

# Start Being Successful 101

## 1 Clarify Your Core Values

Core values are fundamental beliefs or principles that guide and shape our choices and actions. They are what you consider most important and what you stand for. Here are some questions to help you identify your core values:

What do you **value** most? Think and feel the qualities, principles or ideals that hold significant meaning to you.

What **really matters** to you? Consider the aspects of life that you prioritize and find essential for your overall wellness and happiness.

What is **most important** in your life? Reflect on the areas or values that you consistently prioritize and invest your energy, time and money into.

What is **inevitable**? Consider the aspects of life that you believe are inevitable and cannot be compromised.

## 2 Quick Way to Discover Your Purpose

Finding your purpose is about discovering who you really are and why you are here:

What do you **love** most? Identify the activities, interests or subjects that bring you joy and make you feel alive.

What are you **best** in the world at? Reflect on your unique abilities, strengths and talents that set you apart from others.

What do **others need most** from you now? Consider the current needs and challenges of the people around you, whether it's your family, friends, colleagues or community.

What are you **resisting** most? Reflect on the wounds, fears, doubts or challenges that are holding you back from realizing your purpose.

## 3 See Your Future Vision

Envision the future you desire in different areas of your life. Here are 9 areas to start with:

**Health:** How do you envision your spiritual, emotional, mental and physical wellness? What healthy habits or lifestyle changes do you want to incorporate?

**Basics:** What do you envision as the foundation of a fulfilling life? Consider your living situation, daily routines and overall stability.

**Wisdom:** How do you see yourself growing intellectually and emotionally? What knowledge, skills, or personal growth objective do you want to pursue?

**Wealth:** How do you define financial abundance and prosperity? What are your financial goals and aspirations?

**Image:** How do you want to present yourself to the world and to you in the mirror? What values or qualities do you want to embody in your appearance and personal style?

**Relations:** What kind of relationships do you desire? How do you envision your connections with family, friends, romantic partners and your community?

**Projects:** What meaningful projects or creative endeavors do you want to undertake? How do you see yourself contributing to the world? What do you want to create most?

**Career:** What does a fulfilling and successful career look like to you? What kind of work or profession aligns with your values and purpose?

**Travel:** How do you envision your travel experiences? What destinations, cultures or adventures do you want to explore?

Remember, this program assists you in reflecting on these questions, yet the answers ultimately come from your own **introspection, honesty and self discovery**.

## **Your Core Values, Life Purpose and Future Vision**

Take your time to reflect on each section and answer the questions honestly. Use the space provided to write down your thoughts and insights. Just put down whatever is easy now, we will do a more thorough version later. This is designed to help you gain clarity and align with your authentic self.

### **Core Values**

Core values are your fundamental beliefs or principles that guide and shape your choices and actions. They are what you consider most important and what you stand for.

What do you value most?

- 1.
- 2.
- 3.

What really matters to you?

- 1.
- 2.
- 3.

What is most important in your life?

- 1.
- 2.
- 3.

What is inevitable?

- 1.
- 2.
- 3.

## ***Life Purpose***

Discovering your purpose is about realizing why you exist and what you are here to be, have and do.

What do you love most?

- 1.
- 2.
- 3.

What are you best at?

- 1.
- 2.
- 3.

What do others need most from you now?

- 1.
- 2.
- 3.

What are you resisting most?

- 1.
- 2.
- 3.

## ***Future Vision***

Envision a future that you desire in different areas of your life. Consider the following 9 areas:

### **Health**

How do you envision your spiritual, emotional, mental and physical wellness?

- 1.
- 2.
- 3.

### **Basics**

What do you envision as the foundation of a fulfilling life?

- 1.
- 2.
- 3.

## **Wisdom**

How do you see yourself growing intellectually, emotionally and spiritually?

- 1.
- 2.
- 3.

## **Wealth**

How do you want financial abundance and prosperity?

- 1.
- 2.
- 3.

## **Image**

How do you want to present yourself to the world and to you in the mirror?

- 1.
- 2.
- 3.

