

YOUR PATH TO SUCCESS

WORKBOOK



janelle
roker

How to align
with the life
you imagine

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“The two most important days in your life are the day you are born, and the day you find out why.”

- Unknown

Welcome to Your Path to Success!

This workbook will help you explore and define your ideas of success, specifically, what a successful life at 80 years old might look like for you.

This might seem odd.

We often struggle to set 1 or even 5-year plans, so it may seem impossible to consider your 80-year-old self.

But the idea is to step outside your normal way of thinking and get a fresh perspective.

This exercise is like being on top of a tall building on a clear day and being able to see for miles. You elevate the view of your life and pick a point in the distance. This becomes like a flag marking the hole on a golf course. It gives you something to navigate towards.

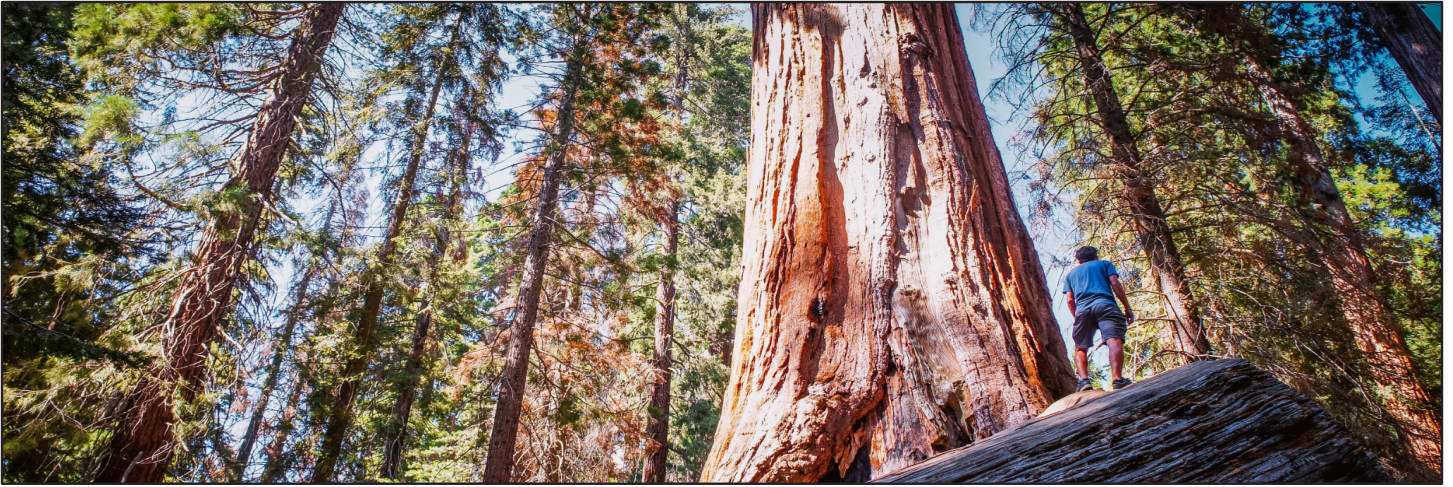
Doing this inspires you to dream about the life you want to create. It might confirm a path you've been following that no one else seems to understand. ***It gives you the freedom to be you.***

Things will change in your life between now and 80. You will lose people and gain others. You will learn new things and discover new places that will change your course. You may want to revisit this exercise when you feel significant changes in your life. Each time you repeat this exercise there will be a common core that exists no matter what other changes have occurred. Some thread will always remain.

Shorter-term goals become a bit easier to set when you can align with a point in the distant future. It feels like you have a sense of direction instead of wandering with no idea where you want to go. It becomes easier to identify and let go of things that don't serve you.

Step into this exercise with an open mind and heart. Let go of any preconceived ideas about what life “should be” like at 80 and explore what life might be like for you. There are no right or wrong visions. ***Only what speaks to you.*** Whatever comes up – be it profound or mere curiosity – it will give you a new perspective of your life.

What might you discover when you elevate your view and envision your life at 80?



Go big.

Spend a bit of time considering the many facets of your life as if looking at a gemstone. What stands out? What things are perhaps not catching the light in the way you'd like them to?

This will expand the way you think. It's like taking the elevator to the top of a building. You need to climb before being able to take in the view.

Family

Who do you want around you? How close do you want to be to them? How often do you hope to interact with them?

Career

What do you want to have accomplished? What, if any, professional contacts do you want to keep at 80?

Financial

What type of lifestyle do you want? Where do you want to be living? What do you want to own?

Health

What do you hope to be doing? What do you want your days to be like?

