

FROM THIS MOMENT ON...

Creating a C.L.E.A.R. Vision for Your Life

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Two of the most important questions you can ever ask yourself and more importantly, seek to answer, are ***“Who am I?”*** and ***“Why am I?”*** One of the most amazing things about humans is our unique ability to *define* who we are, *decide* where we are headed, and *determine* what our story is. No other species has that kind of decision making capacity. We have the awesome ability to reflect, consider options, and plan our lives in a way that can be extremely exhilarating...if we ***decide*** to do it. The challenge is that when we don't decide who we are, where we're headed, and what our story is for ourselves, often times someone else will decide for us.

There is an old proverb that says, ***“Where there is no vision, people perish”***. The following pages are designed for you to reflect and consider who you are in this world and what kind of impact you plan to have on your own life and the lives of those around you. Take the time to ***critically consider*** your responses to the questions on each page and take advantage of this opportunity to create a **C.L.E.A.R.** vision for your life.

From this moment on you can *choose* to be the author of your own story.

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FROM THIS MOMENT ON...

Critical Consideration: My **C**ore Belief

Every successful company or organization has a very powerful mission statement. So it makes sense that every successful person should also have a very powerful, personal mission statement. Malcolm X said, "If you don't stand for something, you'll fall for anything." What is also true is that if you don't believe something, you could end up believing anything. It is important to create a personal, powerful mission statement that you stand for and that inspires you to do your best and be your best from this moment on.

What songs or lyrics inspire me to do and be my best?

What book(s) inspire me to do and be my best?

What movies or movie scenes motivate me to do and be my best?

What famous quote or quotes do I try to live by?

What is my *Core Belief*? (My PERSONAL powerful mission statement?)

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Critical Consideration: Who and what do I **L**ive for?

“He who has a *WHY* to live for can bear almost any *HOW*?”
- Friedrich Nietzsche

One of the keys to success is discovering your “**Why**”. When you know *why* you’re making an effort to do and be your best, the *what* and the *how* become more accessible and achievable.

Besides myself, who do I want to make the world a better place for? Why?

Who is someone that is counting on me and has high hopes for me? Why?

What activities, interests, hobbies, talents, gifts, etc. are very important to me? Why?

If I could spend my whole day doing something I love, what would it be? Why?

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Critical Consideration: What is the **E**vidence?

We've heard it said, "If you're going to talk the talk, you have to walk the walk." People are much more impressed with what you actually do than what you say you're going to do. If you say you live for your family, your faith, your art, your academics, your future, etc., then what is the proof?

What attitudes, behaviors, habits, practices, or routines do I have that prove I actually care about the things I claim to care about? (*Physical Evidence*)

How does my social media activity prove that I actually care about the things I claim to care about? (*Documented Evidence*)

Who do I know that would speak on my behalf and confirm that I actually care about the things I claim to care about? (*Testimony of Others*)

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Critical Consideration: What is **A** amazing about you?

In life we tend to find what we are looking for. Media and advertising go out of their way to show us what is “wrong” with us and since we see almost 5,000 advertisements a day, that can be very challenging. From this moment on you must be intentional about amplifying the positive things about yourself instead of magnifying the negative.

When was a time that I felt really smart?

When was a time that I felt really creative?

When was a time that I did something that myself and/or others were proud of?

If you look for the negative, you will find it. If you look for the positive, you will find it too.
From this moment on, find the positive.

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Critical Consideration: What do you want to be Remembered for?

This question should be at the forefront of our minds anytime we are in a situation where it is important to earn **trust** and **respect** from others. So think of this question when you walk into a classroom, when you are giving a presentation, when you are practicing, playing or performing in sports or the arts, when you are being interviewed, when you are at work, when you are in public, and when you are posting on social media or sending a text or email. From this moment on make it your mission to be remembered for being **trustworthy, respectful, thankful, and helpful**.

When I'm at school / work:

When I practice, play, or perform in sports or the arts:

When I'm in public:

When I'm online or on my phone:

When I'm faced with a challenge or adversity:
