

THE EIGHT LEVELS OF INTENTION

The Road Trip

Five pillars shore up your odds of arriving safely at your destination and finding joy in the journey. Each one has its own worksheet. Take them in order.

START HERE

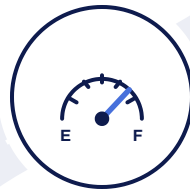
your Why **REASON**

Your reason at each level of life: the people, beliefs or things that make the trip worth taking. The photo on your dashboard.

[CHAPTER 4 · WHY WORKSHEET](#)

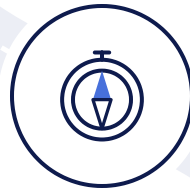

FUEL your Tick

What makes you tick: the activities and pursuits you love that help you accelerate and keep your momentum.

[CHAPTER 5 · TICK WORKSHEET](#)


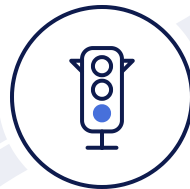
your Core Values **COMPASS**

The guiding principles, beliefs and ethics that shape your decisions and behavior throughout the journey.

[CHAPTER 6 · CORE VALUES WORKSHEET](#)


SIGNS your Code

The rules and non-negotiables, spoken or unspoken, that reinforce your commitment to your intentions and Core Values.

[CHAPTER 7 · CODE WORKSHEET](#)


your Purpose **ENDPOINT**

The specific goals, destinations and aspirations that direct the journey forward: a mission that brings clarity of intention.

[CHAPTER 8 · PURPOSE WORKSHEET](#)


Then put it all together. Copy your five pillars onto My Journey Blueprint for a full view of your trip.

PUT IT ALL TOGETHER

My Journey Blueprint

Copy your five pillars from each worksheet. Keep this where you'll see it, and update it as your journey changes.



ENDPOINT The Point of My Life (My life mission or purpose)



The photo on my dashboard

Tape in a photo or draw who and what this trip is for.



COMPASS My Core Values

1

2

3

4

5



SIGNS My Code

#	RULE	WHAT IT MEANS
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



MY JOURNEY BLUEPRINT, CONTINUED

Across the Eight Levels

Your reason and your fuel at each level of life. Copy your Why from the Why worksheet and your Tick from the Tick worksheet.

LEVEL	 REASON My Why	 FUEL My Tick
01 Mental & Emotional	My Why is 	
02 Physical	My Why is 	
03 Familial & Social	My Why is 	
04 Career & Financial	My Why is 	
05 Intellectual	My Why is 	
06 Spiritual	My Why is 	
07 Recreational	My Why is 	
08 Philanthropical	My Why is 	