



# DESIGNING YOUR ULTIMATE LIFE

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YOUR MASTERCLASS WORKBOOK  
WITH JON & MISSY BUTCHER

# WELCOME TO YOUR MASTERCLASS WORKBOOK

## 5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. Review the contents of this workbook before the Masterclass so you know what to expect. It is best to set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to increase the quality of your life.
5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

# WHAT TO EXPECT

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# 1. PRE-MASTERCLASS EXERCISE

## Start with Intention

*What would your life need to look like for you to relive it over and over again, in an endless loop, without getting bored?* Most people live life in a form of passive mediocrity. As if their life was issued from a photocopier. Many of us don't live based on values and goals that come from within us. We set them based on outside programming. The media, politicians, commercials, society, etc. design ideas and tell us who we should be, what we should buy and what type of life we should lead.

The biggest curse is that, for most of us, we've been made to think that the entire point of life is only two things: how much money we have, and what our career title is. But human beings are so much more than that — and “living our best lives as our true selves” is not a myth, but a real possibility!

This masterclass is going to show you how to escape the *photocopied life*, so you can design a life that's true to you. It will introduce a framework that will enable you to create a vision for your life that is truly holistic and fulfilling. That will “pull you forward” towards achieving a truly extraordinary life in every area.

*Write down and set your positive intentions. What are your intentions for joining this Masterclass? What do you hope to leave with?*

Use this space to write down positive intentions.

## 2. SELF-ASSESSMENT QUIZ

Assess your current state of life with this self-assessment.

<b>Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)</b>	<b>Rate 1-10</b>
1. I am truly happy with my life right now.	
2. I feel like I am living the best life I can live.	
3. My life is balanced and I am not making sacrifices.	
4. I am passionate about what I am doing in life.	
5. I am satisfied with all the important areas of my life.	
6. I am fulfilled with my life today.	
<i>Your total score:</i>	

Use this space for additional notes or reflections.

### 3. DESIGNING YOUR ULTIMATE LIFE

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right side. Click on the video to pause.** But pay attention, because you cannot rewind!

What you will learn in this masterclass:

1. The three hidden reasons holding people back from living an extraordinary life.
2. The #1 key to success in any area of life.
3. The four pillars of creating your ultimate life.
4. You'll experience an *Instant Clarity Visualization* of your ideal day as your true self.

#### Section 1: The Three Hidden Reasons Holding People Back From Living An Extraordinary Life

To break out of the status quo takes a tremendous amount of energy, \_\_\_\_\_, effort and \_\_\_\_\_.

Even the people that are focused on living the best life they can usually are doing it inside an outdated model of success where they focus on one or two \_\_\_\_\_ of life.

We're trained to look at life from 2 dimensions: \_\_\_\_\_ and \_\_\_\_\_. However, Lifebook looks at 12 different dimensions.

The reason it's so critical to understand the vision of the person you want to become and the life you want to live is because without it you don't have a \_\_\_\_\_ framework to guide your actions.

The first step in finding out what is your life vision is to discover \_\_\_\_\_ you \_\_\_\_\_, what are your own values and \_\_\_\_\_.

The smartest people in the world work all day every day trying to get you to do \_\_\_\_\_ they \_\_\_\_\_ you to do.

When you have a vision for your life you become more authentic and \_\_\_\_\_. You are living your life and you are more immune to the programming from the world around you.

Notes

The three reasons why many people don't live an extraordinary life are:

1. They don't know what is \_\_\_\_\_.
2. They are too busy running the \_\_\_\_\_ of life to get off that \_\_\_\_\_ and figure out what life should mean to them.
3. They've bought into \_\_\_\_\_ definitions of success.

If you don't have a \_\_\_\_\_ in today's world you are being manipulated to create someone else's vision.

Reflect. *What do you really want in life?* Not what society, corporations, parents, teachers, etc. want for you, but what do YOU truly want.

Use this space to write down your reflections.

Success in only 1-2 categories of your life does not equal fulfilment. That's just a tiny slice of what your potential as a human being can be. We need a holistic approach.

Reflect. *What percentage of your goal list is only related to finances and career?* [Tip: You can just give an estimate at this point.]

Use this space to write down your reflections.

## Section 2: Jon & Missy's Inspiring Life Story

### Notes

Lifebook is about bringing a higher level of \_\_\_\_\_ to what's going on around you and a \_\_\_\_\_ of how this affect you.

Lifebook is an empty system that you fill up with your own \_\_\_\_\_. You can use it to step into the role of becoming the change you want.

The only sustainable way to help other people is by turning them on so that they can help \_\_\_\_\_.

