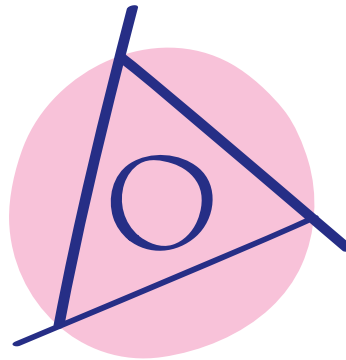


20/20

**LIFE VISION
CHALLENGE**

**A 30-STEP GUIDE TO UNVEILING
YOUR HIGHER PURPOSE**

Arman Rousta



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LIFE VISION
CHALLENGE

A 30-STEP GUIDE TO UNVEILING
YOUR HIGHER PURPOSE

Arman Rousta

b.labs Ventures
Jersey City, NJ, USA

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Timebug is a think tank and tech company focused on personal development and quantified self. Timebug's programs and applications, of which 20/20 Life Vision is the first, help users organize their goals, build and manage their support systems and live more engaging and happy lives. Timebug's Energy mastery systems demystify the goal setting and management process via straightforward, research backed, intuitive user experiences, with both web and native mobile apps, as well as compatible watch apps and offline tools, like this book. Subscribers to Timebug's philosophy and tools are more effectively able to tie in their Macro visions and goals with their Micro weekly plans and day-to-day responsibilities.

“ In my Life and 20/20 Vision, anything and everything is possible. I will do whatever it takes to discover and fulfil my true Life Purpose – and in doing so, I will become the person that I want to be. Nothing can stop me from achieving my 20/20 Goals. I believe in myself, will invest in myself and am open to receiving support from the Universe, in whatever form it may come. ”

Sign it

___ / ___ / ___

Date it



Own it

Add your own mantra, stating your intentions, desires, and purpose for embarking on this journey.

Place your photo here

Sign it

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Date it



Own it

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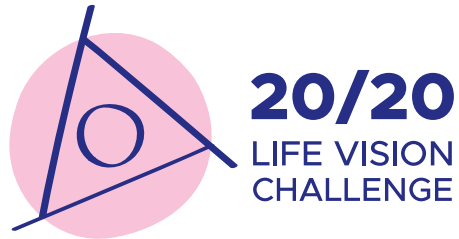
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Dear Seeker,

Welcome to the 20/20 Life Vision Challenge, a program that I created to bring together all facets and eras of life into one holistic picture, so that you can better tune to your true purpose, nurture your gifts and have a more fulfilling and productive overall experience.

The journey is broken down into three phases – Discovery, Self-Assessment and Vision Creation – which are featured in two sections – the Guidebook and Workbook. Feel free to jump back and forth between the Guidebook and corresponding Workbook pages or read straight through the Guidebook and complete the Workbook exercises after.

Don't forget to download the App in the Apple iOS or Google Play store and visit www.2020lifevision.com.

I believe that Energy and time management are among the keys to a quality life. I ask you to participate with an open mind and heart, taking whatever pace you want through your journey with 20/20 Life Vision. Whether you finish in 30 or 90 days, going sequentially through or jumping around to topics of greater interest, by the end of the program, you will have a fresh outlook and clearer Life Plan. I will introduce you to some powerful tools, that when employed, will open up new channels of positive Energy, which you will need to fuel your Vision in the weeks and months ahead.

Congratulations on taking the first step towards revitalizing your Life Vision and unveiling your Higher Purpose!

March Forth!

Arman Rousta, your 20/20 Life Vision Guide



Dedication to Dario Salas Sommer



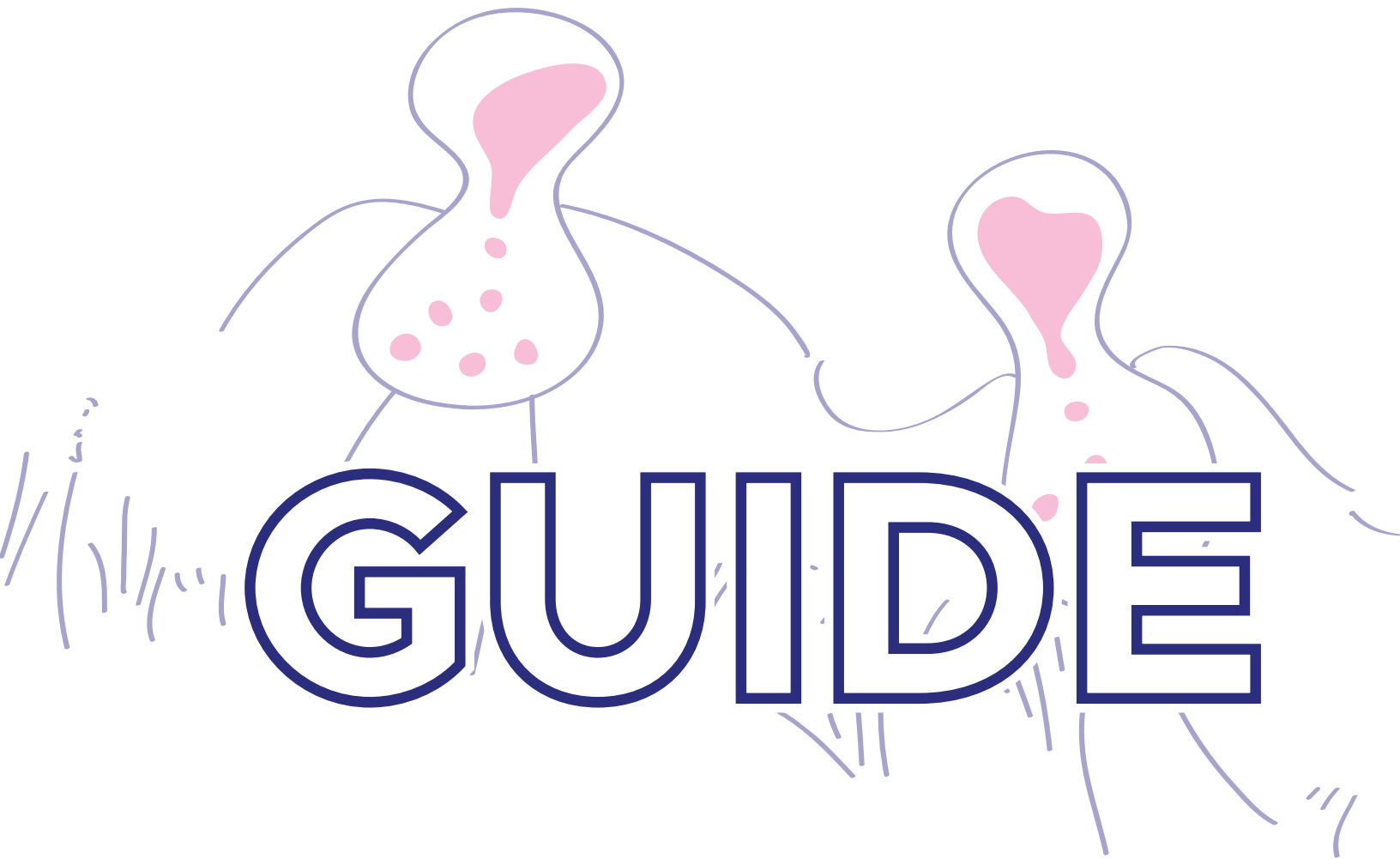
“ Often times, the world does not know what it has until it is gone – think about classical artists who lived in poverty, and then had their works valued in the millions by following generations; how about Prophets who were vilified in their times, and then worshiped by the masses after passing away. When Truth is spoken, in clear and powerful language, it shocks our artificially manufactured worlds, and the “cultural collective” personality resists. But our Spirit instantly recognizes Truth, and urges us to follow. That defines my journey over the past 25 years, as a Spiritual warrior and since 2004, as a student of Dario Salas Sommer.

He carried a special torch in this lifetime, that lit the hearts and souls of thousands of seekers throughout the world, helping them become Conscious and compassionate human beings. His mission was to raise the Consciousness of this Planet Earth, and he successfully achieved it. His teachings, derived from ancient Hermetic principles, call upon the best part inside of us – the Higher Self – to emerge and establish order throughout our mind and body. Dario’s message lives on, and I am one of those who considers himself responsible for carrying it forward, through my own actions, words and Being.

We still have a lot of work to do, for which thankfully we have been blessed with guidance from Within and Above, who has sent us many great teachers, including this Master of Light, to be a Beacon for humanity, now and in the future. I hereby dedicate 20/20 Life Vision to the memory and ever-present luminescence of the Spirit which manifested in this world for a brief moment as Chilean Philosopher named Dario.

A life well lived. Dario Salas Sommer passed away on February 3, 2018, just about one month before his 83rd birthday. In Dario's honor, I chose to release this book and it's corresponding application, on a birthday that he and I share – March 4th – and the only day of the year which gives a clear commandment; one that I can say defines my mentality and one of the core precepts of his teachings, which are well-represented throughout the 20/20 Program – to be relentlessly positive and always strive for growth in the face of life's challenges. ”

- Arman Rousta





PHASE 1 : MEDITATION

Welcome to Phase 1 of your 20/20 Life Vision Challenge.

This phase is designed around contemplation and self-discovery. Expect to gain renewed energy, propelling you into the next two phases of this challenge and ultimately, into your new life plan.

Get ready to engage in some deep reflection about your current life trajectory. You will review your major goals, strengths and weaknesses, support networks and more.

Let's get started!



STEP
1

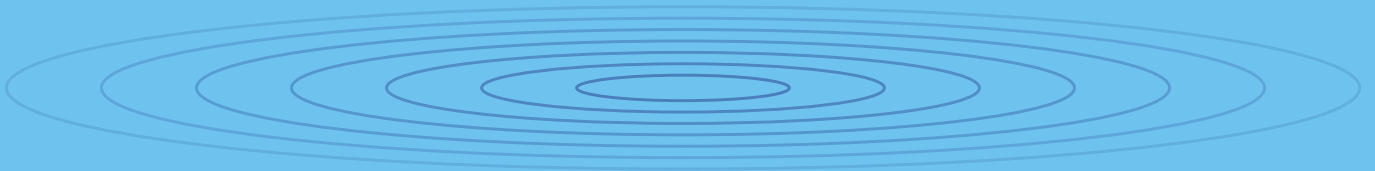
The Rocking Chair

The 20/20 Life Vision Challenge is a 30 step journey that could, if you let it, transform your life. I am Arman, and I will be your guide. Let's start with a 5 minute meditation called, 'The Rocking Chair'. Get comfortable, put your phone on silent, turn off the TV, dim the lights and close your eyes. Play some soft music, if it helps you relax.

Ready? Now picture yourself in this rocking chair at 90 years old. You are with your grandchildren, reflecting on your life as the sun gracefully sets in the distance. Your grandkids want to know about your life. What will you share with them?

Hear the waves softly coming to the shore. Keep your eyes closed and meditate deeply on this question: your life, what has it been? How will you tell this story to the next generation.

Now come back to present day and compare who you are right now, in relation to that 90-year-old man or woman whose eyes you just saw the world through for the last 5 minutes.



PHASE 1 : MEDITATION



STEP
2

What Do I Want To Do More Or Less Of?

This exercise focuses on a more specific and immediate area: Life Categories, however you define them.

What if you could wake up next week and spend your time doing whatever you really want? Think about your life right now, and what typical weekdays and weekends are like. How would you break down your life, in terms of categories? How much time do you estimate spending on each area in a given week (168 hours)? What specifically would you like to do more of? Less of? Who would you like to spend more time with? Less time with?

