

**Core Life Commitment Statement (Way of Being)...**Make a Statement of your way of Being, who you are as a person and what your highest personal values are. Answer this. Who will I always go back to as my foundation when things are good or when they are challenging? This is an "I am" statement. Here's my Core Life Commitment..."I am a passionate, creative, generous and adventurous leader."

**Determine the core areas of your life that you hold your highest values in.** You decide. In each of the Core Life Areas, make a statement in the affirmative describing who you are and how you will BE in the world. Here's my example from Love/ Relationships..."I am romantically, sexually and soulfully connected to my partner for life. We share the depths of life's experience with each other, encourage and support each other's dreams and vision for life."

**In each of the Core Life Areas, create a 1-year, 5-year, 10-year, and 30-year vision (or goal).** Get outrageous. Don't over-think it. This is not a mandate. This is the roadmap to your personal vision. An example from my map is...."I travel the perimeter of the United States for six months on my Harley on or before January 2021." My commitment to adventure is reflected in this statement. You decide in each area what supports your core commitment and Core Life Commitment.

Core Life Area #1...e.g., Family

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #2...e.g., Health & Fitness

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #3...e.g., Spirituality

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #4...e.g., Long-term Wealth

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #5...e.g., Philanthropy

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #6...e.g., Personal Growth/Education

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #7...e.g., Lover/Partner/Relationships

1 year goals; 5-year goals, 10-year goals, 30-year vision.

Core Life Area #8...e.g., Adventure/Entertainment

1 year goals; 5-year goals, 10-year goals, 30-year vision.