Social and Community

Who do you want to be around and what do you want to be doing with them? What might you want to be learning?

Spiritual

What practices do you want to foster and grow?

You might be hesitant to start because you have no idea what life you ultimately want at 80. Don't worry. Most people don't.

You're not writing what WILL BE. You're simply considering what MIGHT BE.

“Knowing yourself is the beginning of all wisdom.”

- Aristotle



A few tips before you start:

Find a bit of time for this exercise – an afternoon, an evening, or a weekend.

Let go of any expectations. If it helps, consider keeping this to yourself. Sometimes we feel added pressure to come up with “the right vision” if we feel we must share after completing it.

Claim your power to name your life. Only **you** will be living your life at 80. You get to dream and envision what you want it to be like.

Let your mind wander. There is no time limit for completing this exercise. You might ponder things for a bit, set them down, and come back to them later.

Be exceedingly honest. If you do not know what you want, then admit it. You may just need a bit of time and space to consider.

Permit yourself to dream. If something seems far-fetched, write it. If something speaks to your soul but you have no idea how you would ever make it a reality, write it anyway.

Capture the vague. Maybe you are thinking of something that you cannot quite find the words to describe – capture what you can. Your vision will clarify over time.

Relax, enjoy, and have fun with this. Don't take it too seriously.



Your Life at 80 Years Old

Perspective comes when you can view your current location and your destination. In this part, you will think about what your life is currently like and what you might want life to be at 80 years old. Below are two writing prompts to get you started. The first one asks you to describe a bit about who and where you are today. The second prompt asks you to consider what you want your life to be like when you are 80 years old. Both writing prompts are set in a “story format.” Write a story about your life. Ponder both prompts and then write what comes to mind.

Once upon a time, there was a person who.....

And by the time they were 80 years old, they had....

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

- Marcel Proust



The Experience of Your Vision at 80:

What was it like to think about yourself at 80? It's normal to experience a range of emotions.

Try to avoid the temptation to classify emotions as either good or bad.

For example, you might think that feeling confident is good and feeling awkward is bad.

Consider your emotions as reflections of how well your needs are being met. Confidence might mean you feel you have the skills needed to accomplish a task while awkward might mean you need to learn a skill.

Emotions can be a guidance system. They can help you identify what skills or help you need.

All emotions that arise from this exercise are valid.

Here are a few that might come up:

Inspired – Perhaps this gave you a perspective to focus your time and energy on what truly matters to you.

Validated – Maybe you've been working towards a goal no one else understands. This exercise may help you see the validity and importance of your dreams.

Daunting – Picturing yourself at 80 years old can be hard for some. Thinking about the aging process can bring up difficult emotions.

Overwhelmed – Maybe you realize you've spent most of your life making the dreams of others come true and you really don't know what you want.

Disheartened – You might realize you've fallen into the trap of living into “societal success,” meaning how society defines success. If you recognize this situation, it can be disheartening to think of all the time and energy you have invested in chasing something you don't want.

Confused – Maybe all this sounds great, but you have no idea how to take the next step.

Dig Into Your Emotions

Take a bit of time to consider, name, and explore the emotions around your vision at 80. See you if you can uncover any subtle messages you're sending to yourself.

Other emotions you might be experiencing:

