



Create Your Vision  
Establish Your Goals  
Get Into Action

# Getting Started

Congratulations on taking the first step towards living your life on fire! You're about to experience a process that is amazingly powerful, and all you have to do is commit 100% to the process and take action. Let's get started as I guide you through our five-step proven system to help you succeed in all aspects of your life.

## How to Best Use This Workbook

We have proven that when you follow the plan, trust the process, and do the work...it can lead to more money, time, freedom & happiness! Each day, listen to the training call and then complete the corresponding workbook section. Make sure your focused and be truthful, vulnerable and maybe even a little uncomfortable so that you can grow through this process.

## The Vision & Goals Challenge System

Imagine YOU achieving your wildest dreams or living your ultimate purpose. I can show you how. By focusing on the 4 Embers of a Life on Fire: Health, Wealth, Love and Faith, and following the Vision & Goals Challenge System, you will be on track for achieving your goals.

For a long time, I tried to figure out what I did that made the big change in my life. And as I reverse engineered it and I realized that I had created a proven system that is made of 5 simple steps...



# SESSION 1

## MOMENT ON FIRE

### Moment

Step 1: What is your moment on fire?

Imagine a time in your life when you accomplished or did something that made you feel absolutely incredible. A time where you felt empowered, confident, happy, and full of energy. A time in your life that you felt like you can do anything you put your mind to.

It can be ANY time in your life. When you were a kid, hitting a home run, acing a test, leaving your job, getting a big check, accomplishing something significant, falling in love, speaking on stage, or doing something you've never done before and crushing it.

Write out what your moment on fire is below and share with your coach.

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Step 2: Refine it, what was the most powerful part of your moment on fire?

If you think of your moment on fire as a YouTube video...refine it all the way down to one specific moment. 1 second on your YouTube clip if you will. Examples: receiving an award, the feeling of crossing home plate after the game winning home run, the sound of the crowd during a standing ovation, the feeling of looking at an "A" on your final exam.

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Step 3: Attach a meaning to it, why is that moment so significant for you?

What does it mean to you? Examples, you accomplished something great before and you can do it again. You stepped outside your comfort zone and you can do it again. You can do anything you put your mind to.

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Step 4: Physiology, how did you feel during your moment on fire?

What did you feel, how did you stand, how were you breathing, what did you hear?

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# SESSION 2

## AWARENESS OF YOUR GROWTH

### TODAY'S SNAPSHOT

Honestly rate where you are at TODAY on a scale of 1-10 in the following areas. Circle one number per category.

1 = worst case scenario

10 = ideal / best

Health	1	2	3	4	5	6	7	8	9	10
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Happiness	1	2	3	4	5	6	7	8	9	10
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Family	1	2	3	4	5	6	7	8	9	10
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Love	1	2	3	4	5	6	7	8	9	10
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Career	1	2	3	4	5	6	7	8	9	10
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Finances	1	2	3	4	5	6	7	8	9	10
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Spirituality	1	2	3	4	5	6	7	8	9	10
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Confidence	1	2	3	4	5	6	7	8	9	10
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Commitment	1	2	3	4	5	6	7	8	9	10
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Fun	1	2	3	4	5	6	7	8	9	10
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Total Score (add up all your numbers)	-----									
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## 6 MONTHS FROM NOW

Now honestly rate where you want to be 6 months from now on a scale of 1-10 in the following areas.

Circle one number per category.

	1 = worst case scenario									10 = ideal / best
Health	1	2	3	4	5	6	7	8	9	10
Happiness	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Love	1	2	3	4	5	6	7	8	9	10
Career	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
Confidence	1	2	3	4	5	6	7	8	9	10
Commitment	1	2	3	4	5	6	7	8	9	10
Fun	1	2	3	4	5	6	7	8	9	10

Total Score (add up all your numbers)

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WHAT DO YOU WANT?

Write out what you want for your career & personal life as fast as you can in 3 minutes, GO!

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## ENERGY LEAK

What is 1 "energy leak" that you can solve today?

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Complete one energy leak today and share with your coach.

## "3G" GUARANTEED. GROWTH. GOAL.

What is ONE "3G" goal that you will commit to?

Examples: Signing up for improv classes, toastmasters, a ½ marathon, dance lessons, speed dating, hiring a personal trainer etc. When you use this method it will guarantee your growth because it will increase your "C4." Confidence, Communication, Congruency, & Commitment. This is what is necessary to break through to new levels in life. Well...the C4 will surely set your Life on Fire!! ☺

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Share your "3G" Goal with your coach.

# SESSION 3

## THE 3 "S" STRATEGY

### STORY

(Be sure to get in the right state of mind for this exercise...use the Moment on Fire technique)

List the significant milestones in your story since you were a child. Look for areas where your past challenges could be your greatest opportunities. You can also draw a timeline and write out your significant events.

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### STANCE

What are you taking a stand for? What pisses you off? What's the movement that you're starting? What are you called to do?

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## STRATEGY

What could you do moving forward to live out your purpose?

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## PURPOSE FINDER EXERCISE

WHAT ARE YOU GOOD AT?

WHAT ARE YOU PASSIONATE ABOUT?

## MODELING

Who has a life or business that you want?

Example: In 2010, my stance was that I wanted to find a better way for small businesses to get customers so I learned Facebook advertising and modeled Mari Smith. In 2013 my stance and mission was to become a business coach so I hired a business coach and modeled exactly what she did. Now my purpose is to help you find yours and I'm modeling after Tony Robbins & Life is Good.

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## LOTTERY STRATEGY

What would you do if money were no object?

Assume you literally won \$100 billion dollars and you've already traveled the world and given to others. Where would you spend your time? What would you do? What would give your life meaning and purpose?

