



“Pivot and Pursue It!” Workbook



Planet Reinvention™

Pivot and Pursue it Masterclass Workbook CREATING YOUR VISION EXERCISE

It's all about YOUR life!

You may have heard the saying: If you can see it, you can be it.

This is the principle to employ when creating a vision - you have to see it before you can make it real. But don't be stressed out if you don't know exactly what it is you want to do; many people who have successfully reinvented themselves started out the same way.

What all of them do know at the start—including you! —is the kind of life they dream of living.

So, take a moment to answer the following question:

WHY DO I WANT TO REINVENT MYSELF?

Answering this question will help you to understand and align with your purpose. Take a moment to answer below:



Planet Reinvention™

NEXT STEP: DESCRIBE YOUR IDEAL DAY.

The best way to start creating a life vision is by imagining a picture of your ideal day. You wake up in the morning—where are you?

- ✓ What does the room look like? Who's with you? Visualize every detail and make them real. You get up and get started with your day—what do you do?
- ✓ Do you have a leisurely breakfast with your family on a sunny patio, or go for a long run, or roll down to your home office to check out the latest headlines online?
- ✓ It's your day—start it the way that makes you happiest. Now you begin your work. Don't panic here!
- ✓ You don't have to know exactly what work it is you're doing! Just describe the qualities of the work life you desire:
- ✓ Do you leave for an office filled with people, or head off to a quiet writing studio in your backyard, or greet your small team in a sunny loft? Is the environment intense and invigorating, relaxed and laid-back, or creative and a bit crazy?
- ✓ For lunch, do you go to a new restaurant with your co-workers, read a book in the park, take a quick bike ride? Continue visualizing the details of your day right up until bedtime, and write them below:

MY IDEAL DAY:

The ideal day you just visualized should speak to your heart, excite you, make you thrilled and even a bit scared, and bring you a sense of fulfillment.

If it doesn't, then dream bigger! Don't be afraid to stretch and create a picture that seems almost frightening in its possibility to make you happy. As Les Brown says: "If you shoot for the moon and miss, at least you'll land among the stars!"

By designing a picture of your ideal day, you can begin to seek the kind of transformation where vision turns into reality!



EXPAND YOUR IDEAL DAY INTO YOUR IDEAL LIFE.

Do this in a creative way; write a short story or create a scrapbook. Your goal is to create a visual picture of the life you want; include whatever has meaning and resonance for you, for example, photographs or clippings.



Planet Reinvention™

DESCRIBE YOUR HAPPIEST LIFE EXPERIENCE.

Remember a time when you were happiest. Describe that time in detail, particularly what was going on in your life then and what you were doing:



Planet Reinvention™

MY FEELINGS DURING THIS TIME:

Handwriting practice lines for writing feelings.



Planet Reinvention™

DESCRIBE YOUR MOST PASSIONATE MOMENT:

Describe your most passionate moment, a time when you felt most plugged in, excited, and grateful to be alive (it can be about a work or a personal event). What was happening; what were you doing that made you feel that way, what qualities or feelings were you experiencing?



Planet Reinvention™

HOW I FELT DURING THAT MOMENT:

A series of 14 light blue horizontal bars for writing, each separated by a thin black line, providing space for the user to describe their feelings.



Planet Reinvention™

Pivot and Pursue it Masterclass Workbook CREATING YOUR PURSUIT PLAN EXERCISES

The exercises below are essentially a “guided brainstorm,” designed to walk you through a series of prompts for creating, organizing, and prioritizing your own unique anchor goals and sub-goals using the 3-legged stool model and cascade effect.

By completing them, you are building the blueprint for your own personalized Pursuit Plan.

ORGANIZE YOUR REINVENTION GOALS:

Step 1. Pick a goal in each of the three categories of your “three-legged stool”; the change you’re seeking that moves you forward. The main goal is the broad category of change you’re seeking (e.g. more fun & enjoyment); the sub-goals are the different ways it can show up (e.g. taking French or salsa lessons).