\_\_\_\_\_ and \_\_\_\_\_ are a part of the human condition, that's what makes us stronger.

Everyone has a *soul-print*, and Lifebook is helping you get in touch with the reason you were born. While society does its best to help you forget that reason.

At the end of the program you get a clear vision of the person that you could become and then you can start to move towards that vision with intention.

Use this space for additional notes or reflections.



### Section 3: The #1 Key To Success In Any Area Of Life

Notes

The most important thing that we've learnt is that there is \_\_\_\_\_  
\_\_\_\_\_ answer for everybody in any area of life.

If you want an extraordinary life, there's a formula for that but it's going  
to be \_\_\_\_\_ to you.

\_\_\_\_\_ is what is going to take for you to think through your  
life, and if you have that there's nothing that can stop you.

Use this space for additional notes or reflections.

## Section 4: The Four Pillars Of Creating Your Ultimate Life

Notes

**Pillar #1:** Create your \_\_\_\_\_ .

The way to create a crystal-clear life vision is to take a look into 12 different areas of your life.

The Lifebook approach combines the clearly defined visions from all the areas of life which add up to the 12th category which is called *Your Life Vision*. Nothing is left out or left to chance.

The 12 Lifebook categories are:

- |                      |                     |
|----------------------|---------------------|
| 1. Health & Fitness  | 7. Parenting        |
| 2. Intellectual Life | 8. Social Life      |
| 3. Emotional Life    | 9. Financial Life   |
| 4. Character         | 10. Career          |
| 5. Spiritual Life    | 11. Quality of Life |
| 6. Love Relationship | 12. Life Vision     |

The way to discover your Life Vision is by asking yourself these 4 questions in each one of the categories:

1. What do I \_\_\_\_\_?
2. What do I \_\_\_\_\_?
3. \_\_\_\_\_ do I want it?
4. What do I \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ to get it?

*"A win anywhere is a win everywhere."* - Jon Butcher

Use this space for additional notes or reflections.

**Pillar #2:** A structured rhythm of goal-\_\_\_\_\_ and goal-\_\_\_\_\_.

If you know where you want to end up, all your daily actions and decisions will be consistent with your Life Vision.

Use this space for additional notes or reflections.

**Pillar #3:** Your 12 \_\_\_\_\_ .

Aligning your goals with your daily actions and habits is a total game-changer.

Use this space for additional notes or reflections.

**Pillar #4:** The \_\_\_\_\_ System.

When you commit to other people, and you hold each-other accountable, results go through the roof.

Use this space for additional notes or reflections.

## Section 5: Instant Clarity Visualization

Jon will guide you through an exercise to connect you to what you really want. To connect to your core identity and desire. You'll experience your ideal day as your true self.

It's important to just let the experience flow through you. You mustn't overthink this. Don't try to answer each question in the exercise literally. Simply allow the essence of what you are seeing and feeling, with a continuous flow of consciousness.

Preparation tips to get the best out of this experience.

- Pause the Masterclass by clicking on the video screen to prepare.
- Make sure you are in a quiet place where you can focus and follow Jon's instructions.
- Take a deep breath. Relax and allow yourself to be guided.
- Write down the first few things that came to mind during this visualization.

Use this space to write down your reflections after the exercise.

The Lifebook Online Program does a deep dive into the 12 Life Categories over a 6-week period. It's a guided, step-by-step tour of all the areas of your life. What will emerge at the end of that is a Holistic Life Vision that pulls you forward and works at every level of your life. For each category, we'll explore these 4 basic but profound questions.

1. Premise. *What are my deepest beliefs in this area of my life?*
2. Vision. *What exactly do you want in this area of your life?*
3. Purpose. *Why do I want that?*
4. Strategy. *What do I need to do to get it?*

And, during this entire process, you'll be part of a tribe! Hundreds of other like-minded people share their best strategies and resources. We take advantage of the wisdom of the entire community.

What sets Lifebook apart from other personal development courses is that the entire content comes from you. You are the author. Your Lifebook is authored by you and for you. That's why your commitment is as simple as it gets: you get out of this process what you bring to it. And of course, there's a direct correlation, the more you bring the more you get.

That being said, on an average, we estimate that the full process requires 4 to 6 hours a week. We think it's a supremely worthwhile investment for a process that will forever change how you view and approach your life and your goals.



Enroll at [bit.ly/lifebook-2020](https://bit.ly/lifebook-2020)

## 4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What are the three reasons stopping many people from living an extraordinary life?

2. How to become immune to the programming from the world around you?

3. How does the formula for an extraordinary life look like?

4. How do you create a crystal-clear life vision and make sure you achieve it?

# THANK YOU FOR JOINING JON & MISSY BUTCHER'S MASTERCLASS



Experience this premium program for FREE. Just submit a \$500 accountability deposit and get a full refund when you complete your Lifebook.

