

**Power-Up**

**A programme for Life After Work**

**Workbook 1**

**“Resistance is Created Through Lack of Clarity”**

**CLARIFY YOUR VISION**

**CLARIFY YOUR ‘WHY’**

**Completion of this document does not imply any guarantees of business success or income whatsoever.**

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**Important**

PRINT this workbook and complete by hand. Do not complete on screen. You will only gain benefit from this workbook by working through it with the audio recordings provided and/or personal coaching. These will guide you through the process at the right pace and in the right order.

***Before you start, please listen to Audio 1***

**Section 1 – Modules 1-2, Weeks 1-4**

**DISCOVERY**

**The purpose of the first two modules of this programme is to help you *discover* and get started on creating your personal vision.**

You may already have an idea of who you want to be and what you want to do and have when you embark on ‘life after work’, or you may not. But even if you have a clear idea of your vision, you’ve probably not written it down.

Or if you have written it down you’ve probably not written it in the ‘right’ way.

**The way that will enable you to turn it into reality.**

These modules will help you gather your thoughts and identify those things that you need to ‘let go’, if your vision is to be a reality.

It will also help you to understand where you are now in relation to where you want to be in your life.

It represents the first step in the process of creating a ‘new you’ and a new life and lifestyle for yourself.

It will take you some time to work though it and it will take some hard thinking. Don’t rush it or try to complete it all in one go.

**Spend time on it each day** over a period of 5 to 7 days and then discuss it with your coach.

You may find on some days that your ideas have clarified as your subconscious mind consolidates your thoughts.

Once you start on this exercise let things flow naturally to get the best insights into what you really want.

If you get ‘stuck’ take a break and - just allow yourself to ‘enjoy’ the process.

As you go through this workbook and the subsequent process you may notice some repetition. It’s deliberate, just like when you did lessons at school. Repetition reinforces.

You’ll be asked the same question, or similar questions more than once, that’s a prompt to rethink and re-evaluate your ‘answers’. Don’t just copy what you wrote before, think more deeply about the concept being explored.

**Note**: If you’ve received this as an electronic document you should print it, one sided, and complete the relevant sections **in writing**. The reason for this is it creates a more robust link between your conscious and subconscious minds. Humans haven’t yet developed the same ‘thinking links’ through typing as we have through handwriting.

Note the size of the boxes in the workbooks is a clue to how long the answers might be.

**Clarity**

First, for the sake of clarity throughout this programme, some terminology:

There are many ‘misunderstandings’ in the field of personal development and related areas due to a few significant differences in the meaning of certain words as understood by different English speaking cultures.

**Dream** Outside the USA this normally means something that is generally unattainable, as in ‘pipe dream’ or ‘day dream’. *However*, in American usage it is clearly understood, and defined in the dictionary, as something that ***can*** be tangibly attained.

Outside the USA the word ‘**Vision**’ or ‘**Ambition**’ or even ‘**Purpose**’ can easily be substituted as concepts that **are** attainable. We will normally use the word ‘vision’, but wherever ‘dream’ appears in this document or the ongoing process it should be understood in the *American* sense.

You can have more than one ‘dream’ going on at any time.

**Goal** A goal is at a ‘lower level’ than a dream, vision or ambition. This is an achievable concept, and a dream or ambition can be made up of several different goals, sometimes sequential, sometimes in parallel and sometimes completely unrelated to other goals. A goal is something, or part of something, that you want to achieve and will have some idea how to achieve. It is not the type of ‘smart’ goal you may understand in a ‘business’ context, we’ll discuss those later.

**Target**  This is the ‘measurable’ part of your goal. It may be related to a period of time or an amount of money or some other measurable parameter. For example, “I will achieve this goal by such and such a date”. There may be multiple targets within a goal.

**Plan** This word has many meanings, but in this context, it describes the series of actions that you need to take and perhaps the order in which you can take them and the ‘milestones’ in terms of time, along the way to achieving each of your goals.

