the video to pause. But pay attention, because you cannot rewind!

What you will learn in this masterclass:

1. The first step of the Lifebook Process towards a holistic lifestyle.
2. How to create an all-encompassing vision for your life & how to make it a reality.
3. The 4 Lifebook Principles that will put you on the right path to success from the start.
4. You'll experience a powerful guided visualization to help bring together all of these learnings and show you a glimpse of what your ideal life could be.

Let's get started!

Section 1: The Lifebook Story

Notes

_____ and _____ are the biggest tools that bring forth your ideal life vision and leads to massive transformation.

Life Visioning gives you a crystal clear picture of the _____ you want to be and the _____ you want to live.

Without a very _____ of where you want to end up, you'll have no decision-making framework to guide your daily choices and actions.

Most people don't know what they want because mainly they don't know _____. Once you find out this, then a Life Vision helps you get to where you want to be.

If you don't have a clear Life Vision for where you want to take your life, you are in danger of being swept up by somebody else's vision.

Question. What do you really want in life? Not what society, corporations, parents, teachers, etc. want for you, but what do YOU truly want.

Use this space to write down your answer.

Success in only 1-2 categories of your life does not equal fulfilment. That's just a tiny slice of what your potential as a human being can be. We need a holistic approach.

Reflect. What percentage of your goal list is only related to finances and career? [Tip: You can just give an estimate at this point.]

Use this space to write down your answer.

Lifebook is about having a 360 vision for your life, it is about balance. Or, in other words "Living a 12-category smart life."

Section 2: Creating A Holistic Life Vision

Notes

The Lifebook Process is about looking at every area of your life, creating a _____ for each of them, and adding all of them together to create your overall Life Vision.

The Lifebook Approach is the combined clearly defined visions from all your categories' vision that become your overall Life Vision. Nothing is left out or left to chance.

The 12 Lifebook Categories are:

- | | |
|----------------------|---------------------|
| 1. Health & Fitness | 7. Parenting |
| 2. Intellectual Life | 8. Social Life |
| 3. Emotional Life | 9. Financial Life |
| 4. Character | 10. Career |
| 5. Spiritual Life | 11. Quality of Life |
| 6. Love Relationship | 12. Life Vision |

You need all 12 categories. Category _____ means that each category of your life supports success in the others.

"A win anywhere is a win everywhere." - Jon Butcher

Life is about having balance in all these 12 categories.

Use this space for additional notes or reflections.

Section 3: Having It All

Notes

"Having it all means" basically means living a 12-Category Smart Life.

For Jon & Missy, "having it all" means "an extraordinary life that works on a high level in every important area of life.

"Having it all" boils down to two main things: consciousness and _____ .

Without a clear _____ of what you want, an extraordinary life is impossible for you. Your Life Vision is the foundational, non-negotiable prerequisite for creating an extraordinary life

You cannot have "it" all unless you know what "it" is. And it's going to be different for every single person. The Lifebook process is designed to help you define exactly what this "it" is for you.

Reflect. What does living an extraordinary life mean to you?

Use this space to write down your answer.

Section 4: The 4 Lifebook Principles

Notes

Principle #1: Knowing _____ . The first step in knowing what you want is finding out _____ .

Your _____ control your behaviour. Once you change them, your reality changes.

Each Lifebook category explores 4 things: your beliefs, your vision, strategy, and your "why." The Lifebook process goes deep into these 4 main questions and helps you define exactly the answer for you, not the ones dictated by society.

Principle #2: _____ is higher than motivation. Your _____ is the main thing that determines whether you will achieve your vision or not. Motivation is only needed when you are chasing someone else's goal.

"Take care of the why and the how will take care of itself." -
Georges St-Pierre.

Principle #3: _____ Making Framework. If you know where you want to end up, all your daily actions and decisions will be consistent with that North Star.

Principle #4: Contradictory _____. Having a clear Life Vision ensures consistency as opposed to a contradiction in your goal sets.

Reflect. Are there areas of your life that you are sacrificing right now?

Use this space to write down your answer.

Section 5: Guided Visualization Exercise

Preparation tips to get the best out of this experience.

- Pause the Masterclass by clicking on the video screen to prepare for Jon's visualization.
- Make sure you are in a quiet place where you can focus and follow Jon's instructions.
- Take a deep breath. Relax and allow yourself to be guided.
- Write down the first few things that come to mind during this visualization.