Create your own Life Categories, and use whatever naming conventions you prefer. You will find that we all share certain core activities. Sleep is sleep, work is work, etc. I break down my life activities into 7 main categories and 40 or so sub-areas (i.e., “bugs”) within those 7 categories. I call those sub-areas “bugs”, which is where the concept for Timebug originated. Feel free to use my Life Categories listed below or come up with ones that better fit how you think about and manage your life. There are no restrictions; just make sure that the numbers add up to 168 hours.

	MY WEEK NOW	MY IDEAL WEEK
Spirituality	13h	[15h] +2
Core Work	28h	[23h] -5
Special Projects	27h	[30h] +3
Skills & Education	3h	[5h] +2
Personal Life	42h	[41h] -1
Basic Needs	51h	[49h] -2
Health & Wellness	4h	[5h] +1



PHASE 1 : MEDITATION



STEP
3

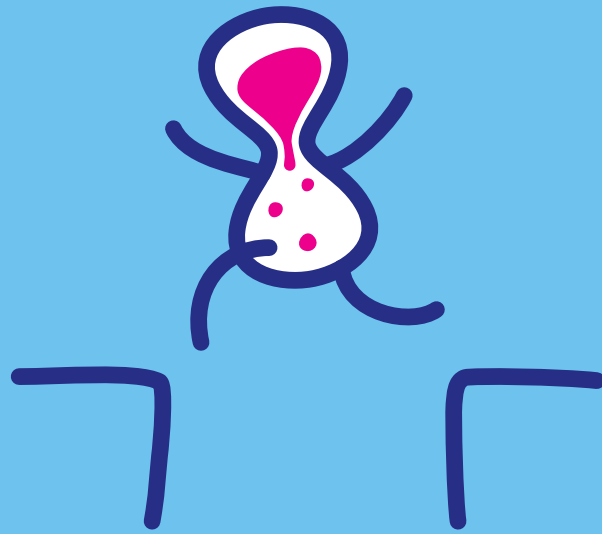
What Are My Strengths & Weaknesses?

The main goal of this exercise is to determine your best “natural resources” (or strengths) as well as your “road blocks” (or weaknesses). What has been holding you back from reaching your full potential? Our vices can completely disrupt and ruin otherwise happy and fruitful lives. Now isn’t the time to focus only on the positives and brush character flaws under the rug. It is also quite rare to witness people living at their full potential. However, when you come across those who are at or close to that level, you can feel them beaming with energy, and see how happy – and effective – they are. Do you know someone like that? If so, take note for future role modeling exercises.

In the movie “Lucy”, Morgan Freeman delivers a great lecture about what might happen if human beings start using more than 10% of our brains. I definitely recommend watching it. Freeman notes that humans possess 100 billion neurons but only fifteen percent are activated. He goes on to say that “there are more connections in the human body than there are stars in the galaxy.” Accordingly, “we possess a gigantic network of information to which we have almost no access.”

Can you be objective about your own strengths and weaknesses? Objectivity is one of the cornerstones of wisdom and maturity and it is one of the most difficult qualities to possess. It requires us to see ourselves clearly; without bias and judgment – not an easy task. Ask yourself what kind of impression you make on people (not just the first impression, but over time). See yourself through the eyes of others who know you well enough to understand your life path so far.

Have the courage to be honest about yourself but don’t beat yourself up in the process. The concept of “brutal honesty” is just an excuse to be mean to people and put them down to make others feel better. *So be gentle.*



PHASE 1 : MEDITATION



STEP
4

Who Is My Supporting Cast?

This exercise begins the process of forming a Board of Advisors, either formally or informally – the CEO of Me concept. It is important to go beyond yourself and your ideas, and bring in others who know you well and are actively part of your life. Feedback and encouragement as we move along our life path is crucial.

You can learn a lot about yourself based on who you rely on and spend most of your time with. I've observed that many people do not have an effective and nurturing supporting cast. We go with the easy road, surrounding ourselves with familiar faces. Some are lucky enough to have at least one strong role model – maybe a parent or a friend who collaborates on life's trials and gives guidance.

With a little bit of effort, we can find new people or revive old relationships that are positive. Who are you comfortable talking to about your goals and deepest desires?

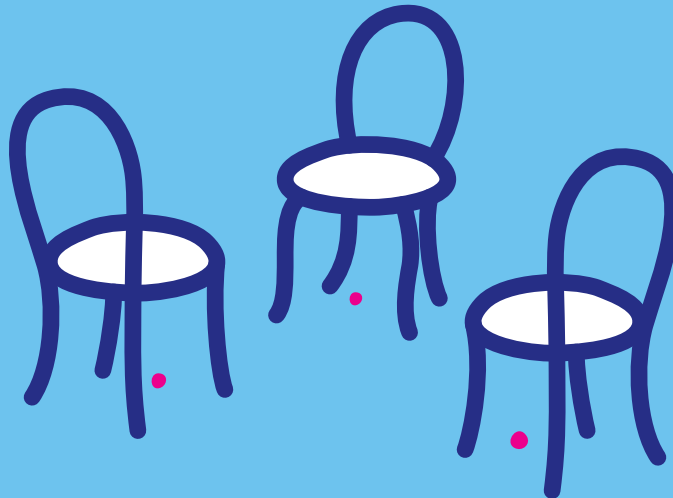
Your challenge is to envision the ideal Board of Advisors for your life, a group that gives you the best chance of fulfilling your 20/20 Vision.

Let's do a quick recap!

Step 1 – The Rocking Chair was a visualization exercise intended to elicit emotions, deep reflection and a vision for how you feel about your current and future phases of life.

Step 2 – More or Less Time prompted us to get more specific about how we spend our time, and gave us the freedom to imagine a different, more harmonious life schedule.

Step 3 – Strengths & Weaknesses put a mirror in front of us (figuratively), so that we can take stock of our resources and road blocks. It also suggested feedback from a third party – be it a family member, close friend or objective outsider (i.e. a therapist, life coach, etc).



STEP
5

What is My Approach to Life Goals? The 7 Goal Types

What kind of attitude and approach do you have towards goal setting and life goals? Do you not think about and merely try to make it through the day, taking things as they come? Or are you a go-getter or a task master? After looking back at my goals over the years, I recognized the need for more classification, as there are vastly different types of goals.

Some goals are very specific and tangible, while others are based more on feelings and dynamics between people.

I broke down my Goals into 7 Types to gain clarity on what exactly I wanted to achieve. Read through them below and think about which ones are most relevant to you. Take a look on the next page.



The 7 Goal Types

- 1. Energy & Time (ET) Type** – ET implies the process of setting and tracking goals through the filters of how you allocate time and energy. “I will go to the gym every day for an hour.”
- 2. Achievements & Skills (AS) Type** – Generally, bucket list tasks and experiences that you would like to accomplish go in here. “I want to speak Spanish fluently” or “I want to run a marathon”.
- 3. Health Indicators (HI) Type** – Objectives related to bodily health. “I want to live and be healthy until 100” or “I want to quit smoking”.
- 4. Internal Qualities (IQ) Type** – Objectives related to personality growth or motivation. Self-assessments can help identify attributes to work on. “I want to be more confident.”
- 5. Place & Environment (PE) Type** – Objectives related to our day-to-day environments, including home, workplace, commuting and travel. “I want to take more vacations this year.” or “I want to work from home more to avoid commuting and have a more relaxed atmosphere.”
- 6. Material Outcomes (MO) Type** – Ambitions related to money and possessions. “I want to have \$1 million dollars.” “I want to buy a luxury car this year.”
- 7. Relationship Quality Type** – Aims related to personal relations. “I want to have a better relationship with my father.” or “I want to be regarded as a well-liked colleague at my company.”



What Are the Goals of Others Around Me?

Step outside of your own aspirations for a few moments, and genuinely direct your energy towards those around you, be it family, friends or colleagues at work or school.

Imagine that you have received feedback from your Board of Advisors. Now it's your turn to give, and possibly sit on some Boards for other CEO of Me's. What are their goals and dreams, and how can you play a small or large part in supporting them? In 2012, I wrote a blog titled "How the Successes and Failures of Others Impact You" – it's a quick read, take a look.

While I am a big believer in individuality and self-determination, the big picture places into perspective the reality that we are all connected and impact each other in very direct and also incredibly subtle ways.

This lesson is a call to action for you to open your mind and heart to this truth, and then commit to it as a priority in your 20/20 Life Vision. I am sure that you are already doing things to help the goals of others and to help other people. Some of us are guilty of doing "too much" for others at the expense of our own needs – which is the other end of the pendulum from selfishness, and equally unsustainable.

There must be balance in the way you work for your goals versus the goals of others. Wherever you can find ways to share common goals with others, be it at work or with your family, incredible opportunities for power, human connection and collective achievement exist (e.g., think about a sports team winning a championship, and what the experience they shared, and the life long bonds created as a result).



PHASE 1 : MEDITATION

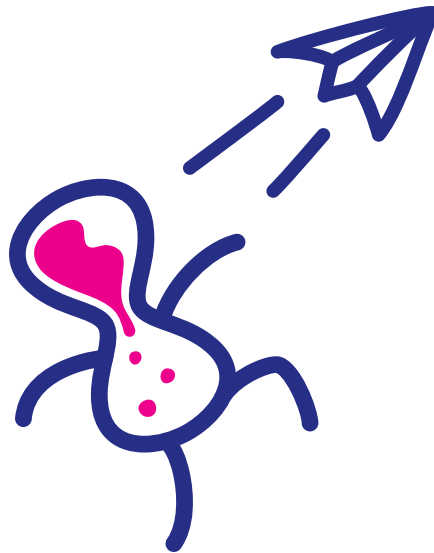
STEP
7

What Happens After I Set Goals?

If you made it this far, I am impressed – you are about 25% of the way there. This exercise focuses on what usually happens to you after you set goals. Sit down, clear your mind, read this with focus, and answer the questions with clarity. Consider doing this with every exercise.

Doesn't Goal Setting make you feel inspired and energized? When you set goals, you are right in the moment of vision. This is the fun and limitless part where you can think freely. What typically happens after you set goals however, does not always transpire as planned.

Check out my Common Goal Outcomes (CGOs) on the next page...



The 7 Goal Types

1. **Bench Warmer** – The goal sits on the shelf (or the bench) collecting dust. You avoid it or procrastinate it in any way possible.
2. **Fast Starter** – The goal gets out of the gate quickly and enthusiastically, only to be forgotten because life got in the way. Your drive (towards the goal) declines over time, until finally it fizzles out.
3. **Breeze Through** – “Crushed it!” Not only do you achieve the goal, but you blow it out of the water. It didn’t even require significant effort. Just a moment. Was this a setup for an easy victory? If so, is there anything wrong with that?
4. **(Self?) Sabotage** – Everything is great, and you’re right on track to get it done. You want to win the race, and you’re winning by a mile. Then, at the last minute, all of a sudden, something happens, and you abort the mission. A more important priority came up – either an exciting new opportunity or maybe just a new distraction. Somehow, you lost total motivation in an instant, whether or not the sabotage was self-imposed or brought about by an external situation.
5. **NFLOE (Not For Lack Of Effort)** – You hustle, contribute significant energy, and fight all the way to the finish. While the effort is there, the results do not come through. It just wasn’t enough. You underestimated what it takes to achieve this goal. Use this as a lesson to inform your future goal setting.
6. **Right On Point** – You made a plan, followed through, and nailed it!
7. **Latency Effect.** The goal deadline expires, you note either a “success” or “failure” and then suddenly, the outcome changes. That promotion that you worked so hard for comes through! Conversely, your great achievement falls apart. Pay attention to these latent outcomes. It can be very positive for future goal-setting exercises. It might take longer than you think to receive a desired (or undesired) outcome.