Annoyed
Apprehensive
Awkward
Confident
Connected
Courageous
Curious

Delighted
Disappointed
Discouraged
Encouraged
Energetic
Fascinated
Frustrated

Guilty
Helpless
Hopeful
Insecure
Loved
Passionate
Powerful

Relaxed
Relieved
Satisfied
Secure
Serene
Stressed
Thankful

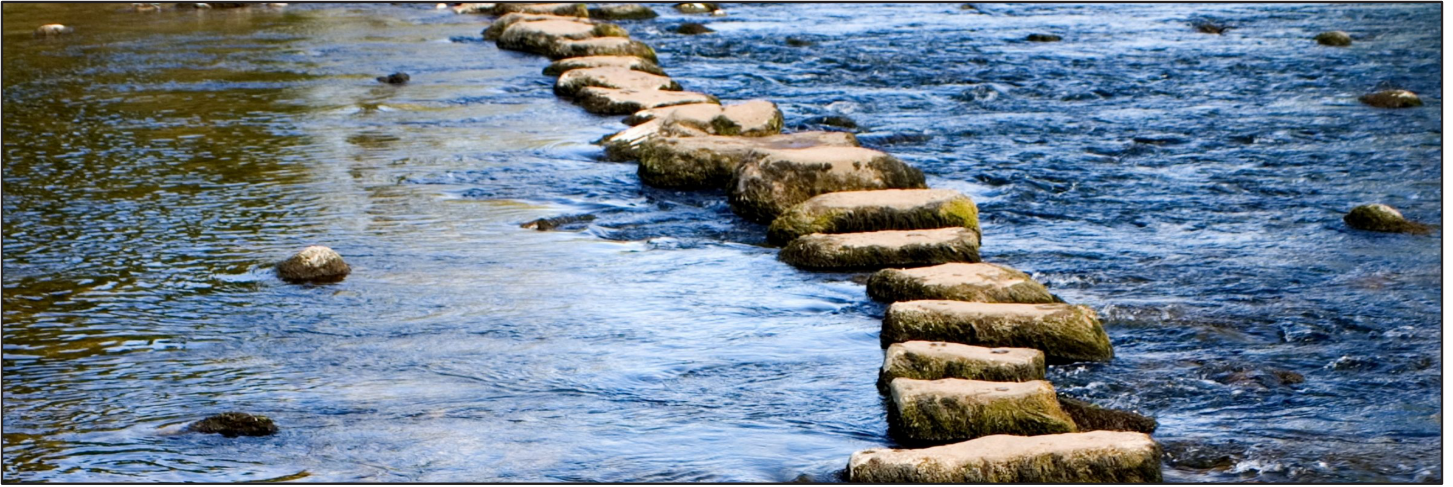
Identify Your Emotions

Name the Top 3 Emotions you experienced when reading Your Vision at 80:

What part(s) of Your Vision makes you feel these emotions?

What might these emotions be telling you about what you need to reach Your Vision at 80?

Remember: Emotions can guide you. It's never enjoyable to feel insecure, vulnerable, or embarrassed. But exploring these emotions and understanding why they emerge can provide insight that will advance your vision.



“The most valuable thing you can make is a mistake - you can’t learn anything from being perfect.”

- Adam Osborne

Stepping Stones – Learning from Our Past

It would be nice if the path from today to Your Vision at 80 was straight and easy. But, the truth is, life is a winding path filled with successes and failures. You will learn and experience new things that will change your course. And you will encounter things that are completely out of your control.

The thing to remember is that you made it through all of it.

It’s helpful to look back at the connection of events that led you to this point. Think about your career, your relationships, or your experiences. All of these are the stepping stones to today.

Take a few minutes to capture your own stepping stones. Draw a path if you want. Write a list. Capture as much as you can.

How did you get to where you are today?

Making Your Vision Personal

You may feel the need to rewrite Your Vision. The first time you wrote your vision at 80 it was in third person. You perhaps felt like you were telling a story about someone else. Then you explored the emotions that showed up and how they might be guiding you. And you considered your stepping stones of the past and how you got to this point.

Now make Your Vision at 80 **personal to you**. Explore this concept again from a first-person view. Make this a story about a life you want to live.

No one else is responsible for creating the life you want at 80. No one else can possibly know what you want your life to be like. **Only you can create it.**

What do you want to have done and what do you want surrounding you by the time you are 80?

By the time I am 80, I will have:

“Don’t look for the solution. Look for the alignment. It will bring the solution.”

- Abraham Hicks



Alignment

Alignment is how well the areas of your life currently align with your vision at 80. If you keep on your current path, what are the chances you will reach Your Vision at 80?

Perhaps you envision yourself surrounded by friends who frequently gather for meals and conversation. Do you have close friends now? Have you cultivated close friendships with people that will be part of this vision? Friends will not magically appear when you turn 80. You must develop these relationships along the way.

Areas of your life that are highly aligned will seem easy to reach by 80. Areas that are out of alignment will seem unreachable without some major course corrections.

List out the major areas of your life and rank them from highly aligned to poorly aligned:

Highly Aligned with My Vision at 80:

Somewhat Aligned with My Vision at 80:

Not Really Aligned with My Vision at 80:

Not Aligned at All with My Vision at 80:

Finding the Passion for Your Vision at 80

How will you feel if everything in your vision at 80 comes to fruition? The emotions behind this endeavor will fuel your desire to make it a reality. There will be days that are not easy. There will be times when you will try to convince yourself that it isn't worth it. You will try to talk yourself out of pursuing a specific interest. And there will be times when you believe you aren't good enough to make it happen.

In these times, it helps to connect to what you want and how you will feel if you make it happen.

When you read your personal Vision at 80, what are the top 3 emotions you want to be experiencing at 80?

Why are these emotions important to you?

What parts of your Vision need to come to fruition for you to feel this way?

What are some things you might start doing now to reach your emotional Vision at 80?

