

# THE GUIDE TO CREATING THE BLUEPRINT AND VISION OF YOUR DREAM LIFE



**BY: COACH MIKE BASEVIC**

# With this training, we are going to give you:

- ☑ **Step-By-Step** directions to creating your personal mission statement and vision.

Additionally...

- ☑ We are going to get **crystal clear** on who you are and what you would like to become.
- ☑ We are going to look at **every area of your life** as it is now and decide on the perfect vision for those areas moving forward.
- ☑ We are going to bring all of your **desires**, your **goals** and your **dreams** to the present.
- ☑ We are doing to create a micro vision centered around how you would like to **feel** as you move through your days.
- ☑ We will design the **complete blueprint for your life**, in every area, as it meets your true definition of happiness.





My name is Coach Mike Basevic. I am the founder and creator of [The Anxiety Free Executive](#) and, [The Anxiety Free Student](#) programs.

My programs completely eliminate crippling anxiety, stress, chronic worry, depression and any other emotional turbulence you might be experiencing. But, before we do all that, we have to get clear on the life you would like to live moving forward.

It's great to have you with us in our community, let's get started.

**So first things first**, if you're here, like most of our clients, you're dealing with some type of emotional discontent. Maybe it is a racing mind that never seems to stop worrying or stressing. Maybe that overactive mind is keeping you from being focused during the day or from being present at night with your family and kids.

Or...maybe the monkey mind wakes you up in the middle of the night and prevents you from getting the crucial rest you need. Maybe it's crippling anxiety that is causing panic attacks or a racing heart or stomach issues. Maybe you are afraid to fly, can't drive, can't leave the house or maybe even can't function in social circles.

You might be experiencing fatigue, burnout or overwhelm, where you have the black cloud in your mind...the brain fog which prevents you from getting anything completed. You're just surviving each day while trying to exercise, meditate, supplement or meditate yourself out of the problem.

Maybe you have a general sense of malaise, sadness, unfulfillment, or even depression. You know you should be happier and more grateful as you go through your days but, you just can't get there. You find yourself more pessimistic each passing day and wonder how things got to this point. You have this sense of impending doom and you're not enjoying your life to the extent that you want to enjoy it.

All of those states of being...all of that internal struggle will continue to create chaos in your life. It will create more uncertainty...more struggle more challenges. It's a never ending hamster wheel.

When you're constantly dealing with the struggle and the challenges while putting out fires every day, due to the never-ending chaos, it's really hard to:

#1, even see what you ultimately desire for your life, and

#2, begin to achieve what you ultimately want in your life.

OR on the flip side, maybe your life is really good in a few different areas, but you know that you're leaving a lot on the table by not being your best self.



You know that you're not experiencing the success you should be experiencing. You are leaving so much on the table each month.

You're relationships might not be what you want them to be. You're not being the parent you need to be or, significant other that you know you could be.

Whatever the case may be. The first step is clarity. We have to have a clear mind. So let's get started on that now.

Over the next few pages I'm going to teach you how to design and create the perfect vision for your ideal life. Your definition of happiness and success. This is the first step towards having that life. Clarity. You have to know what you want and where you're going or you will never get there.

Let's get started.



The [Anxiety Free Executive Guide](#) to creating your life's blueprint is comprised of five easy to follow but very powerful steps. Each step builds onto the next to create the ideal life vision for you moving forward. Of course, your vision will evolve and expand over time but, this is the starting point to get much needed clarity, focus and commitment to making this dream life become a reality.

Take each of the five steps one at a time. Do the best you can and remember to focus on the end result in each area of your life. Don't worry about all the things that need to happen to get you to your vision. Also, it doesn't matter how many times you failed or where you are now. This is where you are going and what you will experience in the next chapter of your life. With commitment and the right tools, you will get there. We do this every month for our clients as we watch their lives completely transform with the trainings we give them. This is the first step.

Enjoy.

**"...We need to start developing a clear picture of what we want in every area."**



Let's start to get clear on where you are in your life now and more importantly, what you would like in your life moving forward.

We need to focus on every area in our life with complete honesty and transparency. Where you are now isn't an indictment that you're doing something wrong but, you need to be completely honest with yourself so you can begin to move forward.