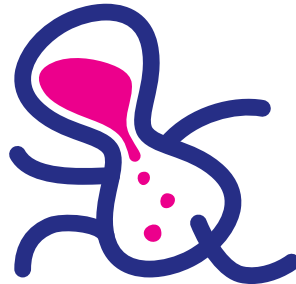
STEP
8

What is My Internal Energy Production?

This lesson focuses on taking stock of your own energy levels at different times of the day and week, and then mapping these levels to your daily routines for what I call “Internal Energy Production”. It sounds more like a business term, but it is more relevant to the quality of our lives. Most people simply don’t have enough fuel to effectively pursue their goals and core responsibilities. Even if they do, they are depleted at the end of each day, and enter couch potato mode after getting home from work.

How often have you thought of or heard others say, “I don’t have the energy to workout” or “I’m too tired after work”? The irony is that, although it takes an amount of energy to exercise, what one gets back from that experience is generally a multiple of what was invested.

There are other sources of Energy Production, such as food, which I’ll discuss in later Steps. External sources of energy are a vitally important part of our life equation. However, the advantage of internal sources is that we don’t necessarily need much from outside of ourselves to create the resulting energy.



Internal Energy Sources

- 1. Physical Exercise** – This is a concrete, known entity, with all kinds of scientific and personal evidence, that confirms how important it is to our moods and productivity. While most agree on those benefits, it is typically motivation, prioritization or discipline factors that disrupt our best laid plans of integrating exercise into our lives.
- 2. Meditation** – By meditation, I'm not talking about “meditating on ideas” but the act of using our breath and body to relax, clear the mind and go deeper into our inner worlds. There are so many types and methods of meditation. I will outline and recommend several practices over the coming exercises. Some people use music, lighting and/or aromas (e.g., incense, candles) to set the mood, while others use nature (outdoors). Prayer, depending on how it is done, is a powerful form of meditation. Everyone has to find what works for them. The question is whether you make time for meditation in your current schedule, and whether or not you comprehend the connection between this practice and the quality of your health and life.



STEP
9

Who are My Role Models?

Phase 1 of the 30 day 20/20 Life Vision Challenge, which we are almost done with, is about Meditation and (Self) Discovery.

In this lesson, you will try to access the depths of your thoughts and feelings in order to begin the process of drawing out (from your core) your deepest aspirations. What is your life's purpose? Why have you come here, to Planet Earth, at this point in time, from this family and in this part of the world? With this 20/20 effort, one step at a time, you are creating and refining that vision.

During Step 4, I introduced the concept of being the CEO of Me and building a Board of Advisors, a supporting, positive cast of friends, family, colleagues and mentors.

Who do you consider to be your role models? Hopefully, you have some direct contact with at least one or several people who you really look up to, and seek in some ways to emulate.

I recommend identifying or finding at least one role model from your contacts, and then at least one who presents an ideal that you do not personally know (e.g., maybe someone in your trade that achieved success). Whose life looks good to you, not just in terms of what they may have materially, but in terms of their inner content, quality of their relationships and their aura – the energy that they give off? Our role models often change as we evolve, moving through different phases of our lives. Therefore, it is OK to “retire” role models, in favor of new ones.



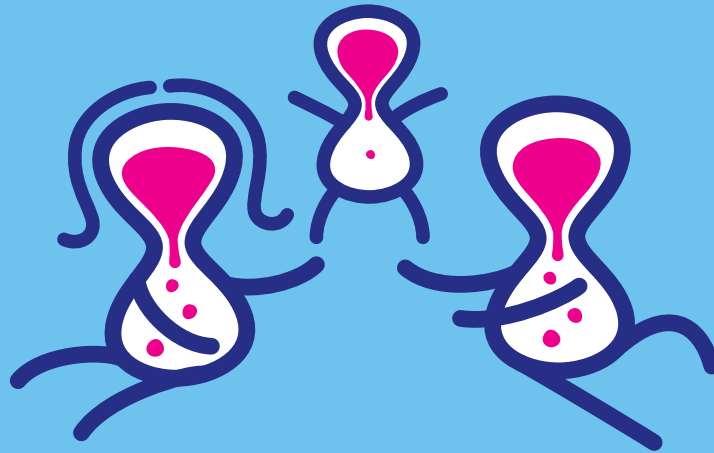
Review Step 4

Consider Role Models, Idols or Archetypes.

Role models can be either those who you do or don't know personally, unlike mentors who you're in close contact with.

Idols can be movie stars, athletes and celebrities, for various reasons, not all of which are long lasting or necessarily beneficial. Our (Western) society certainly puts a lot of unrealistic and fantastical ideas in our minds through advertising and other unconscious forms of hero worship. Hopefully, as we grow older, we create more separation between fantasy and reality.

Archetypes are role models who are not necessarily who we think they are – after all, how do we really know who someone is from a magazine or TV program?





STEP
10

Mapping Out My Internal World

Back in Step 8, I prescribed two important daily practices – Exercise and Meditation – for building positive energy, and discovering / clarifying your vision. Are you keeping up with it? Is there part of you that had a reaction to that prescription, setting off internal voices like “I don’t have time for that“, “I’m too busy“, “He doesn’t understand my life’s challenges“, “What does he know anyway?”

Don’t worry, I’ve heard it all before – inside my own head! How can you become more aware of these voices, some of which are so subtle yet influential, that you don’t even hear them? You just act upon their suggestions.

In order to develop and attain any type of meaningful life vision, it is imperative to “Know Thyself” as intimately as possible, or should I say, “Know Thyselves”? Just like any community or family has multiple personalities and voices that oftentimes want different things, each of us has different aspects of ego-personality within – let’s call those different “I’s”, as in “Greedy I”, “Generous I”, “Lazy I”, “Motivated I”, “Obsessive I”, “Calm I”, etc. How well coordinated and integrated these different I’s are, to a large extent, determines how much energy you have, how successful we are in our endeavors, and how good we feel overall.

You literally have to develop internal leadership skills and claim your rightful place as the CEO of Me, with the understanding that your internal company called “Me” actually consists of hundreds of different “I’s” that all want to be the boss without accountability.

Think about your internal world like it is that company or even a country called “Me”. Come up with a name. In Step 3, you created a list of Strengths & Weaknesses. Reflect on that list. How are your strengths and weaknesses manifesting in your I’s?



Review Steps 3 and 8

Consider this Scenario...

On the day of a big presentation at work or school that you worked so hard to prepare for, one of your I's decides to throw a tantrum, gets really nervous or oversleeps, throwing off your flow. This is where self-sabotage comes from (Common Goal Outcome Type 4).

Can you think of any other scenarios? I'm sure that you can come up with plenty of examples, both positive and negative, of how your internal order or chaos.



LET'S RECAP...

Step 1 – You reviewed your best life memories, regrets and defining moments from the standpoint of your future (90-year-old) self. You might have documented stories that you already experienced, as well as future imagined possibilities from your upcoming years.

Step 2 – You estimated your current (versus ideal) weekly time allocation across the same 168 hours that every human on Earth has to work with.

Step 3 – You dealt with your Strengths & Weaknesses and tied them to specific goals attained or not attained.

Step 4 – You put together your supporting cast, the people who help in various aspects of your life. You may have noticed some gaps, places where you could use more support.

Step 5 – You listed 10+ goals that you've had over the past 5 years, segmenting them by Goal Type (a new concept).

Step 6 – You climbed outside of your own box and considered the Goals of Others and thought about how you can help them succeed.

Step 7 – You mapped out the typical paths that your goals take after you set them.

Step 8 – You thought about vital questions relating to how you go about producing energy every day, suggesting meditation and exercise as imperative requirements for a healthy, happy and successful life.

Step 9 – You were prompted to think about your role models, those whom you aspire to be like and can learn from.

Step 10 – You unveiled your various personality traits (or I's) which may have created some internal conflict but it was necessary for you to move forward in an internally unified way towards your goals and life purpose.

PHASE 2 : SELF-ASSESSMENT

Welcome to Phase 2 of your 20/20 Life Vision Challenge!

This section of the challenge is devoted to self-assessment of all kinds – health, relationships, finances, spirituality and more. What do you believe in? Who do you value the most? Are you doing what you really love to do?

Channel the energy you harnessed in Phase one and put it to good use now. Without honesty, your future life vision may not leave this paper.



STEP
11

My 5-Year Life Report

This exercise marks the beginning of Phase 2, the Assessment Phase, during which you look back on the most recent period of your life to objectively review what was achieved, what you struggled with and what your current status is as a result.

I have been doing very detailed goal-setting and annual planning since I was 19 years old. These have been some of the most challenging and rewarding activities that I have taken on in my now 40+ year lifetime. It is very difficult to look into the future and lay out long-term plans amidst what seems like a very unpredictable world. My own goals and aspirations have often been very far off from the reality that came to be – but not all of them. I have also tasted the fruits of achievements that I know would not have been possible without a strong vision, intention and commitment directed towards those aims.

Over 20 years of goal-setting, annual reviews and new year iterations, I've learned how to be more realistic about what it takes to progress towards my goals, and recognized what skills I needed to acquire in order to be more productive along the way, all without compromising the grandiosity of my aspirations. I still shoot for the stars, and so can you.

So over the course of phase 2, I will ask you to honestly assess all the important areas of your life and character, from Health and Relationships to Finances. This is a comprehensive program, and I know that it is not easy to look at yourself in the mirror from all of these different angles, but it is necessary if you want to have a rich and satisfying experience while productively marching forth towards your dreams. The journey is just as, if not more, important than the destination.



PHASE 2 : SELF-ASSESSMENT

STEP
12

What are My Major Life Events (MLEs) & Defining Moments (DMs)?

Step 11 was a big assignment, and this lesson might add a few more new wrinkles in your thinking. I challenge you to contemplate what your Major Life Events (MLEs) and Defining Moments have been for you over the past 5 years.

MLEs specify what happened at the time, whereas Defining Moments determine how you processed the event – what was your internal and external response?

How did these MLEs, or even non-major events move you to reconsider your approach to an area of life? Nothing actually has to happen externally to prompt an inner change of perspective. When MLEs occur, it also typically shifts your Energy & Time allocation (Step 5 ET Goal Type remember?) dramatically (e.g., I had my first child – a son – in 2015, and had to make some major scheduling and planning shifts to make time for him and I to bond!).



Some MLEs and DMs to Consider:

Here are some MLEs to consider. By no means is this a full list, and ultimately, what constitutes an MLE for you is somewhat subjective:

1. Marriage
2. Divorce
3. Childbirth
4. School Graduation
5. School Drop out
6. New job
7. Job layoff
8. Moving (to a new City / Country)
9. Major injury or surgery
10. Loss of life among your family and friends
11. Selling of a company
12. Founding of a company



STEP
13

Career ... Am I Doing What I Love?

Over the next 7 steps, I will ask you to assess the last five years of your life, across different core areas, which I call the 7 Pillars of Life.

