



THE ME-REVOLUTION™ LIFE COACHING EXPERIENCE

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The ME-Revolution Life Coaching Experience is offered under the auspices of Building According To Pattern, LLC . The program is designed to help clients get on track to achieving their personal and professional goals. Neither Building According To Pattern, LLC nor its management claims or guarantees successful outcomes. Client's expected outcome is contingent upon client's commitment to the coaching process and a realistic acknowledgment of applicable time-frames.





WELCOME

**STARTING AT START: TM
LOCATING THE PUSH BUTTON
FOR YOUR VISION**

SERIES WORKBOOK

A 4-part workshop series designed to help participants discover the starting point for executing their personal vision.



INTRODUCTION

There is an abundance of information available to address startups; starting a new business, starting a new job, starting a new career, starting a new relationship, starting a new family, etc. But, what about starting you?

The **Starting At Start: Locating The Push Button For Your Vision** workshop series is designed to help you address some of life's most meaningful questions and allow you to get on the pathway to making your vision a reality. Why establishing the "real you" (identity) is important; why discovering your passion is essential; and, why developing a growing consciousness of the legacy you wish to leave behind is a must, are just some of the featured discussion points.

The series is presented in four 1.5-hour sessions:

Session 1: The Buck Starts With Me

If you know who you are then you know who you are not. Why self-discovery, establishing your identity and exploring your potential are important.

Session 2: Legacy - Starting With The End In Mind

If you don't know where you are going, how will you know when you have arrived? Why a clear legacy is the driving force behind fueling the passion behind your vision and why connecting with your Source is an absolute must.

Session 3: Vision - Clarifying What I See

The ability to see beyond the current conditions attempting to dictate and even shape your world is of fundamental importance. What are you seeing? You can only possess what you are capable of seeing.

Session 4: Push That Start Button!

Go get your stuff! Assess, strategize, plan, execute, do it! Why nothing happens until you do.

LET'S GET STARTED!!!

SELF-DISCOVERY . VISION . PURPOSE . LEADERSHIP . LEGACY

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SESSION 1: THE BUCK STARTS WITH ME

SELF-DISCOVERY – *“There are versions of you that you do not even know exists. Isn’t it time you discover them?”* (G. A. Bryce)

What Is Self-Discovery: _____

Why Self-Discovery Is Important: _____

How You Journey:
-Deconstruct _____

-Reconstruct _____

Take Action!!

At what stage of your journey into Self-Discovery are you?

What has the journey revealed to you about yourself?

Are your revelations consistent with who you thought you were?

Is your current existence in sync with what you have discovered about you?

What do you need to change or adjust?

IDENTITY – *“If you know who you are, then you know who you are not”* (G. A. Bryce)

The Blue-print: _____

Understanding Your Identity: _____

Owning Your Identity: _____

Walking In Your Identity: _____

Take Action!!

Who exactly are you?

What is distinct/unique about you (what makes you different from everyone else)?

Do you struggle with being yourself? If yes, how have you been addressing these concerns?

What do you like **MOST** and **LEAST** about yourself?

Make two profound “**I am**” statements about yourself that will become your signature

POTENTIAL – *“Tragedy strikes when a tree dies in a seed, a man in a boy, a woman in a girl, an idea in a mind”* (Myles Munroe)

You are Potential: _____

Unlocking You: _____

Releasing You: _____

Maximizing You: _____

Take Action!!

Describe your Potential (gifts, talents, skills, passion, desires, bent, internal resources)?

Does your life mirror your Potential? If yes, in what ways? If no, why not?

What are the forces capping or posing a threat to your Potential at this moment?

How will you address the threat or eliminate that cap from your Potential?

SESSION 2: LEGACY - STARTING WITH THE END IN MIND

LEGACY – *“If your why behind the why does not end up at ‘LEGACY’, why are you doing it?” – (Tom Ziglar)*

What Is Legacy: _____

Why Legacy is Important: _____

Traits of Legacy Contenders: _____

Take Action!!

Record your Legacy in details (when I die, I will be remembered for...)

Describe what your life will look like in 5, 10, 20 years from now

Describe exactly what your life looks like now (where are you?)

Detail what you will need to do (what it will take) to get you to the Legacy you described

SOURCE – *“Independent of the Source of purpose, you have absolutely no clue who you really are. Who you were meant to be”* (G. A. Bryce)

Design, Nature and Capacity (KEY): _____

Philosophy and Core Values: _____

Re-Source Depot: _____

Take Action!!

Are you aligned and moving synchronized with your Source? If no, why not?

Define and Record the Core Values by which you are committed to living your life

How dependent are you on Your Source for Resources (strategies, wisdom, direction, etc.)

List your specific need(s) and commit to seeking your Source for it/them:

SESSION 3: VISION - CLARIFYING WHAT I SEE

VISION - *“Now lift up your eyes and look from the place where you are standing... For all the land which you SEE I will give to you” - (GOD)*

The Power of Vision: _____

Residing in Vision: _____

Vision and Environment: _____

Take Action!!

Write your Vision Statement (life and business, if applicable)

Write your Mission Statement (life and business, if applicable)

Identify Potential Limitations/ Blockages to your Vision (blind-spots, etc.)

Describe your Environment (resources, what is lacking, changes needed, etc.)

SESSION 4: PUSH THAT START BUTTON!!

“Get up, get moving, do something! Nothing happens until you do” – (G. A. Bryce)

Goal Setting: _____

Strategizing and Planning: _____

Execution: _____

Take Action!!

Assess your Resources (internally/externally). Are they adequate? What do you need?

Identify 3 Goals with applicable timelines you will begin working on immediately

Detail steps you will take to maintain Momentum/Recalibrate as you pursue your Vision

Detail how you will Celebrate your wins and Mitigate your losses?



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THE ME-REVOLUTION LIFE COACHING EXPERIENCE™

"Effecting Change For
Purposeful Living"

Georgia A. Bryce is a Certified Professional and Personal Development Coach. She works collaboratively with her clients in their journey through the self-discovery process and successful execution of their desired goals.