\*Grab a notebook, journal or a word document on your computer and let's get started!

You will need a separate piece of paper (or document) for every area in your life. We will combine these later on but for now, we want to keep each area of your life separate. Below is a list of important areas for most of our clients, add some if you feel they're important:

- Career
- Relationships (Separate page for significant other, children, extended family)
- Finances
- Health/fitness
- Social network
- Experiences/Material/Fun
- Spirituality
- Volunteering/Community/Purpose

Now...write down 2-3 sentences of where things are currently in each of those areas. Again, just be completely honest and write an overall assessment of where you're at now.

There are probably some areas in your life that are perfect right now, maybe no changes needed or a few slight improvements.

Other areas of your life might be a trainwreck! That's ok, this is the first step to getting out of the chaos and into your dream life.



Now, start to write down where you'd like things to be. List bullet points or in paragraph form - your choice. Simply describe how you would like your life to be in each area.

Remember: END RESULT ONLY. OUTCOMES. Not at all concerned right now how it's going to happen.

For example:

Career:

I am currently in a career that isn't fulfilling. I dread going to work each day. The environment and the people are toxic and negative.

My Vision:

- My office is thriving as I've assembled a great team to support me.
- Our entire team is focused on delivering excellence for our clients.
- I am surrounded by like minded people with the same goals in mind.
- Our yearly revenue is 3M, we experience consistent growth each month.
- We have fun, we truly enjoy what we do each day.
- I am committed to growth and learning and am always looking for opportunities to become a better version of myself.

The above is just an example. Your situation is unique to you so write down what you want and be as specific as you can. If you don't know what you want, then focus on how you want to FEEL each day.

Examples:

I want to be happy, excited and purposeful each day in a career that I love. I want a beautiful, loving and fun relationship with my significant other.

I want to have freedom and ease in my life.

You get the idea. OK, get started and, make sure to complete this fun exercise in every area in your life before moving on to Step #2.

Have fun!!



## STEP 2

# Professional and Personal Mission Statement

### Writing your personal and professional mission statement

As you move through your days, who would you like to be? As a person? As a professional? As a significant other? As a parent? As a friend?

How would you like others to see you?

We have to get clarity on who we are and who we would like to be each day and then, we have to make the commitment to being that person.

What personality do they have? How's their demeanor? What are their values and character? How do they dress? How do they show up each day to work?

You must be crystal clear on all of the attributes and characteristics of the person and professional you would like to be and stay committed to being that person each day.

Always ask yourself: What would this person say? How would they respond? How would they handle the workplace challenge? What would they do if their partner is having a bad day?

Once you've become clear on the person and professional you are choosing to be, then make sure every thought, word, decision and action are in line with that person.

But..."I don't know where to begin!"



That's ok, many people don't. Good news is, we have many examples in our lives and in our society to use.

- Maybe you had a coach, a mentor or a teacher you admired growing up.
- Or, maybe you want to be just like your mom and dad.
- Maybe it's a colleague or an old boss that always seemed to be a great example for you.
- Maybe it's a character in a movie or TV show that you enjoy. A lot of people in the financial services industry pattern themselves after Gordon Gekko from the movie Wall Street. He's the shark who circles and waits until he pounces on the next big deal. Or, as great parent examples, you may like Mike & Carol Brady from the Brady Bunch...what would they say when parenting their children in a tough spot?

You get the picture.





## EXAMPLE(S):

### Professional Mission Statement:

*I am a dedicated professional with a tireless work ethic. I care deeply about my clients and their needs...I always go above and beyond for them. As a colleague, I am professional, kind and helpful. I am viewed as a valuable collaborative resource and someone who always maintains their composure through the most challenging tasks. I remain optimistic and encouraging each day and never get caught up in workplace drama. I am always setting the bar high for myself and my team. I am committed to professional development and training with the goal of year on year improvement.*

### Personal Mission Statement:

*I am committed to my partner with love, compassion and kindness. I always focus on what I love and appreciate about (him/her). I am a good listener. I am fun and try to bring as much humor and excitement into our relationship each day. I always try to ACT in accordance with who I want to be, I never REACT to something I don't like. As a parent, I have a guide, an example and a beacon of strength for my children. I always show encouragement, patience and work hard to give them every opportunity to discover their passions and interests. I am supportive and when I discipline them, it is in fairness and they always know I love them unconditionally. As a friend, I am fun, optimistic and I say yes to invitations.*

I hope those examples were helpful and remember, these are YOUR mission statements, not mine. You can be anything you choose and have it any way you want.

