

INVENTED Life

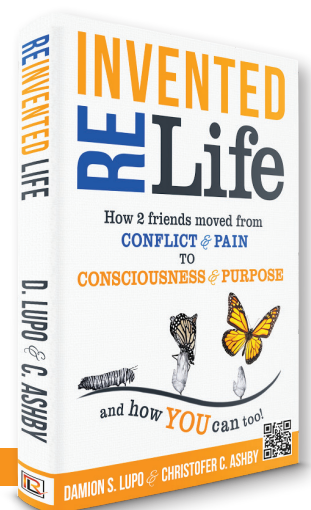
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EXERCISE WORKBOOK

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As you progress through the book, use the following pages to complete the **Questions and Actions** section at the end of each chapter.



Questions & actions

1. What moment have you had recently that froze you, pissed you off, made you scream, or felt like you were absolutely lost and something was wrong?

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2. What did this moment say to you in your gut?

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3. Who do you know and trust that you can share this experience with for perspective?

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Questions & actions

1. Open up your journal. (Go buy one if you don't have one.)
Write **three** things you have or do in your life that you think makes you happy? For each of these things, right now, write the reasons that they make you happy. Just ask, "How does this make me happy?"

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2. What is the **one big question** that you have been mulling over in your mind that, were it resolved, would allow you to live a more fulfilling life? Take time right now and write **three** possible solutions for it.

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3. What is one thing you're lying to yourself about?
To figure this out, think about what makes you uncomfortable, anxious, stressed or nauseous.
Ask the question, "What about this is a lie, what might be a lie, what part of the lie do I like?"

4. What do you use to protect you? Guns, tall fences, opulence in consumption, money, lies?

Questions & actions

1. List **three** areas in which you consistently seek and obtain immediate gratification though know the pursuit and outcome is destructive.

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- 2
- 3

2. What is the period of time it will take (in your estimation) to achieve their acquisition?
Are you aware of the price you will need to pay (good or bad) to obtain them?
Are you okay with the price you think you will need to pay to get them?

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3. List **three** areas in which you have a goal of creating something that you greatly value though do not need immediately.

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- 3

4. If you look at the part of your life that you want to reinvent/change, what is one thing you do that might be getting in the way of your bigger goal? Can you change it or do you need assistance?

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5. Do you think that you can have whatever you want in this life? If so, why don't you all of these things, experiences etc. now? With all of the things that you want in item 3, do you know the specific process of obtaining them? If so, list the steps. If not, why are they on your list?

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Questions & actions

1. When you write down your goals, what percentage of your goals are about “stuff ” as opposed to experiences?

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2. If you knew you could not “fail” and that your worse nightmare would never come true, what would you be doing right now?

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3. When you look around at what you want in your life, do you think about all of the things, people, and stuff you want to conquer or do you think more about the things you wish to contribute? What is your focus?

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Questions & actions

1. Do you practice/experience stillness in your life and, if so, how and where?

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2. Meditate for ten minutes a day.
Step one, sit on the floor in a quiet room.
Step two, close your eyes.
Step three, listen to your breath for ten minutes.

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3. Take a yoga and Aikido class. Sign up NOW!

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1. Write your “what it looks like when it is done” description and select some powerful images to remind you of where you are going.

2. Assuming your planned reinvention will require that you leave your current place of employment, calculate how long can you survive on your total cash savings.

3. For thirty days, track and list all of your expenses, dividing them into fixed costs (those items that are the same every month—e.g., rent, car payments, insurance, etc.) and variable costs (eating out, groceries, clothes, gifts).

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

4. Figure out and write out the needed elements and processes for your reinvention. List them and write down how long they will take to achieve and their costs. Once you have this timeline and using your current monthly expenditures, calculate how much money you will need to get to the finish line. For example, if it costs you \$3,000 (combined fixed and variable costs) per month to live and you need to go back to school for one year, you will need approximately \$36,000 of runway to fund your reinvention assuming there is no change in your lifestyle.

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5. If you have enough capital to fund everything, then by all means continue with the Dairy Queen and Neiman Marcus spending. If not, take the list from Item 3 and decide what can be cut. You have to be brutally honest: Ask what you need to survive, not to be comfortable. Your ability to identify and eliminate nonessential expenditures is a good indicator of your ability and level of commitment to the reinvention of your life. If you don't want to change your current habits, then don't even bother contemplating a reinvention.

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6. Take all of the elements from the previous four exercises, put them into a binder, and find someone (no relatives or partners) with financial expertise with whom you can discuss your plan. Be candid with them about your plan and do **NOT** argue. Listen and take notes.

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7. Stay away from the Jumbo Turtle Waffle Bowls.

