

Turn Your Life Into A Living Masterpiece



Your Private Action Guide
with Jon Butcher

Welcome to Your Private Action Guide

8 Tips to Get the Most out of This Masterclass

1. Print out this guide before the Masterclass starts to make the most out of your experience. You can also download it and type directly in the guide to save paper.
2. Set aside private time so you can immerse yourself and receive the full benefits of the session.
3. Review the Pre-Masterclass exercise so you can best set the space and intention to experience this class.
4. Glance over the Masterclass Summary, so you know what to listen for.
5. During the Masterclass, write down resonating quotes, thoughts, ideas, and inspirations while listening, so you get all information most relevant to you.
6. Consider how quickly you can implement the secrets revealed in this session.
7. Refer to this guide after the class is over to fill in anything you may have missed or to work on any exercise you'd like to explore deeper.
8. Use the space to be creative, expressive, and honest.

"Make each day your masterpiece"
- John Wooden

Preparation Tips for This Masterclass

- This Masterclass is best experienced in a quiet place where nothing can distract you.
- Before starting, take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience while learning.
- Be open to the experiences and lessons you are about to receive.

Pre-Masterclass Exercise: Start with Intention

What was your intention for attending this Masterclass? What do you hope to leave with and for what reasons? Set your positive intentions here.

"A good intention clothes itself with sudden power"
– Ralph Waldo Emerson

MASTERCLASS SUMMARY

PART I: The 5 Mental Models

PART II: The 12 Categories of Life

PART III: Self Reflection

PART I: The 5 Mental Models

Model #1 Go All-in Your _____

1. Jon mentions 4 Connection Rituals in the class. What are they?

1.

2.

3.

4.

2. What would each of the Rituals look like in you and your [potential] partners' life?

1.

2.

3.

4.

Model #2 Living _____

1. According to Jon, what things do you and your [potential] partner need to get crystal clear on?

2. Simply put, what does Jon say living consciously means?

PART II: The 12 Categories of Life

Answer the questions below

1. **Health and Fitness**

Why is this first category so important?

2. **Intellectual Life**

According to Jon, what is input and output?

3. **Emotional Life**

What is the trick to emotional control?

4. **Character**

How do MV members character set them up for an extraordinary life?

5. **Spirituality**

Your spirituality should be _____, not _____.

6. **Love Relationship**

7. **Parenting**

8. **Social Life**

According to longitudinal studies conducted by Harvard, happiness in life is correlated more to _____ than any other area in life.

9. **Financial**

Financial abundance comes from _____ within a financial framework that works.

10. **Career**

Fulfillment comes from doing work you _____ and work _____.

11. **Quality of Life**

What are the 3 things Jon mentions that make up your quality of life?

12. **Life Vision**

How do all the other categories relate to Life Vision?

PART I: The 5 Mental Models Continued

Model #3 Autonomy & Individuality

1. What trait do successful people share?

2. What advice does Jon give about living autonomously and independently?

Model #4 Powerful _____ & _____

1. Personal development only works when ...

Model #5 A Deep Commitment to Personal Growth

1. Jon recommends to Deep Dive into 1 of 12 categories per month. Which one will you dive into first? (Hint: what comes up first is usually the best answer)

PART III: Self Reflection

The right question can spur your unconscious mind to feed you the right answers.

Ask yourself:

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

Write down 3 ways you believe bringing in the 12 categories in your life can benefit you right now?

A Thought to Take Away

Write down a quote or phrase here that you heard in this Masterclass that resonates the most with you.

Additional Notes



Mindvalley Academy is launching *12 Dimensions of Personal Mastery, The Lifebook Challenge* with Jon Butcher.

Tip: Near the end of the *Turn Your Life Into A Living Masterpiece* Masterclass, airing June 2nd-12th, 2017, you can purchase the *12 Dimensions of Personal Mastery, The Lifebook Challenge* at a special price. This is a 'Thank You Gift' we provide to our Masterclass attendees.

STUDENT STORIES

“BLEW ME AWAY”



My Lifebook experience absolutely BLEW ME AWAY. I was shocked by how powerful it was. I need to tell EVERYONE about this, EVERYONE needs to experience Lifebook!

– Sean Stephenson, therapist, self-help author and motivational speaker

“This is exactly what you have been looking for.”



The Lifebook Program is the most unique and powerful personal development course I have ever encountered. For those who wish to become entrepreneurs of their own lives, this is exactly what you have been looking for.

– Dr. Nathaniel Branden

“Lifebook helped me place my focus and attention on the things that matter most to me.”



Everything we do at Silva is about manifesting the life of your design – and Lifebook helped me place my focus and attention on the things that matter most to me.

– Laura Silva, President of Silva International

CASE STUDIES

“I went from the heaviest I had ever been in my life, to the best shape I had ever been in my life.”



I was getting ready to turn 40 and said, “This is it. I am going to finally conquer this.” I was inspired by Jon’s post about him being in the best shape of his life at age 50. I was also inspired by Garret Gunderson’s post when he turned 40 and was in the best shape of his life.

I turned 40 myself, was ready to get in the best shape of my life and..... crickets..... nada-tostada!!! I really let myself down.

So then I was getting ready to turn 41 and said, “Okay this is it.” Something was different this time. I was really “feeling” the burden of my weight. I had let myself get to a size 38 jeans and I could no longer hold my stomach in. I was experiencing chronic heartburn, foot pain, and mid back spasms. I kept thinking – holy shnikes – everything really does go to hell in your 40’s!

Now if I wasn’t a Lifebooker, I may have gone into agreement with that negative thought, however...

I am a Lifebooker, and I said, “Uh huh. This year I am going to kick ass!”

I knew I had to do something different this time to get different results. I decided to compete in an All Natural Men’s Physique Body Building competition. I found a trainer, had my show date set, and transformed.

I worked my ass off for 9 months, lost 45 pounds, now wear a size 30 jeans, and am happy to say, I got in the best shape of my life at age 41.

I went from the heaviest I had ever been in my life, to the best shape I had ever been in my life.

“A major breakthrough”



“I knew that if I didn’t meet my future husband through Lifebook it would definitely be a relationship requirement for him to go through the program. From the very beginning it was incredibly powerful for us to have Lifebooks together. We call them our Magic Books because everything that we write in

them comes true. We have built them into our lives together. We even brought them with us on our honeymoon.

“A major breakthrough that I had was that I was in control of what type of person I wanted to meet. I became aware that I needed to actively think about what qualities were important to me in a life partner, and that I could search for someone with those top qualities. Once I put my goals on paper, I met Bret exactly 6 months later!”

The wedding took place in Costa Rica, and included 45 of their closest family and friends in a weeklong celebration. They spent the following week traveling the country together on their honeymoon.

“Our Lifebooks allowed us to get to know each other on such a deep level”, Amanda said.

“From the beginning we knew exactly what we were putting into the relationship and what we expected to get out of it. We understand that it takes extraordinary people to make an extraordinary relationship, and we are both committed to doing just that. Having our Lifebooks makes it so much easier.”