Be clear, be committed and always remember, you are in control of who you are at all times.



## STEP 3

## Bring EVERYTHING into the present

OK...grab those sheets or word doc from Step #1 where you listed all that you would like to experience in every area of your life. You should have a powerful list of items or summary for all areas.

Maybe some areas of your life are already perfect or maybe they need work. Either way, you should have the ideal vision written down.

Now, we want to bring it all in the PRESENT.

Two things to understand:

1. The only thing that is real is this moment. The past is gone, the future is not here yet so, the only thing that is real is RIGHT NOW. Get your attention off of everything else and bring it to the present.
2. The only thing that matters in each moment is YOU or more succinctly--your State of Being--which is who you are in each moment.

So, with the two universal truths above in mind, we know that we can only create the goals and dreams we desire if we are the outcome we desire in each and every moment. We have to bring our vision into the present and keep it in the present at all times. Even when our current reality isn't reflecting our desired outcome (don't worry, it will if you're committed) yet.

You all know the late, great Freddie Mercury who was the front man for the band Queen. It is well documented that from an early age and early in his career, Freddie always looked at himself as a huge star. Even when he was sleeping on the floor of his friends one bedroom flat in London, he viewed himself as a mega-star. In Freddie's mind, it wasn't IF he would become famous, it was always WHEN he will become famous. For Freddie, fame and fortune was a forgone conclusion and he never viewed himself as anything else but a superstar from day 1.

You get the picture?





Now, take all of the items or summary you wrote down in Step #1 and bring them ALL into the present.

Replace the I want or the I will have with:

I am, I have, I own, I experience.

For example, if you're single and you want to have a great relationship you replace I would like to meet someone special (future) to *"I am in a wonderful relationship with an amazing person (present)."*

Instead of, I want a Mercedes (future) to *"I own a beautiful jet-black Mercedes AMG GT-R Roadster. (present)"*

Here are some more examples:

I love going to work each day, I have so much purpose and passion. I have more than enough money for everything I need.

I am present with my children and we always do fun things as a family.

You get the point. Bring it into the present, make it exactly what you desire and eliminate any of the stuff you don't want.

Have fun, see you in Step #4.



Let me let you in on a little secret...

You don't want more success.

You don't want more money. You don't want perfect health.

You don't want great relationships.

You don't want to change the lives of the people around you.

You don't want a great social network.

You don't want the Mercedes AMG Roadster.

None of those things and any other thing you 'think' you want in your life is what you ultimately want.

What do you want?

You want the way all of those things makes you FEEL!!!

Everything we do in life, everything we desire, every decision we make is because we think it will make us FEEL good. Happiness, joy, peace, success, accomplishment, wealth, connection, purpose, fulfillment, comfort, confidence and on and on. That's what we want.

We want the State of Being that we will ultimately get by having the things we want in our life.

You want the way all of those things because they most likely will make us feel good.

Unfortunately, sometimes those feelings will be temporary. Then we start craving the next thing. Getting the outcome or the thing may bring us ultimate joy but, waiting for that before we feel good is like driving from Chicago to New York by way of California. Doesn't make much sense.

The key is to get into the feeling place first. The place that we call the State of Being.

# The Micro-Vision

Everything you want in your vision and everything we want in life is because of the way it makes us FEEL. Which is what we call our State of Being.

The State of Being is what matters. The State of Being is essentially how we think, feel and act each day. It's also the goal - and the reason - for everything you've listed on your vision thus far.

So, what we have our clients do in week 1 in addition to creating the blueprint for their life moving forward, we have them also create a micro-vision. The micro-vision based on the way you would like to FEEL each day. Once you've identified those preferred states of being and emotions, we will create a very simple micro-vision to focus on each day.