Questions & actions

Consider the following items/suggestions in beginning the process of your reinvention:

1. Seek the counsel of people who have, more or less, done what you are planning to do. If they are not in your immediate social or familial circle, then use a social network or any other means necessary to locate them.

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2. Develop a set of intelligent questions and don't beat around the bush.

If you want to change your profession from machinist to Yoga instructor, find two or three people who are supporting themselves as yoga instructors. Ask about their hours worked on a weekly and monthly basis, the training they received, costs of training, employment opportunities, benefits for employees, how much money they make (they might even tell you), and how long it took them to get to that level of income.

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3. Don't look for the answers that make you feel good; look for the answers that fit your questions.

If the person(s) with whom you are speaking cannot provide answers to all of your questions, then find someone else who can until the entire list of questions is answered to your satisfaction.

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4. You are making a huge change so spend time getting very clear on what your new life/career/job is going to look like as it relates to time commitment, personal income, changes in the way you currently live, and relationships (personal and professional).

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5. Write an operating budget (all of your expenses) and evaluate its relationship to the potential and immediate (if available) income in your new reinvented job/career. If you need \$3,000 per month to pay your bills and the new career/position will pay nothing for six months, then you need \$18,000 in cash or credit reserves to make the change. You will need a long enough runway to pull this off so make sure that you have planned accordingly. Whatever you do, avoid delegating this exercise to the *"I just know things will work out and don't want to focus on money"* mindset. Things might work out, but it's always better to plan for the worse and hope for the best.

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6. Understand the basis for your reinvention. If the motivation is about creating a better income, then be clear (based on the information you have gathered in your research) that there is a higher than average probability that you will be able to create a better income. Understand what it will take from your life (the price you will pay) in order to achieve this. If the motivation is driven by the need for a different lifestyle, try experiencing the desired lifestyle to see if it suits you. Once you check out of your past, it becomes difficult or impossible to check back in.

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7. If the basis for your reinvention is to have a better car, a bigger house, to live near the beach, and/or spend more time in meditation, try renting or living the experience on a short-term basis before rearranging your life based on an unknown set of facts and experiences. (I have a friend who quit his job, sold his house, and moved to the Caribbean as it had been his lifelong dream to escape the miserable weather in northern England. After spending eight months in "paradise," he decided that it was not for him and returned to England, where he experienced considerable emotional and financial hardship when trying to recreate his old lifestyle. He later told me that he wished that he had taken the time to actually visit the location of his dreams before making such a radical decision.—Christofer)

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8. Once you have enough facts to make a decision about the best course of action for your reinvented life/career, write out a plan (as if you were doing it for someone else) of the steps that must be taken to begin the process. If you don't know how to do this, find someone who can help you. You might be surprised who will show up.

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9. Don't get bogged down with writing mission statements, making vision boards, or constructing business plans. That can come later or perhaps there will never be a need for it. Now is the time to begin the step-by-step execution of your plan.

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10. Find someone to whom you can be accountable to make sure you are making progress and moving toward the vision and financial metrics of your reinvented life. Avoid individuals (unless they have gone through this process and were successful) who will soften the truth or conversely not give you praise and guidance for your progress. This is called tactical alchemy.

To get more on this go to www.ReinventedLife.com and type: ACCOUNTABILITY.

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Questions & actions

1. Who kicks your ass when you go off course? And how often does it get kicked?

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2. Do you think that money can fix the majority of problems? Are you sure?

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3. What is the consistent thing or behavior that sabotages your life and work?

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Questions & actions

1. Is there is someone in your life whose actions, thoughts and influence are dragging you down?
Who are they? Why are you spending time with them? Why have you not cut them loose?

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2. Of the five people closest to you, which are losers and which are keepers?
Change your phone number, move, pretend you don't know them when they call. Can you do this?

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3. Write down your **Bucky 5** and their state of wealth, health, love, integrity and mission.

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Questions & actions

1. If your home was on fire, what are the three things that you would grab on your way out the door?

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2. If you had to move tomorrow and you could only take your computer and one suitcase of personal items, what would you put in the suitcase?

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3. For a period of one month, try removing (trashing, donating, gifting) one item per day from your home and limiting (with the exception of food) the inflow of non- essential items to one per week.

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4. For a period of one week, pay for everything with cash. Put your credit cards and checkbook away.

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5. Ask yourself what you love so much that you would keep if you had to move into a space half as big as you currently live in.

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6. Walk around your house and ask these questions of everything you encounter:
Do I love it? Do I need it? If it's time to let it go, am I going to sell, lend or give it away—and when?

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7. Of your total wardrobe, what percent of it do you wear on a regular basis and what percent have you not worn in more than a year? Go into your wardrobe and pick your favorite ten tops and favorite ten bottoms. What's left? And why do you still have it?

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