## **Relations**

What kind of relationships do you desire?

- 1.
- 2.
- 3.

## **Projects**

What do you want to create most?

- 1.
- 2.
- 3.

## **Career**

What does a fulfilling and successful career look like to you?

- 1.
- 2.
- 3.

## **Travel**

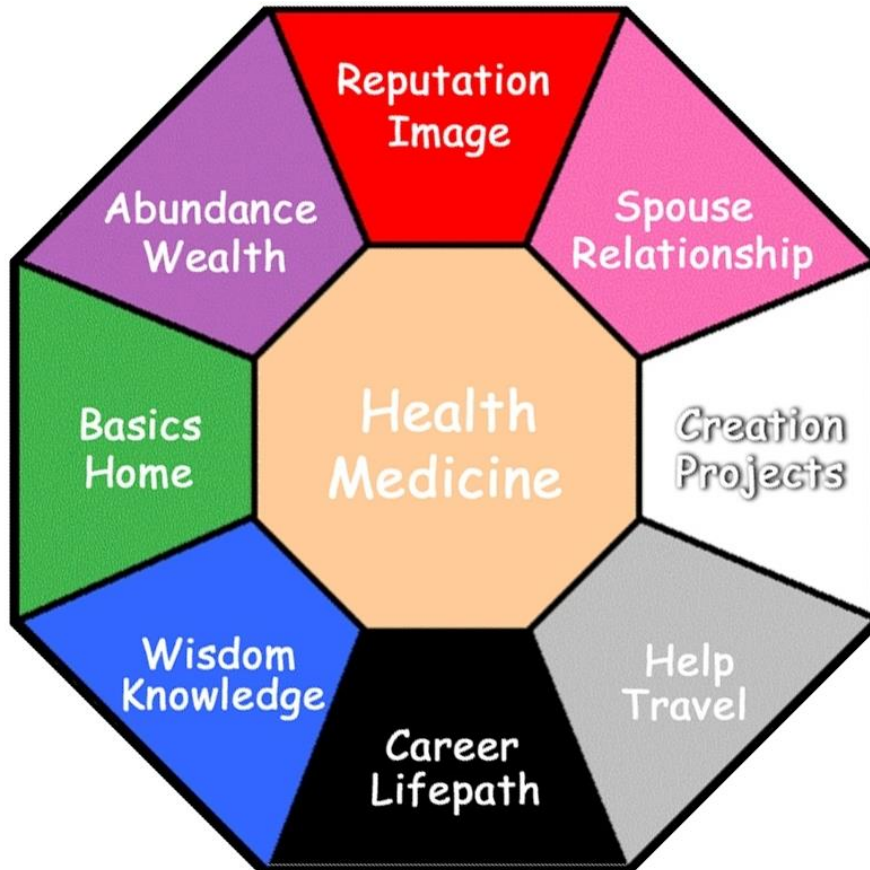
How do you envision your travel experiences?

- 1.
- 2.
- 3.

**Vision Board 願景板**

Wealth 1	Image 1	Relations 1
Wealth 2	Image 2	Relations 2
Wealth 3	Image 3	Relations 3
Basics 1	Health 1	Projects 1
Basics 2	Health 2	Projects 2
Basics 3	Health 3	Projects 3
Wisdom 1	Career 1	Travel 1
Wisdom 2	Career 2	Travel 2
Wisdom 3	Career 3	Travel 3

## Life Map 風水



**Free Life Success Assessment** - Get Honest with Yourself in a Safe, Confidential Space  
[Play the Life Game 人生遊戲](#)

**Centering** - Begin Every Day from Your Actual Center  
[3 Centers Morning Practice 三個中心](#)

**Grounding** - Start Off from a Grounded Place Every Time  
[Being Grounded 接地](#)

Take your time to complete this workbook and use it as a reference as you navigate your journey of self-discovery. Remember, your core values, life purpose and future vision will evolve and change over time. Embrace the process and trust in your ability to create a happy, meaningful and fulfilling life.