In just 6 weeks, Lifebook Online helps you shape your personalized game plan that guides you towards extraordinary success in 12 key areas of your life. YOUR Lifebook.

As you move through this process, you'll notice numerous deep shifts in your thoughts, beliefs, and your overall quality of life. Many Lifebook students report experiencing:

- A greater sense of control in all areas of life
- A clearer sense of purpose and a deeper understanding of the self
- Heightened confidence and self-esteem
- More balance between work and personal life
- Amplified focus and productivity
- Stronger relationships
- And so much more

If you are ready to take charge of your life and turn it into a living masterpiece you now have a chance to do it with Lifebook Online completely FREE.

Enroll at [bit.ly/lifebook-2020](https://bit.ly/lifebook-2020)

## 5. MINDVALLEY AUTHORS & STUDENT STORIES

**“I cannot recommend Lifebook highly enough...”**



I cannot recommend Lifebook highly enough no matter what level of life you are at.

I've been developing a road map for everything from building my emotional intelligence and my character to optimizing my relationships, my financial life, my social life, my parenting life. The whole host of things I've never realized I needed to develop as much as I really did.

There is no way I could have just sat down and done this myself. But to have this all systematized for me, spelled out in videos and workbooks, and ultimately designed into this beautiful, powerful book for my life, my Lifebook - it is life-changing.

~Ben Greenfield  
Leading Bio-Hacking Expert, Athlete, Podcaster

**“It was life-changing. Well, first: it was life-giving and then it was life-changing.”**



I've gone through so many trainings. I've worked on my business development, on my personal development and I got to tell you when I went through Lifebook it was at a time in my life where things were going really really well.

[...] But I didn't know how to pull that all together: pull Lisa the woman, Lisa the mother, Lisa the legacy, my lifestyle, my business.

There are so many facets to me that I really didn't quite know how to pull them all together. Taking the Lifebook course was the absolute best decision I could have ever made. It was life-changing. Well, first: it was life-giving, and then it was life-changing.

I've never gone through a program that allowed me the space, the opportunity, the content and the direction to so thoroughly orchestrate and navigate my future.

~ Lisa Nichols,  
Legendary Author and Speaker



**"I've studied many personal growth programs in my lifetime, and Lifebook is easily the most profound."**

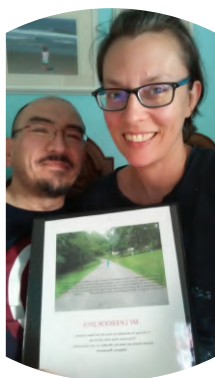


I've used Lifebook to take a deep dive into what really matters to me, what my most authentic beliefs and desires are, and most importantly – what strategies I can use to honor those beliefs and turn those desires into reality.

I recommend Lifebook without reservation to anyone in search of an extraordinary life, without sacrifice or compromise.

~ Mark Hyman, MD  
Founder of The UltraWellness Center, a ten-time #1  
New York Times Best-Selling Author

**"[Lifebook] provided us with a lifeline to get through one of the most challenging times of our lives."**



[My husband] was diagnosed with CIDP. People always ask us, how are you managing to stay so positive through this? The answer: Lifebook.

[Lifebook] enabled me to be flexible and create new strategies where needed that best served me and my family. Instead of freaking out or freezing up (as was my past pattern), Lifebook taught me to be creative, figure out what worked best for me and my family, and to look at our situation in a new light.

~Dani Glaeser

## **"I feel like finally I have direction."**



[...] The process has not only helped me define what I want in a relationship but also who I need to be and what I need to do to get the relationship that I want.

[...] every area of My Lifebook has me feeling excited and enthusiastic. I feel like finally I have direction. [...] I want to give this gift to every young person, so that this world can be filled with awesome, enlightened, thinking people...

~Anthea Bruwer, Cape Town, South Africa

## **"I'd recommend Lifebook to everyone that is committed to HAVING IT ALL and having a reliable system at hand."**



Before doing Lifebook, I felt like my life was out of control. As I did Lifebook, I finally started feeling like I can wrap my mind around life. I started seeing ways to start living my dream lifestyle NOW, not after I'll achieve everything. I started enjoying and loving the ride. This new sense of control and an epic lifestyle accelerated my progress even more.

~Klemen Thomas

## **"I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control."**



[...] The program covered every aspect of my life and made me realize that I have so much more to learn and DO! The biggest impact so far was the decision to declutter my life. I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control.

~Nico Smit, South Africa