	Work	Personal / Lifestyle	Spirit
Main goal:			
Sub-goal 1:			
Sub-goal 2:			
Sub-goal 3:			
Sub-goal 4:			
Sub-goal 5:			
Sub-goal 6:			



Planet Reinvention™

Step 2. Choose your “cascade effect” sub-goal for each category:

a. Work: _____

b. Personal / Lifestyle: _____

c. Spirit: _____

Step 3. Gap your ‘cascade effect’ goals:

	Starting Point	End Point	Gap
Career/Work:			
Personal/Lifestyle:			
Spirit/Inner growth:			



Planet Reinvention™

Step 4. List the myths you hold about your cascade goals:

Career Goal Myths	Personal Goal Myths	Growth Goal Myths



Planet Reinvention™

Step 5. List the internal and external barriers to your cascade goals:

Internal Barriers

External Barriers

Step 6. Determine the investment needed to reach your cascade goals. What will it cost you timewise or in dollars? What will you have to give up?



Planet Reinvention™

Step 7. Set your timeline (the amount of time you'll invest in reaching your cascade goals)

Step 8. List the short-term viewpoint tasks that will help you reach your cascade goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Create and Your Pursuit Plan and bring your vision to life faster and easier than you ever imagined with the Reinvention Xcelerator.



Planet Reinvention™

Pivot and Pursue it Masterclass Workbook

EXERCISES FOR MOVING YOUR PURSUIT PLAN INTO ACTION

When you're trying to carve out a plan that requires you to fundamentally change things about who you are, it's going to cause friction that can actually pull you further away from achieving your goals.

Instead, you need to customize your Pursuit Plan so that it compliments your personality.

It's also imperative that you create a structure that helps you stay focused on what you need to do at every step and keeps you accountable for making progress despite your busy schedule. This is how you get the maximum output from the effort you put in.

EXERCISE #1: CUSTOMIZE YOUR PLAN TO MATCH YOUR PERSONALITY

In order to customize your plan to match your personality, there are two crucial styles you must first identify and then leverage to accomplish your goals.

They are:

- Number one, your Primary Learning Style, and
- Number two, your Personal Interaction Style

Let's start with your learning style:

There are three basic learning styles: visual, auditory, or kinesthetic. Your Primary Learning Style is the approach that works best for you to process and absorb information.

For example...

- ✓ **If your Primary Learning Style is Visual**, you learn by SEEING. This means you may need to read an eBook or watch a video to anchor information in your head.
- ✓ **If your Primary Learning Style is Auditory**, you need to HEAR things to learn. So you might listen to podcasts or dive into an audio course to take in information.
- ✓ **If your Primary Learning Style is Kinesthetic**, you need to FEEL or EXPERIENCE things to learn. You're the one who skips the instructions and immediately starts trying to put the thing together! In reinvention, this looks like signing up for a live class or shadowing someone in the field you're interested in.



Planet Reinvention™

Next, let's talk about your Personal Interaction Style.

Your Personal Interaction Style is how you prefer to interact with others. Do you prefer to go solo? With a partner? Or in a group?

For example...

- ✓ **If your Personal Interaction Style is Solo**, the idea of a group networking event strikes fear in your heart. You don't need to beat yourself up because you don't want to go to that event! You were made for 1:1 coffees where you can connect with a single person and play to your strength.
- ✓ **If your Personal Interaction Style is Partner**, you'd probably go to a conference with a buddy. Even if it makes you a bit nervous, having your buddy with you gives you just enough confidence, support, and motivation to put yourself out there whereas if you were by yourself, you might skip it.
- ✓ **If your Personal Interaction Style is Group**, networking events were made for you, right? You work the room because that's just who you are. You enjoy a crowd because you get to have multiple conversations and maximize your opportunity for touchpoints.

Identify your styles below:

My primary learning style (e.g. visual, auditory, kinesthetic): _____

My personal interaction style (e.g. solo, partner, group): _____

How open am I to change and risk? (e.g. averse vs. love) _____

My primary motivation style (reward or accountability) _____

How well can I focus? (e.g. mono vs. diffuse) : _____

EXERCISE #2: BUILD IN A REWARD AND ACCOUNTABILITY STRUCTURE

The key to success in reinvention is to KEEP AT IT. You must conquer roadblocks and create sustainable flows so you can stay the course until you reap the rewards.