Describe your new level of health and fitness.

Describe your ideal love relationship.

Describe the dream career that you have every day.

Describe your dream environment.

Describe the wonderful moments that you are creating for yourself.

The Lifebook Online Program does a deep dive into the 12 Life Categories over a 6-week period. It's a guided, step-by-step tour of all the areas of your life. What will emerge at the end of that is a Holistic Life Vision that pulls you forward and works at every level of your life. For each category, we'll explore these 4 basic but profound questions.

1. Premise. What are my deepest beliefs in this area of my life that control my behaviour?
2. Vision. What exactly do you want in this area of your life
3. Purpose. Why do I want that?
4. Strategy. What do I need to do to get it?

And, during this entire process, you'll be part of a tribe! Hundreds of other like-minded people share their best strategies and resources. We take advantage of the wisdom of the full community.

The entire process requires 4 – 6 hours a week for 6 weeks: a supremely worthwhile investment for a process that will forever change how you view and approach your life and your goals.

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

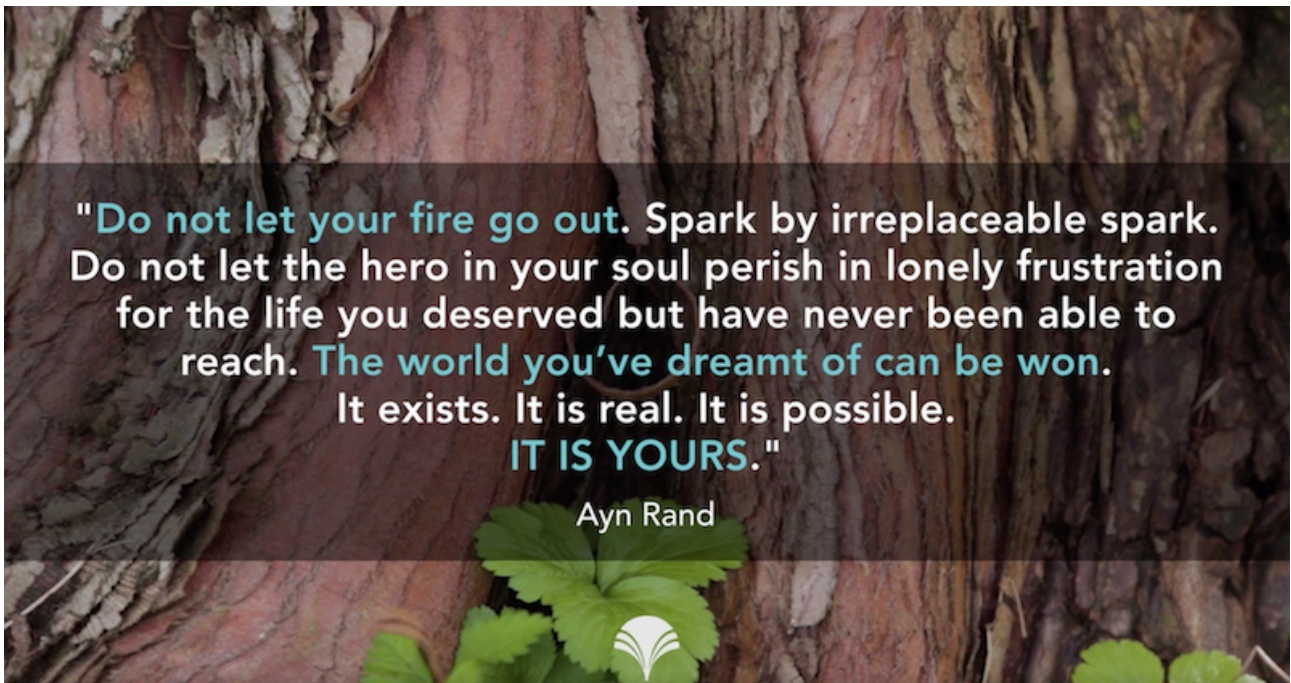
1. What are the 4 principles to creating a life vision?

2. What do you need to know in order to have it all?

3. What do you need to have in order not to live someone else's life vision?

4. What does mainstream society gets us focused on and why this is not helping us reach our fullest potential?

THANK YOU FOR JOINING JON & MISSY BUTCHER'S MASTERCLASS



Are you living your absolute best life right now...

Or are you settling?

Are you honoring every dimension of your life...