Reflecting on Step 4 (Supporting Cast) and Step 9 (Role Models), prepare to reach out to your cast this week for feedback. Ideally, you would have at least one person, a mentor or peer, to check-in with for each of the 7 Pillars (see next page) starting with today's focus: your Career.

When it comes to career aspirations, I ask if to what degree are you doing what you love? Most people (90%) typically respond, "I am not sure what I love to do when it comes to work." "That's not realistic. I work to make money." Or "Kind of. I wanted to pursue this track, and I'm doing it. I'm sorta happy with it." What do the other 10% – the ones who are living their dreams – know that the 90% does not? I believe they are purpose-driven people who have a firm belief that every individual is endowed with certain gifts and skills for a reason and a fulfilling work life depends on whether you devote your energy to finding and pursuing that purpose. If you are in the 90% or unsure, that is understandable, and you can still find a modicum of satisfaction and be successful from there. Maybe your career is not the area of your life from which you look to draw energy and inspiration.

But if work is important to you, and you are not feeling satisfied, then a big percentage of your life force is being misdirected every week, and that impacts all other areas of your life.



Review Steps 4 and 9

The 7 Pillars of Life:

1. Career
2. Finances
3. Aims & Hobbies
4. Health
5. Relationships
6. Environment
7. Spirituality





STEP
14

Finances ... Is My House In Order?

When it comes to Personal Finances, who is on your Board of Advisors? Reach out to these individuals this week, if you can, in order to get some diverse feedback and perspectives. Your relationship with money is closely related to your career. What you do with your money takes on a life of its own. As a case in point, you can have two people, at the same age, in the same job, with the same salary, but they may have entirely different saving and spending habits, setting up a life with perpetual debt or a comfortable nest egg. Let's take a deeper look.

When are you supposed to learn how to manage your money? This isn't taught in school. We end up graduating college typically at 22 years old or go straight to work at 18 years old, and get thrown into the fire with expenses to manage and a paycheck for the first time. So you learn as you go, on the spot, generally without much guidance. Your parents are only as helpful in this regard as the sensible money lessons they demonstrated to you as a kid.

Given the powers of Capitalism that essentially run our society – especially in the West – materialism is rampant. Unfortunately, we have come to value things and money more so than internal content – what one of my role models, Dario Salas, calls Cosmic Currency. However, that does not mean that money “is bad” or that we should not strive to attain it; on the contrary, it is a necessary instrument, that ought to reflect the fruits of our hard work and responsible decision-making in managing our resources. We need to cultivate positive, realistic and balanced views on money, so that we can utilize this form of energy effectively, as a means (not an end) towards achieving our life's purpose.



PHASE 2 : SELF-ASSESSMENT



STEP
15

Aims & Hobbies ... What About Me Time?

It's time to perform the 3rd of 7 assessments – Personal Aims & Hobbies – of the last five years of your life.

This is a hard Pillar of Life to characterize. So many things can fall into it. For example, “getting fit” can be a “personal aim”, and “playing golf” can be a “hobby” or a part of your health regimen. While it is sensible for some things to cut across Life Pillars, for the purpose of these exercises, I recommend that you make a choice about what the more relevant category is for that activity or aim.

For this assessment, we are classifying Personal Aims & Hobbies as any topic or area of your life, aside from Career, Health, Travel, Relationships and Spirituality, that is for you to spend time doing whatever makes you happy – “Me Time”. Watching TV, reading books and learning a language are some examples. With how busy life can be, it is very easy – and I will count myself as guilty of this from time to time – to neglect your own needs and interests. Sometimes, you may just need to veg out on the couch, and catch up on our favorite Netflix or HBO series.

A life that is go-go-go all the time is one that I predict is doomed for a crash. You need to focus energy on your hobbies to get a break from the demands being put on you by work, family, society and yourself! One of the key things to consider here is whether or not you are choosing aims and hobbies that boost your energy versus ones that drain energy.



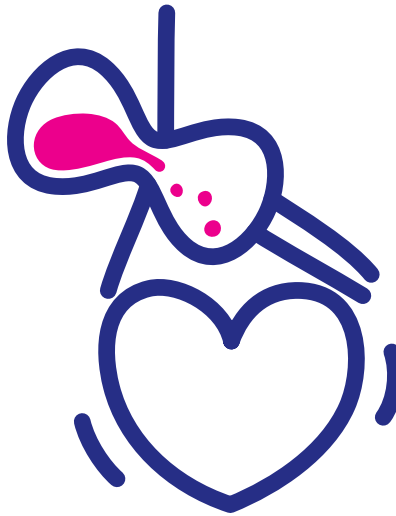
PHASE 2 : SELF-ASSESSMENT

STEP
16

Health ... Am I Taking Care of Myself?

Now it's time to take on the 4th of 7 assessments – Health (your current status and over the last five years). Health falls right in the middle of the 7 Pillars of Life because your personal health truly is central to and connected to every aspect of your life.

Without your health being in order, all the rest of your goals lose meaning and generally cannot be attained or enjoyed. This begs the question: how well are you taking care of yourself? Nobody can do that for you. This exercise will be put you- literally, physically – under the microscope to examine all aspects of your health. I have brought in one of our health experts – David Owens – to guide this part of the 20/20 journey. David is one of my closest friends; he is also my personal trainer, and, in many ways, a brother. I trust him implicitly. David has been in the fitness industry since 2002, is certified as a personal trainer through the Equinox Fitness Training Institute (EFTI), and is certified in Ayurvedic Nutrition, GYROTONIC®, and Moral Physics® from the Salas Sommer Institute. David, take it away!



“Hi Everyone, and thank you Arman for the gracious introduction and this invitation to participate in the 20/20 Life Vision Challenge – I am honored. Your health is one of those valuable commodities that you may not pay attention to until it is compromised.

This is totally understandable, as in today’s world there are so many things that compete for and demand your attention. But, when you don’t feel well, and encounter a health challenge, depending on its severity, it usually takes center stage. Those are the moments when you truly appreciate the importance of good health. There are many facets to health – physical, mental and emotional – and each component requires your energy and attention. Learning how to attend to and balance your health needs is a process. As a child, you didn’t come with instructions, but over time, you can develop wellness skills, so that good hygiene and health become second nature and seamlessly integrate into your life.

Although a large majority of us may share some common health benchmarks, we all are unique individuals with many factors that determine our health, such as – age, gender, genetics etc. We all have subtle differences. The point is not to compare yourself to others. This is your vision and you have to decide what role health plays in your life. Your position and feelings regarding health are not static, and may vary over time for a number of reasons. Being healthy impacts all areas of your life and requires your engagement and persistence.”

- David Owens

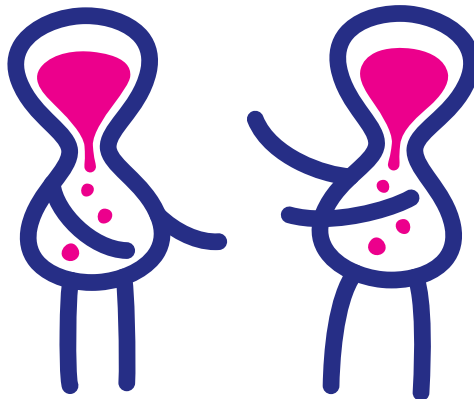


STEP
17

Relationships ... How Do I Connect With Others?

There is no better way to learn about ourselves than through our relationships. They provide the ultimate mirror and an opportunity to connect with a deeper part of ourselves. In the context of goals, just think about when you achieve something great – you generally want to share it with someone or several people who you are close with. It is also a vital Goal Dimension, I feel – Relationship Quality (RQ) – to our overall happiness in life.

I'd like to introduce you to one of our relationship experts – Ron Baker – to guide you in this Step. Ron is an insightful, compassionate and profound healer, therapist and guide to thousands of people, including myself, on a 1-1 basis as well as through his books and educational programs.



“Thanks for the introduction, Arman. There is so much to say about relationships. It is hard to imagine breaking this topic down in a few paragraphs. Having done 25 years of work with thousands of people around the world, I am convinced that all of your relationships, including the most intimate partners in your lives, are reflections of the relationship you have with yourself.

The most basic determinant of the quality of your relationships is how safe you truly feel to give and receive in mutual value. Typically, when I ask my clients whether they feel safer to give OR receive, the vast majority of people say that they feel much safer giving. I suggest this is because it gives us the illusion of being the one “in control” when we give, followed by a typical experience of feeling vulnerable, exposed and sometimes even unworthy to actually receive. Rather than getting caught up in the psychological reasons WHY we might hold these fears, let’s challenge these limitations in some very simple and nurturing ways that have proved to be safe and effective in so many others’ lives – clear ways to make improvements in the quality of your day-to-day.

In closing, I remind you to “be good to YOU.”

- Ron Baker





STEP
18

Environment ... Am I In Sync With My Surroundings?

Do you believe that we actually get to choose your parents, as well as where and when you were born to this life? This is a very hard topic to “prove” in a traditional, scientific sense. I believe, as a facet of our karma and destiny, we come in to this life with a specific vision and purpose. As we become conscious of this vision, scenarios and environments lead to opportunities. You may move towards that truth through intuitive guidance from elders. Living in tune with nature can also align you towards your purpose.

Regardless of what you believe, there is no denying the power that our environment has on our psyche and productivity. By environment, I mean everything from where you live, who you live with, the water and air quality of your city, what your study, work and rest areas are like, how often you travel to new places, your method of commuting to work and how much time you spend outside, away from technology and closer to nature.

In this modern techcentric era, with travel and relocation more accessible than ever, and now over 50% of the world’s population living in cities rather than rural areas, the dynamics of Environment for most people have evolved. We seem to have both more and less choices at the same time.

The goal of this exercise is to make you more aware of the impact of Place & Environment (PE, Goal Type 5) on your own health, happiness and productivity. Over the past 5 years, did you have any Place and Environment goals? How much of a priority was improving or exploring new environmental factors (e.g., moving to a more spacious apartment with more natural sunlight)?

Personally, travelling to new cities and countries is an essential ingredient for me to open my eyes and sustain my creativity and global awareness. It's less about seeing tourist sites and more about tapping into different collectives and observing how humans in different parts of the world developed their societies, given their available resources. I feel like a new, different and more evolved person every time I return from travel.

On the other hand, you can make the “wherever you go, there you are” argument. You can never escape yourself, who you are and what makes you tick. Moving from New York to California may give you a change of weather and culture, but it won't necessarily make you a more fulfilled individual. People often put too much weight and hope behind environmental changes, while not often enough taking responsibility for their unhappiness. Let's take a stand against this kind of “passing of the buck” approach, and urge ourselves and all of our I's (Step 10) to take ownership of our life choices.

Interestingly, in spite of all my extensive global travels, I have always lived, studied and worked in or around New York City my entire life. So, as a result, I decided to take some input for this assignment here from my friend, Dali Singh, who has studied, lived and worked in at least five different cities.





STEP
19

Spirituality ... Do I Know Who I Really Am?

God and Love are the two most confusing and complicated subjects to contemplate and discuss for nearly everybody. Both subjects touch upon everything that we do, and color all of our plans and goals. What you believe may be different from what you were taught as a child, or felt was true 5 years ago.

Spirituality is much like Health – it is influential regardless and whether and how you prioritize it (or not) will determine how much benefit you derive. It is essentially your life philosophy about what you believe it's all about, and how that impacts how you think, feel and act.