Because you'll be putting in a lot of effort without the immediate gratification delivered your big goal, you're going to need to create "small wins" to keep you motivated.

To keep your momentum going, build in daily, weekly and monthly rewards.

An effective strategy is to create an incentive system whereby you set targets along the way and reward yourself as you hit each goal.

Your rewards can be monetary, time-based or activity based. They should be deliberately fun and pleasurable rather than just a break from the work. And they should happen on a daily, weekly and monthly basis.

Some examples include: When I finish these five cover letters, I'll take a break and read for an hour. After I make these three calls to contacts, I'll go get a cup of coffee. ‡ Every Friday afternoon I'll take a break from the search and go to the beach

Take a moment to brainstorm how you plan to reward yourself during your reinvention launch and what milestones you must hit to earn the rewards:



EXERCISE #3: TURBOCHARGE YOUR PURSUIT PLAN WITH EXPERT GUIDANCE FOR ACCELERATED RESULTS!

The truth is that assistance can come through many channels: friends, family, colleagues, even strangers! You want to stay open to where help can come from.

That said, there's one important rule you need to follow to avoid the heartache of wasting your valuable and limited time:

PRO TIP: *Seek counsel, not opinions.*

If you decide you're going to seek out an expert coach to help you create your dream life, let me give you a tip: Be sure to check that they're both professionally trained AND have gone through their own reinvention.

Many people who call themselves coaches actually have no formal training because there are no licensing requirements that block their use of the term. And for those who ARE certified, for many of them, they count leaving their previous career to become a coach as their reinvention.

To me, this doesn't count. You want someone who switched from one successful career to another successful career BEFORE they became a coach, so they truly understand the challenges of the journey.

The Harvard Business Review article stated that a big benefit of learning from an expert coach is that it accelerates your learning process.

The bottom line is this: when you don't enlist others, you work harder, waste time, and get fewer results in your reinvention.

I've faced this personally. When I went through my first reinvention—a leap from Wall Street to entertainment (something I was TRULY passionate about)—there was no system to follow, no experienced coach to guide me, no step-by-step playbook that outlined how to go from where I was to where I wanted to be.

Nothing like that was available back then.



In my lowest, darkest moments, making mistake after mistake, I wished there was a place I could turn to for insight, knowledge, and guidance. Something or someone to help alleviate the stress, chaos, uncertainty, and confusion.

Instead, I had to go through it the old-fashioned way, with occasional tears and a LOT of doubt...

But the great news for you is that you don't have to.

I founded The Reinvention Institute because it's the company I wished had existed when I was on my reinvention journey.

And that's why I'm so incredibly proud to introduce The Reinvention Xcelerator.

An Exclusive Invitation for High Performing & Motivated Individuals who want to Rapidly Accelerate Their Results Using a Breakthrough Transformation System:

An Exclusive Invitation for High Performing & Motivated Individuals who want to Rapidly Accelerate Their Results Using a Breakthrough Transformation System:

INTRODUCING...

THE REINVENTION RX XCELERATOR;

A Revolutionary 90-Day Expert-Guided and Community-Based Transformational Experience.

Get Instant Access!



Whether you're a corporate or creative professional, an entrepreneur, or someone who's retiring from a career but not retiring from life, we help highly motivated individuals like you to turn your desires into your reality....

Faster, easier, and with less stress and more support than you ever imagined possible.

Let's be honest here...it takes much more than a few "recommended" books or videos to create a REAL, lasting change like the one you want.

While they certainly help...they won't be able to answer the inevitable questions that come up like:

- ✓ **What should I begin next (or first?)**
- ✓ **How do I stay on track when I've got a ton of competing demands?**
- ✓ **How do I overcome the unforeseen obstacles and roadblocks that come my way?**

This program gives you the SPECIFIC success formula that has helped thousands of people all over the world to move their plan into action by delivering in-depth knowledge and useful tools.

[GET INSTANT ACCESS](#)