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## YOUR 6-MONTH VISION (TANGIBLE & SPECIFIC)

WHAT DO YOU WANT?

Write out 3 personal and 3 professional goals that you WILL achieve in 6 months.

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Personal Goals	Professional Goals

SHARE YOUR 6-MONTH VISION WITH YOUR COACH.

Nick's Example

Personal long-long term vision: Happy healthy family with 2+ kids  
Professional long-long term vision: #1 personal development company in the world...give \$1million+ per year away

Personal Goals	Professional Goals
Healthy baby	Launch the Life on Fire Challenge and with over 300 people
Lose 30 lbs	Find a Coaching Director
Epic marriage	Create more success stories than ever before

WHY DO YOU WANT THEM?

Identify what you want, then write out "why" you want it. You want to get to the emotional root. This will create more leverage to go out and achieve it.

Write out what you want and why you want it, GO! ("Don't overthink...just do!")

# SESSION 4

## MAKE YOUR VISION & GOALS BOARD®

### Vision

#### Step 1: Make your Vision and Goals Board

- We recommend that you make a 6-month Vision & Goals Board that has a specific deadline
- Make it emotional...you want to be able to see and feel your vision
- Convey the 4 embers of a Life on Fire: health, wealth, love, & faith
- You can use cork board, foam board, or any background
  - Or you can go to Staples, Office Depot, Walmart, or Target
  - Or just hang up paper or pictures on the wall
- Cut out pictures from magazines, or google images and print them...then simply use a glue stick
- Don't sell yourself short, put what you really want on your vision board even if you don't know "how" you will make it happen yet. When you have faith in yourself and follow my process the "how" will show up!
- Hang it in your home so that you can see it every day.

#### Step 2: Declare what you WILL accomplish!! "I can, I will, watch me!"

#### POST YOUR VISION & GOALS BOARD TO FACEBOOK

- Power comes when you make a stand and commit to your vision. Don't keep it a secret...declare it to the world!
- Post it on your personal Facebook or Instagram profile
- Tag your coach!

Step 3: Write your letter to yourself.

SHARE YOUR LETTER WITH YOUR COACH (optional but awesome!)

- Write it as you from "you" in the future as if you have already achieved it
- Example, if your vision is for 6 months...then you write it as if it's 6 months and 1 day
- Make sure that the letter is vivid with imagery and that you also feel the emotion as you read it

Trust the  
Process.  
Trust Yourself.  
Love YOU!

# SESSION 5

## OVERCOME LIMITING BELIEFS

### Identifying Your Limiting Beliefs

"WHAT I HATE ABOUT MONEY IS..."

In one minute write out your answer to this question as fast as you can. Don't judge what comes to mind just write as quickly as you can.

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"WHAT I LOVE ABOUT MONEY IS..."

In one minute write out your answer to this question as fast as you can. Don't judge what comes to mind just write as quickly as you can.

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# HOW TO REFRAME YOUR LIMITING BELIEFS

## EXAMPLE 1

What do you want? (Be specific)

I want to love what I do for work and have more freedom

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Why don't you have it? (Limiting beliefs)

1 Making money is hard

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2 I have to work hard to be successful

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3 I'm not good enough

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"I Am" Statements:

1 I AM...a money magnet and it flows through me easily and effortlessly!

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2 I AM...a smart entrepreneur and success comes easy to me!

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3 I AM...a confident leader and I AM good enough!

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Reframed limiting belief 1:

Write your limiting belief, then CANCEL!...I AM...

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Making money is hard...CANCEL!...I AM a money magnet and it flows through me easily and effortlessly!

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Reframed limiting belief 2:

Write your limiting belief, then CANCEL!...I AM...

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I have to work hard to be successful...CANCEL!...I AM a smart entrepreneur and success comes easy to me!

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Reframed limiting belief 3:

Write your limiting belief, then CANCEL!...I AM...

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I'm not good enough...CANCEL!...I AM a confident leader and I AM good enough!!

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## HOW TO REFRAME YOUR LIMITING BELIEFS

### EXAMPLE 2

What do you want? (Be specific)

Freedom & money

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Why don't you have them?

1 I'm not good enough

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2 I'm a good enough leader and I let people down

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3 It's hard to get money, it's not in abundance

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"I Am" Statements:

1 I AM...good enough!!

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2 I AM...a great leader and I raise them up!

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3 I AM...a money magnet and money IS abundant!!

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Reframed limiting belief 1:

Write your limiting belief, then CANCEL!...I AM...

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I'm not good enough...CANCEL!...I AM...good enough!

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Reframed limiting belief 2:

Write your limiting belief, then CANCEL!...I AM...

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I'm not a good enough leader and I let people down...CANCEL!...I AM a great leader and I raise them up!

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Reframed limiting belief 3:

Write your limiting belief, then CANCEL!...I AM...

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It's hard to get money, and money is not in abundance...CANCEL!...I AM a money magnet and money IS abundant!!

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NOW IT'S YOUR TURN, FILL OUT THIS FORM...

What do you want? (Be specific)

1.

2.

3.

Why don't you have them?

1.

2.

3.

"I Am" Statements:

1.

2.

3.

Reframed limiting belief 1:

Write your limiting belief, then CANCEL!...I AM.....

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Reframed limiting belief 2:

Write your limiting belief, then CANCEL!...I AM.....

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Reframed limiting belief 3:

Write your limiting belief, then CANCEL!...I AM.....

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## RESOURCING UP

What resource(s) do you need to guarantee that you achieve your vision?

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## WE CAN HELP!

Imagine how fast you could achieve your Vision & Goals Board with your \Coach supporting you every step of the way.

Talk to your coach about working together, there's no pressure...only results!

"Leaders Make Fast Decisions, Then They Make Them Right"

"You Can Literally Do Anything You Put Your Mind To!"