Each goal should have a separate ‘plan’ describing *what* you need to do (not how) to reach that goal. At the same time each set of goals should also form part of a higher level plan.

**Activity** (Or Action) - these are the things you need to do identified in your plan. Each one should have a specific outcome consistent with your goals and their targets. Of course, sometimes things don’t go ‘according to plan’ so if an action is more difficult or takes longer than expected or has to be done at a different time, this can lead to your resetting your plan, target and goal. It’s OK to do that by the way!

**Your Vision**

You are at a unique point in your life. Very soon everything will change when you are no longer ‘at work’, no longer employed by someone else from whom you’ve been receiving a financial reward, likely along with other privileges and status.

*Everyone* has a vision (or dream, or ambition) - deep down, sometimes very deep down - many people don’t even recognise it, and sadly many people don’t understand that they are ‘allowed’ to have one.

Up until now most of your ‘visions’ have been to do with your job, or perhaps your business; what you’ve been doing on a day to day basis and the goals you’ve created to achieve those visions have been given top priority.

The question now is – what is there you’ve always wanted to do but your job prevented it? We’re going to explore this in detail over the next few weeks and create a plan for you to achieve these ambitions which may have been ‘on hold’ for some years and even forgotten.

**Finding your vision**

One of the ways we grow and discover more of ourselves is by the questions we ask ourselves.

It has been said that the quality of our life is determined by the quality of those questions.

Most of us are taught to ask questions that keep us thinking ‘small’ - in a ‘scarcity paradigm’ - like “how am I going to pay my bills - where is the money coming from?”

But we could be asking more empowering ‘abundance paradigm’ questions, like “what is the life that I would love to live” or “what is the business I would love to have”? (Yes, one of the options after ‘retirement’ *is* to start your own business.)

As Henry Ford said - “*If you think you can, or you think you can’t, you’re right.*”

Here are six seemingly simple questions (inspired by Kipling and my mentor Peter Thomson) that you can ask yourself:

* Who (and where in life) am I now?
* Where have I been? (How did I get here?)
* What do I want?
* Why do I want this?
* When would I like it to happen? (What are the obstacles holding me back?)
* How am I going to make it happen?

**This week we’re going to focus on the first question**

Don’t forget, you can always change the answers later if you need to.

Spend some time on this and be honest with yourself.

**1. Who (and where in life) am I now?**

Ask yourself **who** *you* really ARE at this point in your life. What sort of person are you? What does **your** life mean to **you** and to *other people*? Who are **you** to other people?

Hard questions which will take some time and perhaps meditation to answer.

For the moment the focus is on who you ARE, not what you ‘DO’ or might have. These come next. **Also remember it’s who you are *without* the identity, significance and everything else which came with your ‘job’**.

**Core Values**

These are what you care deeply about and use to ‘run your life’. They may include things like ‘integrity’ and so on.

There are no ‘right’ or ‘wrong’ core values. Your personal core values are up to you and there’s no requirement to take on core values other people prescribe for you or influence you to adopt.

Your personal core values depend on your concept of your personal freedom and your personal moral and ethical codes. If other people disagree with whatever you hold as core values it’s their problem, not yours. It’s not necessary for you to defend or justify your personal values, they are what they are and there’s an end to it.

Your core values are the fundamental guidelines you work by – the ‘rules’ of your personal operations, They, in a way describe who you really are. They aren’t cast in stone; you can change them as you gain more experience and different perspectives on life or as your life experience changes and they need to be modified to be relevant to who you become as you progress.

I’m not going to give you any examples as I don’t want to prejudice or influence what you select.

**2. What are my ‘core values’?**

**3. What do I ‘do’ in my life right now?**

This includes all the roles you play; at ‘work’, at home and in society.

**4. What are my key strengths?**

What do you feel you are really good at? These might include ‘problem solving’ or ‘strategy’ for example.

This is the end of Workbook 1. Now it’s time for your first coaching session before you go on to Workbook 2.