These are big questions, and not ones that can be answered by the intellect or within any short period of time. It is a lifetime's work for those who are willing to dedicate themselves to an honest self-inquiry process. All of the sincerest, emotionally strongest and authentically happiest people who I know are ones that have placed Spirituality as the #1 priority in their lives.

The great Chilean Spiritual philosopher, Dario Salas, sums it up best in his latest masterpiece of a book – Cosmic Currency – as follows:

“... the option to live in the being, through the being and for the being, according to the universe's highest laws, offers a bonus for the human individual and can lead to the most profound happiness, harmony, order, coherence and wisdom. This depends only on oneself. The human being has inherited a particle of the universe's divine light and needs the requisite insight to understand that, although in the tiniest amount, this particle is “heaven's light.” It is what is called the spirit or the being and it is one's most sacred duty to care for and develop it. If successful, one will have the moral and executive authority of the righteous, allowing one to secure the necessary spiritual and material resources. Then, one will not be just a millionaire bereft of spiritual resources, but a complete and balanced person.”

Think about life's most profound questions...

1. **Purpose.** Why am I here on Planet Earth and in this human form? What is my purpose?
2. **Self-Knowledge.** Who am I – on a deeper level, beyond the human form, race, gender and nationality that I came into being as?
3. **Karma.** Why do things happen to me and others in the world as they do (e.g., the good, the bad – wars, crimes, etc.)? Is it random or predestined?
4. **Destiny.** Who is in charge here? Do I have to be compliant with a specific religion or Spiritual path in order to be at peace with myself and be in God's good graces or is God within us, and we get to self-determine our destinies? Or is everything just random?
5. **Healing.** How can I feel tranquil and connected to “something beyond myself” on a day-to-day basis? How do I move through and beyond the pain that I have experienced in life?





STEP
20

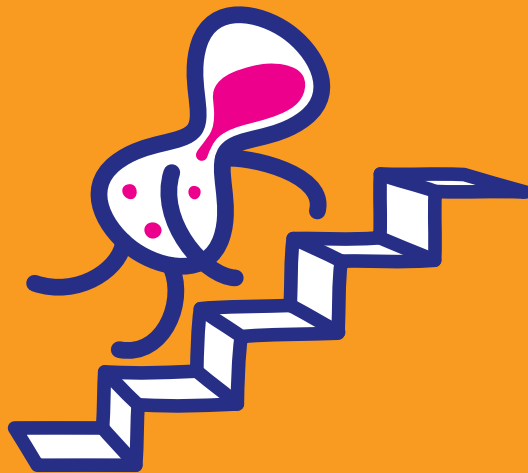
5-Year Life Review & Reflections

Let's discuss an effective process for periodic reviews, with a focus on the past 5 years. It is important for you to focus on both Quantity (of Time & Energy) and Quality indicators across the different areas of your life, keeping in mind the 7 Goal Dimensions (or Types), covered in Step 5.

To be technical about achieving your Life Vision, you must embrace your own qualities, numbers and the realities of how much time and energy it takes to get meaningful things done.

I ask that you review the ideas and information that you have shared thus far through prior Steps completed, and apply them in the present moment and the past 5 years of your journey. Be as objective as possible without judgment or embellishment.

If you need help being objective and grading yourself here, ask your Advisors for some feedback. For example, when I recently had some challenges with one of my business partners, I had strong feelings but wanted to check with someone outside the situation to make sure I wasn't being biased. I reached out to David Houle, one of my business mentors; and he gave me some great insights, as well as reassurance that my feelings were valid. David has checked my perspective frequently, and often presents alternative points of view. Whether or not I agree with him in the end, having those exchanges helps me assess the whole picture more objectively, and ensure that I'm not getting "stuck" in one line of thinking.



PHASE 2 : SELF-ASSESSMENT

LET'S RECAP...

Step 11 – You reviewed your goals over the past 5 years, including your satisfaction level with each goal outcome and the amount of energy you dedicated to that goal.

Step 12 – You contemplated what your Major Life Events (MLEs) and defining moments were over the past 5 years.

Step 13 – You thought about your career goals and performance over the past 5 years. You grappled with whether or not you are doing what you love to do.

Step 14 – You reflected on your relationship with money now and in the past. You may have noticed some patterns in your money management style and considered ways to change.

Step 15 – You chose a few activities (i.e., hobbies) that you enjoy engaging in every month and tracked how much time you spent on them.

Step 16 – You evaluated the state of your physical health, including your body strength, immunity, and stress levels.

Step 17 – You assessed the quality of your relationships. You named 2-3 people who you've gotten closer to and 2-3 who you fell out of touch with.

Step 18 – You got in touch with your surroundings and asked yourself about your connection (culturally, physically and mentally) to the places you have lived.

Step 19 – You thought about your spiritual self and what internal qualities have been impacted by spiritual practices. Maybe, you realized none or all have been impacted.

Step 20 – You conducted a review and reflection report of the past 5 years. You scored yourself on your accomplishments and disappointments in various life categories.

PHASE 3 : VISION CREATION

Welcome to Phase 3 of your 20/20 Life Vision Challenge!

This part focuses on all of the dreams you have for your next 5 years.

Enjoy this last leg of the Challenge. The hard part begins after this section ... attempting to make your life vision come to fruition.



STEP
21

How do I Plant & Nurture Seeds in My Life Garden?

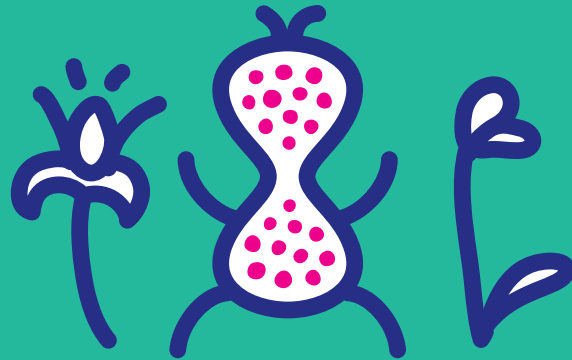
Exit Phase 2 – Self-Assessment. Enter Phase 3 – Vision Creation.

It's finally time to break out that bucket list and bring all of your forward-looking dreams and Big Hairy Audacious Goals (BHAGs) to the table.

For all of your existence, seeds were planted daily in your life garden. Seeds reflect possibilities and your potential in all aspects of life. How and what those seeds grow to be is entirely dependent on the attention and nurturing that they get. Some will turn into weeds due to neglect. Others will grow beyond your control and imagination, taking on a life of their own. As you set out upon creating a 20/20 Vision, it is imperative to take full ownership of the seeds planted in your garden. Your Internal World (Step 10) was, and likely still is, largely influenced by others, who hopefully plant good seeds. As an adult, it is your responsibility to take control over your garden.

Think Big. Now is the time. Let go of your fears and limitations for the next half-hour, and imagine that anything is possible – because it virtually is. Close your eyes and repeat the following statement three times:

The deeper you are able to silence the skeptical inner voices, the higher your chances of success will be. Keep practicing this – and other positive mantras, maybe something of your own writing – every day, even if you have to say it 100 times before it “feels” true. You have to believe it as if it already is – that is part of how successful vision creation works – as if you are seeing into the future and feeling the reality of it.



PHASE 3 : VISION CREATION



STEP
22

What Do I Dream (Literally) About?

Let's tap deeper into your unconscious and draw out your deepest dreams and aspirations for this existence – your life's purpose.

I'll start by sharing the story of Jason Stile, who I nicknamed "The Dreamer." Jason is a good friend and business partner in the up-and-coming product development company, Ajustco. The key messages that come across are that: A) Your dreams (and unconscious mind) have transformative and illuminating power, B) You can achieve anything that you set your mind to, and C) No obstacles or setbacks are too great to overcome when you have sufficient will power.

Jason took an inspirational program called "The Money Workshop" at Dario Salas' Institute for Hermetic Philosophy in New York City, and soon after setting an intention to receive inspiration for a great business idea, Jason had "the dream" during one night's sleep – clearly envisioning a product that solves misaligned door and gate issues. This acted as a seed for the flagship product called AjustLock, a beautiful, fruit-bearing tree that is now a highly successful company, which continues to grow every day.

Good luck Dreamer!



PHASE 3 : VISION CREATION



STEP
23

What are My Career Dreams?

On Step 13, you contemplated to what degree you are doing what you love. In this Step, we flash forward 5 years from now, and the answer is a resounding “YES!!” Think about what needs to be done over the next 5 years in order for that statement to become a reality.

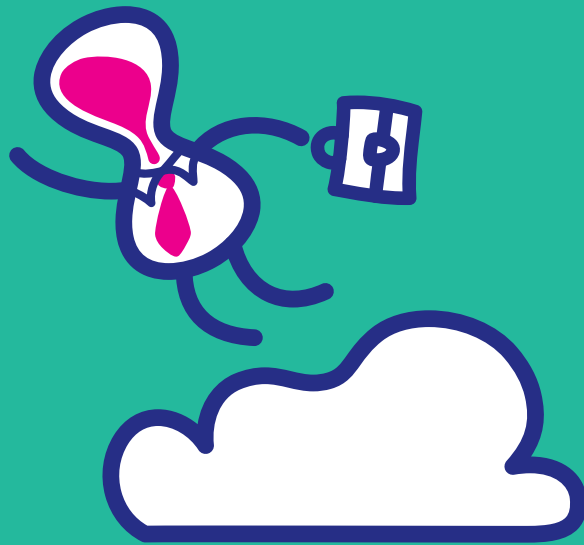
I’ll share some of my own career dreams. In 1996, I graduated from a Columbia College in New York City, where all major banks and consulting firms recruit top “talent” every year, giving them big salaries and putting them on the corporate “fast track” to success. It was the American Dream at work – to compete and be on top of the world, in the world’s finance capital, Wall Street! I did what everyone else did – set up interviews and researched these companies, prepared answers to tough questions like a scene from *The Devil’s Advocate*, *The Firm*, or *Wall Street*. I got offers, and considered them.

But, I wasn’t feeling it. The start-up technology world really inspired me. The thought of having to take risks to bring new, innovative products and services to life was exciting. I had an inkling of a vision for my career track, and it didn’t include a big corporation.

So I took a chance by joining my friend, Charles Balsamo, as a co-founder at a small startup called Exeter Technologies. He was CEO and I was CFO, titles we knew little about, but grew into over the next three year. I did all the Sales and Marketing, Research and Development, Human Resources and Finances. It was the building of my foundation and experience in the startup venture world and I loved every minute of it, even the all-nighters, where we had to work around the clock to meet major deadlines. When you really love what you do, it doesn’t feel like work. And that is what I have always sought after. 20 years later, I continue this journey, doing what I love every single day.



Review Step 13



PHASE 3 : VISION CREATION



STEP
24

What are My Money Dreams?

Now, it's time to consider how you want your relationship with money to change over years to come. This is not just about how much money you have or make. It is about how you think and feel about the world of things and how skillfully you are able to operate in that world. We've all heard the phrase "More Money, More Problems" – a popular lament of the rich and famous – who often-times have difficulty managing money. While we may idolize these celebrities for their stature and seeming access to the finer things in life, why does it seem that many of them are not all that happy? I believe it has to do with two main factors:

- 1 Money may be nice to have, and can surely temporarily help you live a more comfortable and stress-free lifestyle (if managed well), but it does not bring long-lasting joy.
- 2 The energy surrounding money and material things is overwhelming, and attracts many negative forces. Think about the entourages and all-of-a-sudden "friends" that wealthy athletes have after signing big contracts. Everyone lining up for the money train, including financial "advisors," lawyers and others that "want to help" causes confusion. These folks did not build a proper Board of Advisors.