Some Thoughts on Sharing Your Vision

The range of emotions you are experiencing might make you want to share Your Vision with others. Perhaps you feel you have just created the greatest life ever and want others to see this amazing path. Or maybe you are confused and feel someone else can help you sort through it all.

Pause before sharing and contemplate the “Why” behind your desire to share it. You may want to consider the following concepts first:

This is your life. No one can tell you what you want at 80. You need to claim and be responsible for how your life turns out.

Everyone has the right to their own vision. While Your Vision is right for you, it may not be the path for anyone else.

Don't look for approval or validation from anyone else. Another person will only be able to give you feedback based on what they want their life to be like. The greatest way to kill Your Vision is trying to live the life of another.

There are people in your life today that you hope are in your life at 80. Sharing parts of Your Vision that involve them may be a good idea. You may need to shift Your Vision a bit to encompass their vision. Shared vision is a collaborative effort.

A trusted confidant can help you work through some of the confusing, disheartening, or overwhelming parts. They are present to listen and help you find the root of what is causing these emotions. Their role is to offer perspective. Their job isn't to figure out your life for you.

Naming Your Vision can help you commit to working towards it. Speaking all or parts of it to another puts it out there as a tangible goal.

Who are some people you trust with Your Vision at 80?

Why do you feel compelled to share it with them?

What do you hope to gain by sharing it?



Congratulations!!! You've started your path to success. You have planted the flags that will help you align the decisions, events, and activities in your life. Awareness is key to ensuring you are on your authentic journey to Your Vision of success.

Next Steps

Starting is always the most confusing place. What's the right next step? There isn't one perfect next step. There are many options. You need to take the best next step for you. And then take another step. Use Your Vision as an anchor point – something to work towards. Here are a few considerations for taking your next step.

Categorize. Sometimes it's helpful to break down Your Vision into major categories. Some areas of your life you can work on now and some may take a bit of time before you can put them into action.

Prioritize. What are your biggest priorities? What parts of Your Vision are most important to you? Begin working on these areas first. Post-It Notes are a great tool in helping you list and move items around.

Short Term Goals. You may have something specific you want to accomplish. Goal setting is helpful when you know specifically what you want to do.

Baby Steps. Take a step and then reassess where you are. You are moving from Point A to Point B. Avoid the temptation to jump too far ahead as that may result in backtracking.

Journaling. If you love your vision and have no idea how to start, journaling regularly can help you find clarity over time. Journaling helps if you are experiencing a lot of emotions around your vision at 80. You can sort out what your emotions are trying to tell you.

Revisit Your Vision. You can always change Your Vision at 80. You will have experiences along the way that will impact Your Vision at 80. Periodically come back to what you have written and assess if it still holds true for you.

Pivoting. You may realize your current path will not get you to Your Vision at 80 and you need to make a major change. These are best done with the help of a trusted friend, consultant, or professional. You want to be intentional about making major changes.

Trust. Trust that you will meet the people and learn the things needed at the right time.

“You can’t start moving towards Your Vision of Success until you can name it. Only then can you begin making intentional choices that give your life meaning and direction.”

- Janelle Roker



Thank You

Thank you for completing this workbook. It has been an honor to share this journey with you.

I offer lots of resources for individuals and businesses wanting to learn, be inspired, and lead authentically.

My bi-weekly newsletter is oriented toward professional alignment.

It's designed to give you a different view of your business or situation. I invite you to dig into the questions that grab your attention and explore where a different perspective might take you.

Connect with me on LinkedIn or check out my videos on YouTube and please share my blogs, posts, newsletters, and videos with others you feel

might benefit from my writing and stories.

We build community by making connections, one at a time. I'm grateful to be connected with you.

Please let me know what you thought about this worksheet and how you are working towards Your Vision of Success. I'd love hear your feedback and more about your journey,

I wish you an abundant journey on the path to Your Vision at 80.

Best wishes,

Janelle



janelle roker

RESOURCES

If you like to read and want to dig in a bit more to the ideas behind this workbook, here are some of my favorite books around authentically leading our lives:

Anderson, R. (2016) *Mastering Leadership The Art and Spirit of Leadership*. Trafford Publishing.

Gilbert, E. (2015) *Big Magic: Creative Living Beyond Fear*. Riverhead Publishing

Hendricks, G. (2007) *Five Wishes. How Answering One Simple Question Can Make Your Dreams Come True*. New World Library. Novato, CA.

Hendricks, G. (2009) *The Big Leap. Conquer Your Hidden Fears and Take Life to the Next Level*. Harpers Collins Publishers. New York, NY.

Rosenberg, M. (2015) *Nonviolent Communication. A Language of Life. 3rd Edition*. PuddleDancer Press

