LEVITICUS RICH

THE IDEALIZED SELF

THE IDEALIZED SELF ACTION PLAN

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CRAFTING YOUR IDEALIZED SELF

Understanding the Idealized Self is paramount to building and maintaining your pillars of the Eudaimonia. Your idealized self is how you ultimately wish to be. It's how you appear to others, how you behave, how you're treated. It's your level of status and influence, your strength, your charisma. It's all encompassing.

The following exercises are designed to help you form your idealized self and create a strategy to become that version of yourself that you see internally.

Complete the following action steps by answering *all* of the questions. Answer each question in *as much details as possible*. Truly tell an explicit story and image as you answer these questions. The more specific you are, the simpler it is to move toward your destination.

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Answer the following questions in the space provided in *as much detail* as possible.

How do you speak?

What is your ideal hairstyle?

How do you want others to perceive you? (For example, if you walk into a room of strangers, what would you like them to think about you?)

What's your typical style look like? Do you often wear suits? Do you often wear jeans and a T-Shirt? Do you often wear Leather jackets? Do you often dress in a punk rock or biker style? Do you often dress in a business casual manner? Do you often dress preppy or with a hippy-style? Describe your choice in clothing for each day of the week.

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What would your ideal day look like assuming you had infinite money? Describe it hourly.

What does your ideal spouse look like? Describe him or her in as much detail as possible. Describe the personality, physical appearance, hobbies, career, etc.

What 3 skills would you have if time weren't an option and if you could download the skills instantly?

How would you behave in social settings with complete strangers?

How would you behave in social settings with friends/peers?

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Answer the questions using the lines provided

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Goal Setting for Success

A idea without a deadline or a plan is just a dream. In this final section of the program, you'll need to set goals. Even once you finish this program, the work doesn't end.

Even after you accomplish the goals you're about to list, there are *always* more goals to accomplish and more hurdles to overcome. Understand this and look forward to it.

I believe having a never-ending list of goals is what truly makes life appealing and interesting. You should look forward to seeing yourself a year from now. If you're executing on these goals and immediately creating new goals the moment you knock out one, you'll move toward your idealized self and your fulfilled self sooner than you think.

ACTION: Create 3 goals with a specific deadline. One goal for Health, one goal for Wealth, and one goal for Relationships. Finally, order to goals from MOST IMPORTANT to LEAST IMPORTANT when it comes to becoming your idealized self. If you need a critique, DM or Email me your list and the order you rank them. List your goals using the pages provided.

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What is your TOP Health Goal? Provide a Reasonable Deadline

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What is your TOP Wealth Goal? Provide a Reasonable Deadline

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What is your TOP Relationship Goal? Provide a Reasonable Deadline