You don't have to be multi-millionaire celebrities to experience these negative effects. The pure chase for money and things, as well as your insecurities over financial status, can drain your vital energy, and sabotage positive traits. The trick is to build a positive relationship to the material world, and not let it take over your soul. When it comes to the material world, it should ideally be a reflection of the state of abundance and joy that you feel within.



Review Step 14

As the Hermetic saying goes...

“As Above, So Below“
As Within (Internal Wealth), So Without (External Wealth).





STEP
25

What are My Personal Dreams?

Are you a person who likes to joke around and laugh a lot? Then, maybe reading comics, watching funny movies, going to comedy clubs or just spending quality time with your best friends who make you laugh needs to be a priority in your busy schedule. If you like to sing, dance and be expressive, maybe a weekly karaoke night or learning an instrument could be in the cards for next year?

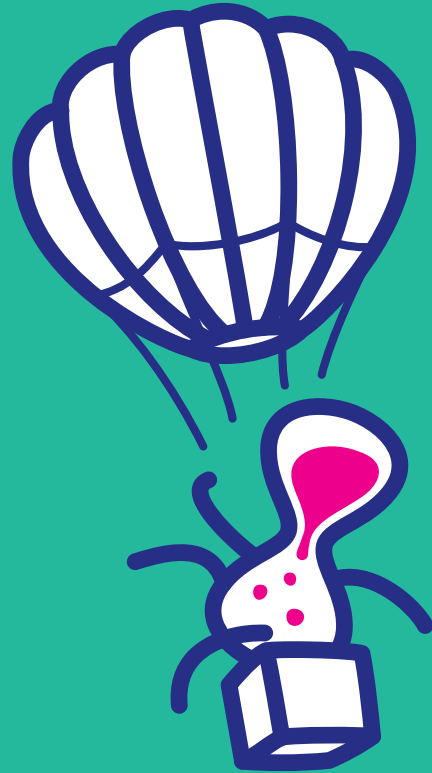
A well-balanced life with core competencies in several areas is generally more fulfilling than one in which you have “success” and competency in several areas, while other areas suffer. Imbalance in any one area almost always causes dysfunction everywhere. Think about a “successful” business executive, who is at the top of his or her trade but who also travels a lot and works long hours and has poor health and a suffering home life (e.g., A broken marriage, non-relationship with kids and few weekend hobbies/activities). This person’s energy investment is 65% career with 10/10 fulfillment, 20% personal finances with 9/10 fulfillment and the rest (personal hobbies, health, spirituality etc.) below 3% with low fulfillment levels.

So with work life and overall life balance in mind, think about what “Me Time” activities and pursuits may give your life that added charm and sense of fulfillment over the coming years.

Dream big here and don’t be held back by your inhibitions. These feats can be built up gradually over the next 5 years.



Review Step 15



PHASE 3 : VISION CREATION

STEP 26

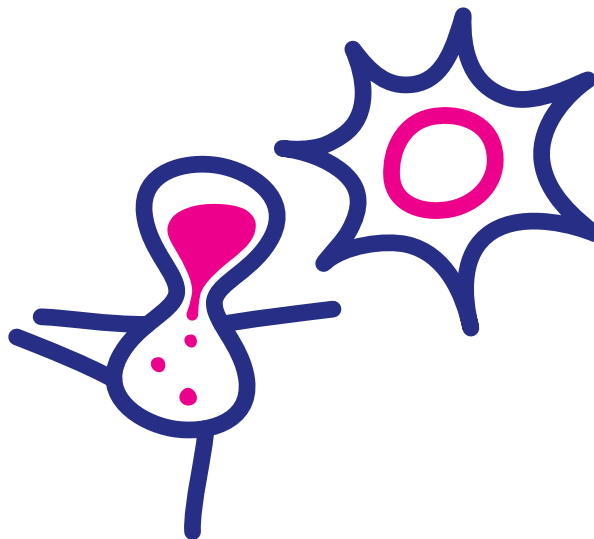
What are My Health Dreams?

Hello again everyone. It's David Owens (first introduced on Step 16). This current Step is usually where you begin to bump up against some of the internal (e.g., inner negative voices) and external (e.g., finding time) obstacles that can prevent you from reaching your goals. The good news is that, with persistence and creativity all the goals you seek to achieve can be accomplished. You have to be honest and fair though as well.

For example, if you've never run long distance in your life, you are potentially setting yourself up for failure if you aspire to run a marathon in one month, and do so in under 3 hours. Set goals that will inspire you to stretch yet that are also within your grasp, and not so challenging that you become discouraged. Also, don't be afraid to try new things (other than a gym workout) that better fit your persona. Try tai chi, yoga, Gyrotonic or swimming.



David Owens



Review Step 16

Remember the basics:

Nutrition and Diet

Though it is cliché – you are what you eat. Being active is very important; but what you eat, the quality of the food and the quantity are factors if not taken into consideration, can undo all of the hard work you put in. If you don't like to cook, consider looking into food companies that make healthy pre-packaged meals. If you like to cook or want to learn a new skill, the culinary arts are wide open for exploration.

Sleep

Sleep hygiene is such a highly under-appreciated component to your health and well-being. Everyone has different requirements for the amount of sleep they need to operate at an optimal level, but the quality of the sleep is just as important. If you consistently need coffee or other stimulants to make it through the day, you're not getting enough quality sleep. Try out a sleep ritual, and consider avoiding late night eating and use of electronics.

Body Care

Just like a car, your body needs maintenance and check-ups (not necessarily of the medical doctor kind). Massage, acupuncture and chiropractic adjustments are some of the more popular alternative means of self-care.

Mental and Emotional Health

As a complex being, your mental and emotional health are key components to your physical health. Make sure you have someone to talk to, whether it's a friend or a professional. We need to be heard and understood.

Stillness is another very important part of our overall health. Being active is one part, but consciously being still and feeling is equally important, as our energy needs to move like waves or alternating cycles instead of always going in high gear. Not moving or thinking is the important opposite that balances out all of our physical and mental activity.

STEP
27

What are My Relationship Dreams?

Back on Step 17, you took stock of the current state of your relationships. Today, with our resident Relationship Expert – **Ron Baker** – we take that topic forward into your 20/20 Vision.

There is no such thing as creating in a vacuum and it is when we come together to support one another in mutual value that everyone serves the perfect parts of one another's dreams. Deepening your value of self is integral to valuing and interacting with others in the balance of giving and receiving.

We live on a planet that has primitive emotional tools and education. However, I witness my clients making major improvements in the quality of their lives, as they learn to reconnect to the emotional and experiential body.

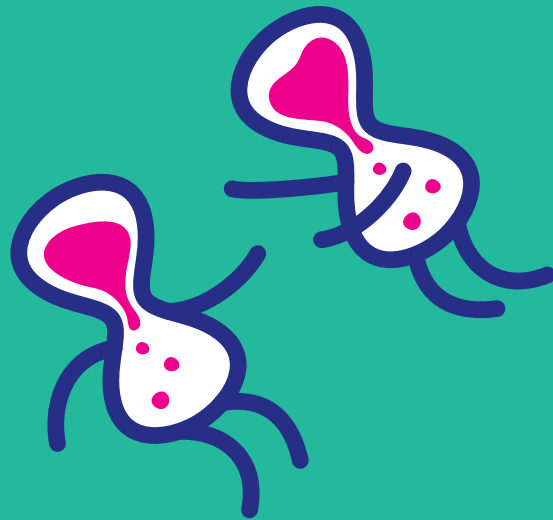
When it comes to relationships, I want to share that I do not believe in magical thinking. I believe that an enhanced reality is built by making a clear investment in the specific goals and experiences that you decide are important in your life. Whatever you practice the most is what you become best at. And so I hope you will find this exploration of your relationship choices helpful and that you feel encouraged with some specific hints at building a more fulfilling relationship network in your life. I know it is entirely possible, one day at a time.



Ron Baker



Review Step 17



PHASE 3 : VISION CREATION



STEP
28

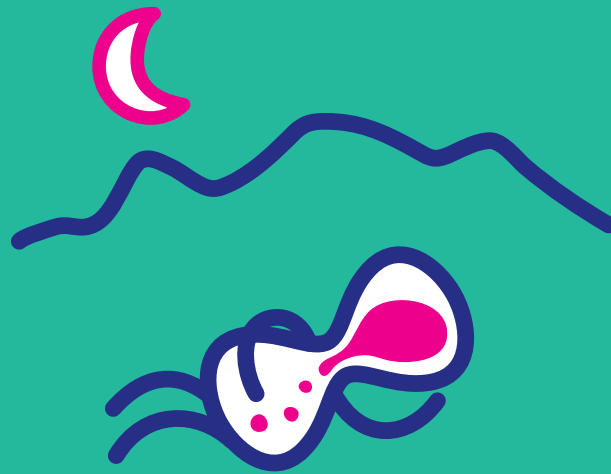
What are My Environment Dreams?

Contemplate deeply and set your intention on what the ideal surroundings are for you, in terms of your primary residence (country and city), home environment, frequency of travel and day-to-day settings (i.e. exposure to outdoors, nature, pollution, city life, etc).

It is hard to predict where life is going to “take us” in terms of new opportunities, people we will meet and places we will have to go in the future. Remember, that we are co-creators in that process, not just beholden to forces that are completely out of our control. This is your chance to set your intention and tap into what life wants from you, and vice versa. Feeling out where you need to be, and what kind of environment is optimal for your happiness and success in life, requires sensitivity and experimentation.



Review Step 18



PHASE 3 : VISION CREATION



STEP
29

What are My Spirituality Dreams?

I am connected to a Sufi group called the Nur Ashki Jerrahi Community which pay particular attention and have the skill of dream interpretation. The group's leader, a very wise dervish named Fariha Fatima al Jerrahi interprets their special meaning for the dreamer as well as the community. While Jason's dream (**Step 22**) gave him career direction by leading to the formation of a successful company, other dreams can unveil guidance for different aspects of our lives. Whatever your current level of sensitivity and connectedness to the unseen world is, try to recognize the numerous directional sign posts that life puts along your path. The deeper you go, the more your goals will fall into alignment with the Master plan.

Remember your Board of Advisors (**Step 4**)? Good mentors tend to bring everything back to your life purpose and inner journey. There is so much controversy and differences of opinion regarding spiritual philosophy. There are also a lot of pretenders and predators who don't have either real knowledge or good intentions, but who prey off of others who are authentically eager and open to guidance. Follow your heart and intuition when it comes to aligning with any type of spiritual teacher or guide.

Today, in building on the mentorship concept, I want to encourage you to consider what other types of support structures you have in your life. It's not all about having a be-all, end-all mentor. Sometimes, having peers who are at or around your same level of understanding can be as helpful as having a mentor because those people are going through the same challenges as you are, and can relate. Ideally, you would have both – guidance from those who have walked in your shoes and moved further along the path, as well as those who are walking the walk, right by your side. Be it a formal support group, or informal group of friends, you really benefit from this type of support.



Review Steps 4 and 22



PHASE 3 : VISION CREATION



STEP
30

Path to 20/20 = 8,760 Hours

Think back to **Step 21's** Lesson (Planting Seeds in Your Life Garden). Think about each hour you have spent on your 20/20 Life Vision as a seed – an idea – that can either grow and bear fruit or stagnate and die.