Or are you making painful sacrifices?

And are you living in complete clarity of who you are and what you want...

Or are you chasing someone else's vision of success?

If you are ready to take charge of your life and turn it into a living masterpiece you now have a chance to do it with Lifebook Online completely FREE.

>> Just Visit <https://go.mindvalley.com/lbo> for more info.

6. STUDENT STORIES

"I cannot recommend Lifebook highly enough..."



I cannot recommend Lifebook highly enough no matter what level of life you are at.

I've been developing a road map for everything from building my emotional intelligence and my character to optimizing my relationships, my financial life, my social life, my parenting life. The whole host of things I've never realized I needed to develop as much as I really did.

There is no way I could have just sat down and done this myself. But to have this all systematized for me, spelled out in videos and workbooks, and ultimately designed into this beautiful, powerful book for my life, my Lifebook - it is life-changing.

~Ben Greenfield
Leading Bio-Hacking Expert, Athlete, Podcaster

"...I found Lifebook really extraordinary because it covers all 12 categories"

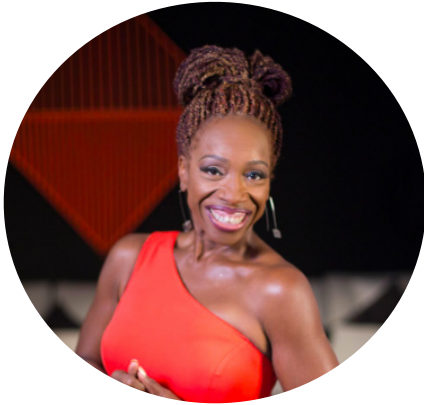


I loved Lifebook. I've done a lot of things, I've been a therapist for 43 years. It is fair to say I know a lot, but I found Lifebook really extraordinary because it covers all 12 categories. For me, the most important categories were parenting and character. And I've learned a lot. I think it was marvelous. [...]

There is no doubt I'll be implementing all of this in my life.

~Marisa Peer,
Voted UK's #1 Therapist, World Renowned Speaker

"It was life-changing. Well, first: it was life-giving and then it was life-changing."



I've gone through so many trainings. I've worked on my business development, on my personal development and I got to tell you when I went through Lifebook it was at a time in my life where things were going really really well. [...] But I didn't know how to pull that all together: pull Lisa the woman, Lisa the mother, Lisa the legacy, my lifestyle, my business.

There are so many facets to me that I really didn't quite know how to pull them all together. Taking the Lifebook course was the absolute best decision I could have ever made. It was life-changing. Well, first: it was life-giving, and then it was life-changing.

I've never gone through a program that allowed me the space, the opportunity, the content and the direction to so thoroughly orchestrate and navigate my future.

~ Lisa Nichols,
Legendary Author and Speaker

"My life is "happening", as it is written!"



Since starting [Lifebook Online], a great many changes have occurred. I now have more focus, vision, clarity and actually THINK about the purpose behind my visions.

Because of my more focused thinking, many of my 12 categories seem to be coming to me. [...] In a very short amount of time, I have made great progress and I believe it is because of my THINKING.

[...] I'll just say that my life is "happening", as it is written! My husband has noticed the changes and so have my friends. Not only have improvements been made in my 12 categories, improvements have been made in my own psyche and I'm much more eager to wake up and get my day started. I have more energy, am more enthusiastic and am happier!

~Bari Horton, US

"I feel like finally I have direction."



I am so inspired by [Lifebook Online] that it is what I share constantly with all my friends. I have, for the first time in my 49 years, actually sat down and looked at every area of my life, and defined what I want and why. And most powerful is the how. I have really had to think. It feels to me like before I started this journey I was just ambling through life hoping for the best.

[...] The process has not only helped me define what I want in a relationship but also who I need to be and what I need to do to get the relationship that I want.

[...] every area of My Lifebook has me feeling excited and enthusiastic. I feel like finally I have direction. [...] I want to give this gift to every young person, so that this world can be filled with awesome, enlightened, thinking people...

~Anthea Bruwer, Cape Town, South Africa

"I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control."



[...] The program covered every aspect of my life and made me realize that I have so much more to learn and DO! The biggest impact so far was the decision to declutter my life. I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control.

~Nico Smit, South Africa

If you are ready to take charge of your life and turn it into a living masterpiece visit <https://go.mindvalley.com/lbo> for more info.