How do you want to feel each day? Happiness? Joy, peace, comfort, calm, relaxed, at ease? Success, wealth, abundance, opulence? Confidence, certainty, clear-minded?

Motivated, inspired, driven?

Whatever it is, choose that seem to resonate with you and let's create a micro-vision around those. Let's say its happiness, calm, confidence, success and wealth. Now, you take ownership of those emotions (states of being) and you begin to identify with them. And of course, you bring them into the present.

Your micro-vision would look something like this:

I AM HAPPY

I AM SUCCESSFUL

I AM RELAXED

I AM WEALTHY AND MONEY FLOWS

I AM CONFIDENT

TO ME EASILY EACH DAY

When you read your micro-vision at first it may seem like a lie. Your mind might give you some pushback in the way of doubt or disbelief. But, just like our vision, we need to commit to this micro-vision over and over until it becomes a reality.

More on that in Step #5.

Before you move on, spend a few minutes to identify those states of being you prefer to live in each day and create your micro-vision by bringing them into the present.

Enjoy!

OK...so now you should have a clear and exciting vision for every area of your life. You should have a personal and professional mission statement of who you are CHOOSING to be as you move through your days. You should have a Micro-Vision of the states of being you would like to experience each day.

And, all of those things should be in the present tense. It's now, right now, the only moment that is real.

Now we need to build our most important muscle...the ability to FOCUS.

Ask any successful person and they will tell you that one of the most important variables in their success is their ability to focus.

Focused on the desired outcomes.

Focused on success.

Focused on personal growth and development.

Focused on the task at hand.

Focused on what truly matters in their life.

Focused on what they want, not on what they don't want.

Focused on the moment and, being their best in each moment.

Sounds easy, right? No, it's not easy. It's anything but easy.

Most people focus on the minutiae in life. The squabbles, the disagreements, the drama or the problem. They gossip about what's wrong and they complain about anything and everything they can complain about.

Living in state head space every day is like putting poison in your mind. And, it's that behavior that might just keep you away from achieving what you ultimately desire.

It makes sense though, doesn't it? This world conditions us to focus on what's wrong. Look around you? Lots of happy, free spirited, fun people in the world or, are most of them living in fear, misery, worry or overwhelm.

How about the news, social media, the headlines on the Internet? Fun, uplifting and stories of inspiration? Not quite. Most of it is fear, misery, and chaos.



How about our childhood? Did you learn to embrace life, embrace failure and embrace your flaws? Or, were you taught not to trust people, that life is tough, that money doesn't grow on trees etc, etc.

Then we wonder why we focus on all the wrong things and in many cases, we are miserable while doing it.

It's time to strengthen that muscle. It's time to learn how to focus.

FOCUS. Anything you give your attention to consistently in life will be drawn to you. The more we focus on something, the more we are drawing that subject to us.

Take your favorite car for example...when you first saw it, you were probably excited and in awe. It was the first time you saw it and you really liked it. So much so, you thought about it a lot. Then, did you notice that you began to see that car everywhere you went?

The mind is funny like that and the mind is also more powerful than most can imagine.

But don't fret. The mind will only focus on what we teach the mind to focus on so, we need to make conscious efforts each day to focus on our vision/blueprint and on our micro-vision.

As the mind takes you from random subject to other random subject throughout the day, you need to come back to your vision and your micro-vision.

As the mind takes you from random subject to other random subject throughout the day, you need to come back to your vision and your micro-vision.

Thoughts of worry or stress or overwhelm or fear...you go back to your vision/ micro- vision. Thoughts of inadequacy, need or lack...you take your mind back to your vision and micro-vision.



No matter where your mind takes you from moment to moment, you make the decision to go back to what feels good: The vision and the micro-vision.

Over and over and over and over. You make the conscious choice on what you will focus on throughout your day. Pretty soon, the mind will catch on and begin to give you more of what you've been giving it.

Sounds simple, it's not simple. It is a habit, it is a skill and it is crucial if you want to begin to develop a peaceful and clear mind focused on what's important.

With practice, you will get there. Enjoy!