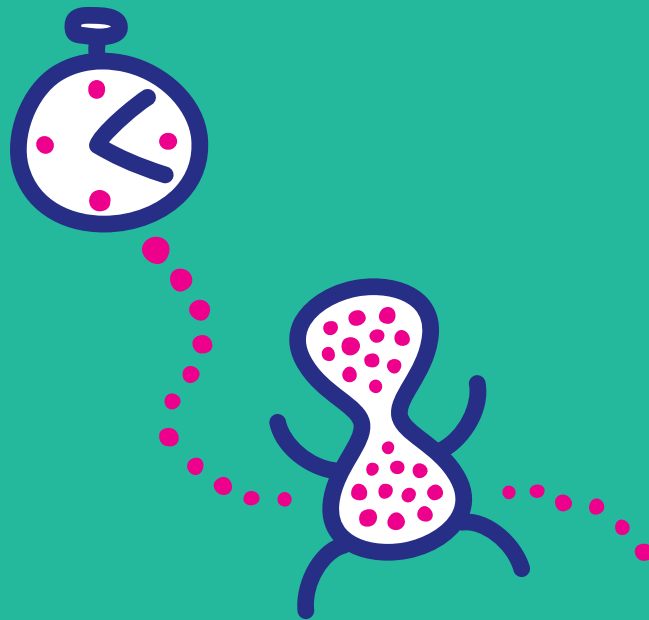
You will have 43,848 hours over 1,827 days over the next 5 years to evolve and manifest your dreams. The focus now is on building a detailed time and energy allocation plan for a one year – or 365 day – period, thinking in terms of hours (8,760 in a non-leap year). You can also do this exercise at any time during the year, choosing to A) either focus on the remaining days in a given year, or B) focus on a full year that doesn't correspond exactly to the calendar year (ie. April 2018 – March 2019). Every hour, every minute, every second counts.

With your dreams as guidance and inspiration (**Step 22**), it is now time to get specific. Make each grain count.

On Step 10, you mapped out your Internal World. Again, I stress the importance of becoming the master or CEO of your internal world, which surely faces hundreds of competing demands. Everyone and everything wants your time and has promises or reasons for why you should spend more time with them. I am asking for some of it here, to participate in this program. Your family wants more of it. Your work and boss want more from you. Community service wants it. The Church wants it. It's endless. You cannot make everyone totally happy. One of the benefits of this time allocation exercise is to wrestle with these competing demands and be firm about what your priorities are. Nothing speaks to your priorities more than how and where you invest your time and energy.



Review Steps 21 and 22



PHASE 3 : VISION CREATION

LET'S RECAP...

Step 21 – You took an inventory of the seeds that you (and others) planted in your Life Garden. You also thought about your Big Hairy Audacious Goals (BHAGs) for the next year.

Step 22 – You considered your dreams, literally, and envisioned future dreams relating to work, home and your personal life.

Step 23 – You challenged yourself to think about your career BHAGs. You challenged yourself to think about what you really want to do in life.

Step 24 – You considered how you want your relationship with money to change over years to come.

Step 25 – You thought about what “Me Time” activities and pursuits may give your life added charm and a sense of fulfillment over the coming years.

Step 26 – David Owens introduced you to putting away those inner negative voices and accepting new ones that launch you into a new, healthier you.

Step 27 – Ron Baker pulled you out of your vacuum and challenged you to explore your relationship choices and contemplate new ones.

Step 28 – You contemplated and set your intention on what the ideal surroundings are for you, keeping in mind your primary residence, home environment, and travel needs.

Step 29 – You connected with your larger spirituality master plan and aligned teachers and guides to help you achieve it.

Step 30 – You underwent a time allocation exercise that forced you to wrestle with competing demands. You set priorities about how and where you invest your time and energy.



Now is the time to explore your inner creative self. The following section includes questions as well as a medium upon which you can express yourself.

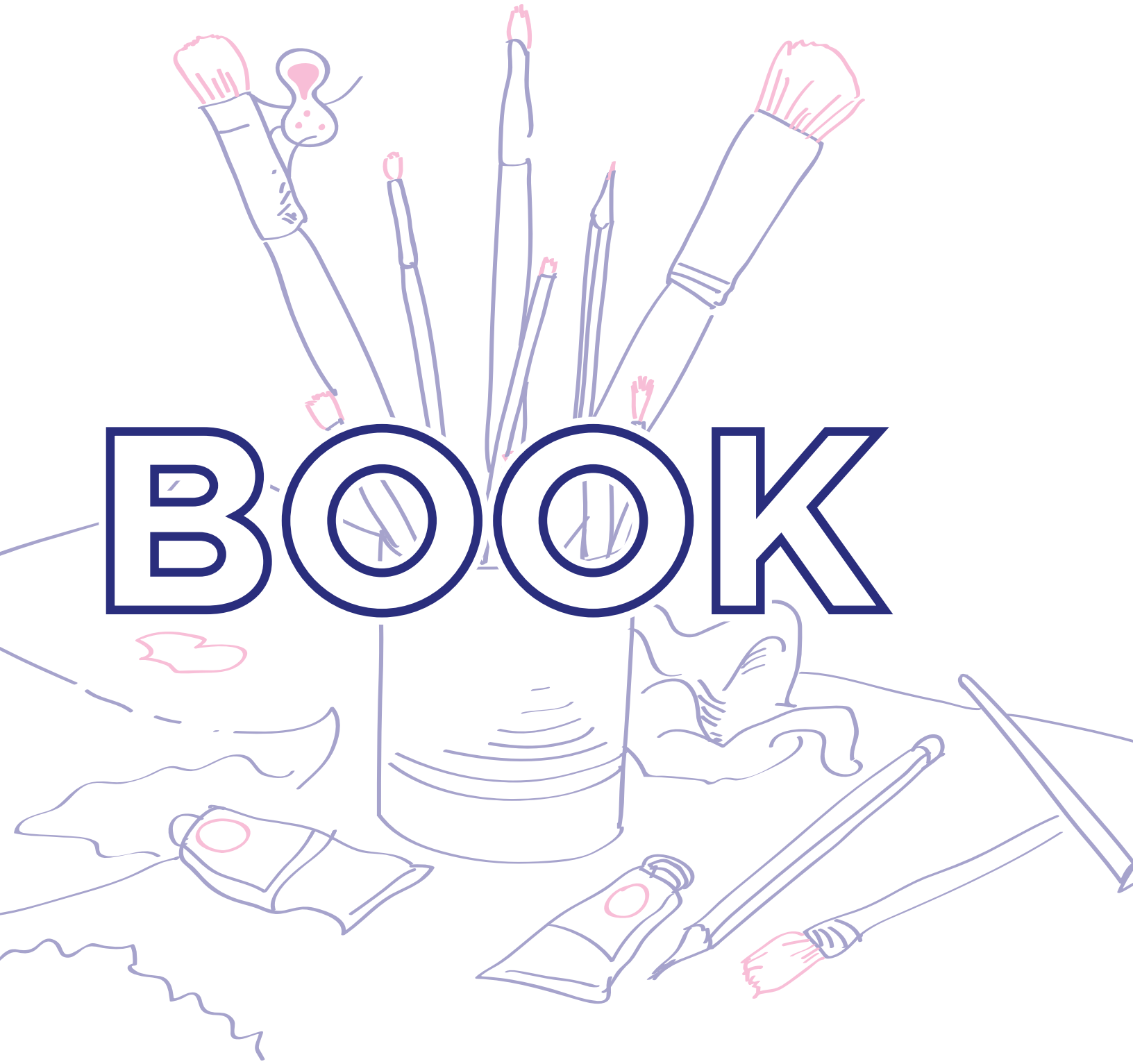
Do what feels right to you. Answer the questions however you want – in color, black and white, with stickers, words or drawings.

Allow your life vision come to life.

WORK



BOOK





The Rocking Chair

What are your...

Best memories?

Biggest regrets?

What are your defining life moments?

What emotions do you feel as you reflect back as a 90-year-old person?





**STEP
2**

Spirituality

Now

Future

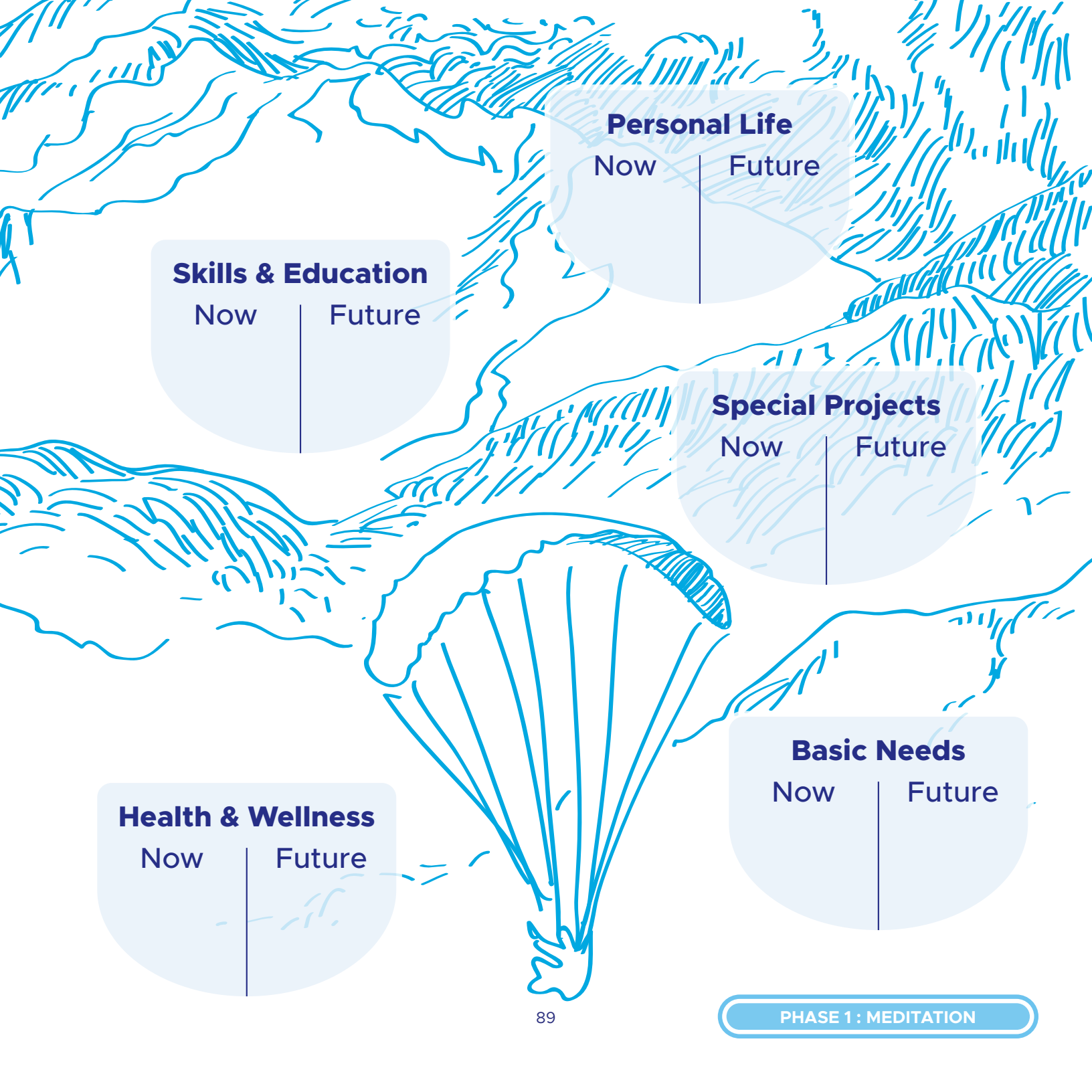
Core Work

Now

Future

**Break down your 168 hrs week by the 7 Life Categories.
How many hrs do you spend in each now?
How many hrs do you ideally want to spend in each?**

**What Do I Want To Do
More Or Less Of?**



Personal Life

Now

Future

Skills & Education

Now

Future

Special Projects

Now

Future

Health & Wellness

Now

Future

Basic Needs

Now

Future



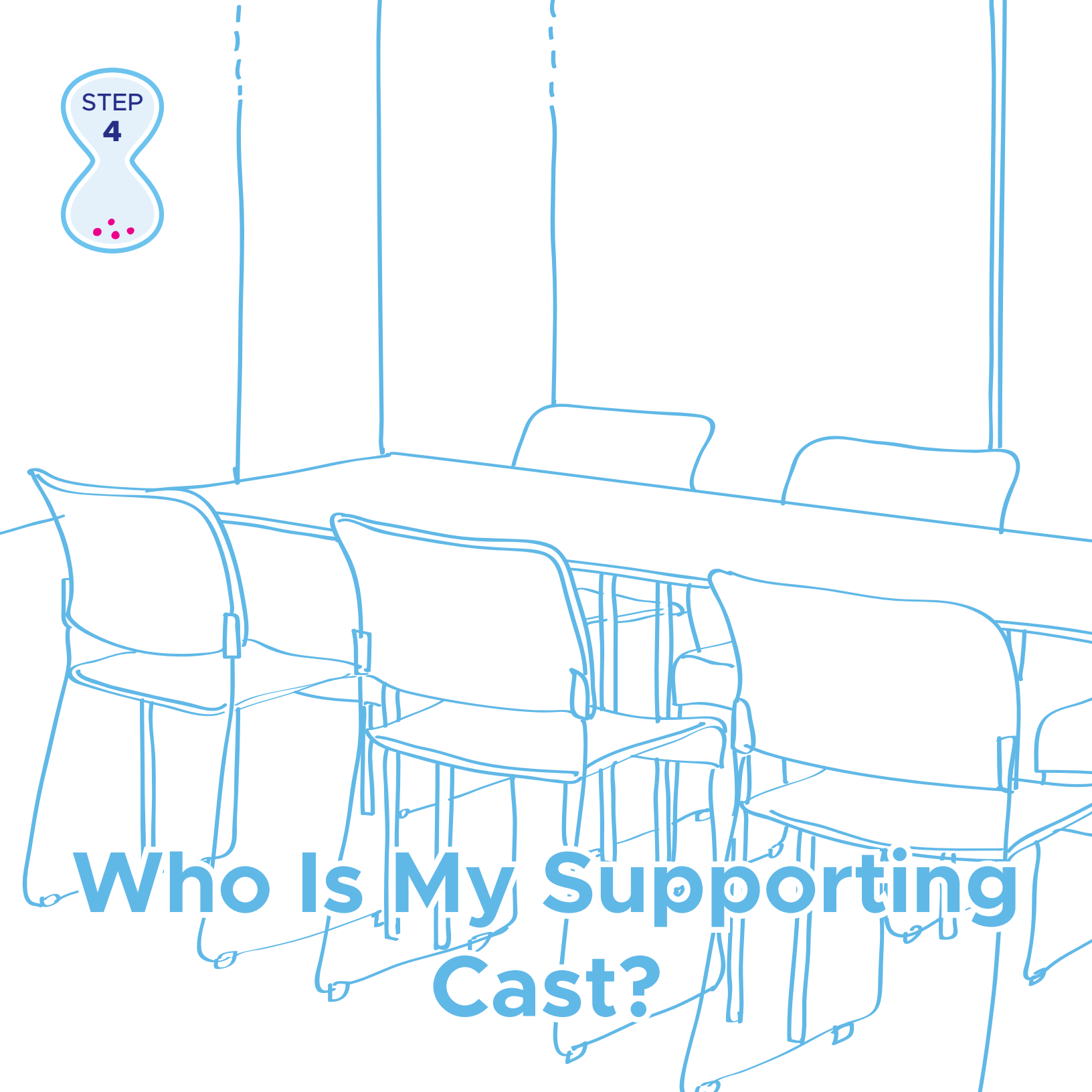
What Are My Strengths & Weaknesses?

What are your strengths?

What are your weaknesses?

What does a close friend or family member, an objective one, think of your strengths and weaknesses?





Who Is My Supporting Cast?

**Who is on your Board of Advisors?
What Life Category does he/she positively impact?**

**Do you have any support groups or meetups that
create positive energy for you?**



What are some of your recent goals? Try to classify them according to the 7 Goal Types.

**What is My Approach
to Life Goals?**

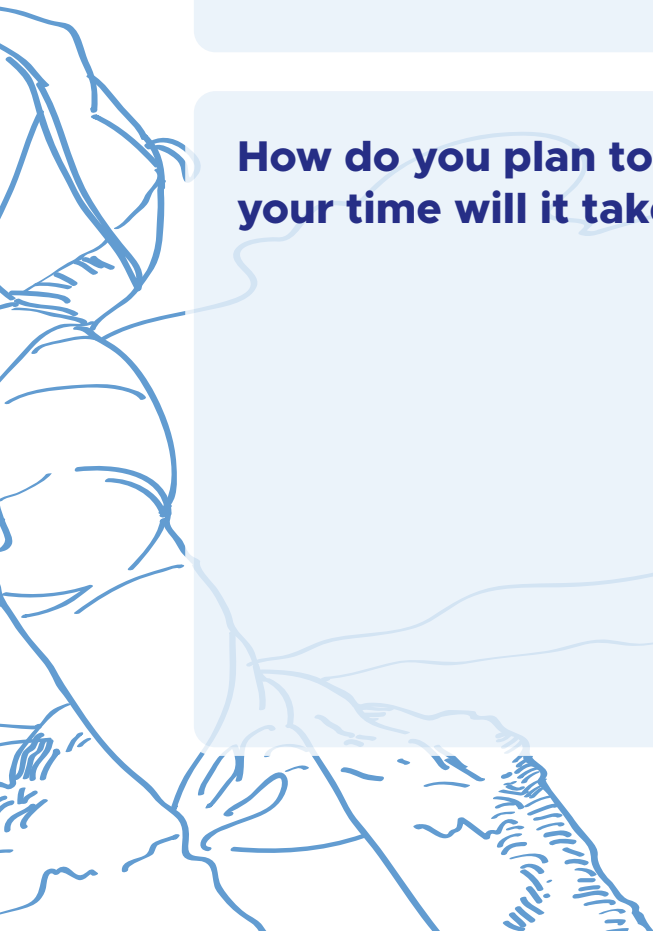


The 7 Goal Types

1. Energy & Time
2. Achievement & Skills
3. Health Indicators
4. Internal Qualities
5. Environment
6. Material Outcomes
7. Relationship Quality



**What Are the Goals of
Others Around Me?**



Choose 3 people who you really care about and write down 3-5 of their goals.

How do you plan to support them and how much of your time will it take?



The 7 Goal Types Outcomes

1. Bench Warmer
2. Fast Starter
3. Breeze Through
4. Self-Sabotage
5. Not For A Lack of Trying
6. Right on Point
7. Latency Effect

What Happens After I Set Goals?

What are 5 of your goals from the past 5 years? Try to classify them according to the 7 Goal Outcomes.

Have you noticed any patterns? Have any guesses as to the reasons underlying such patterns?



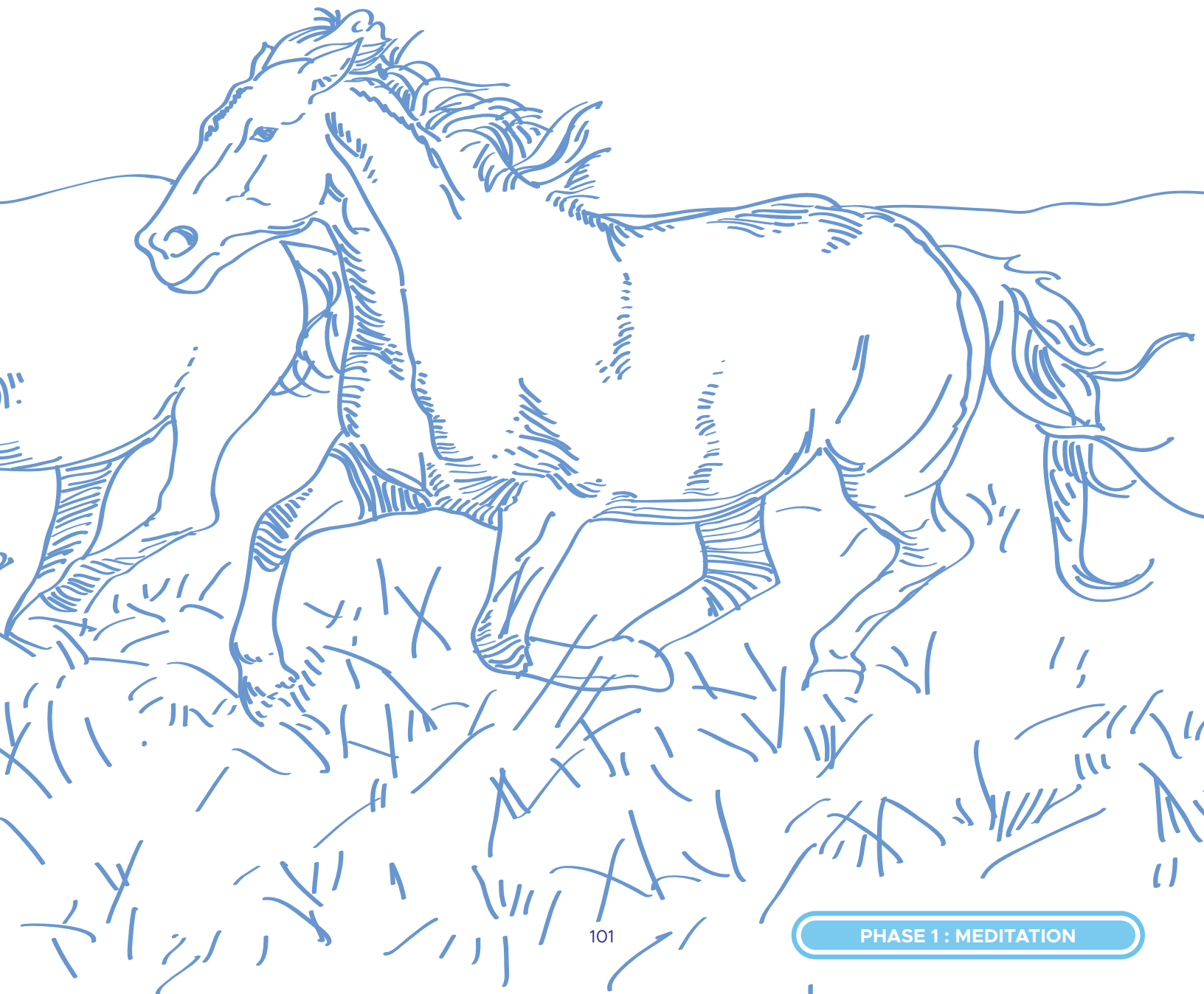


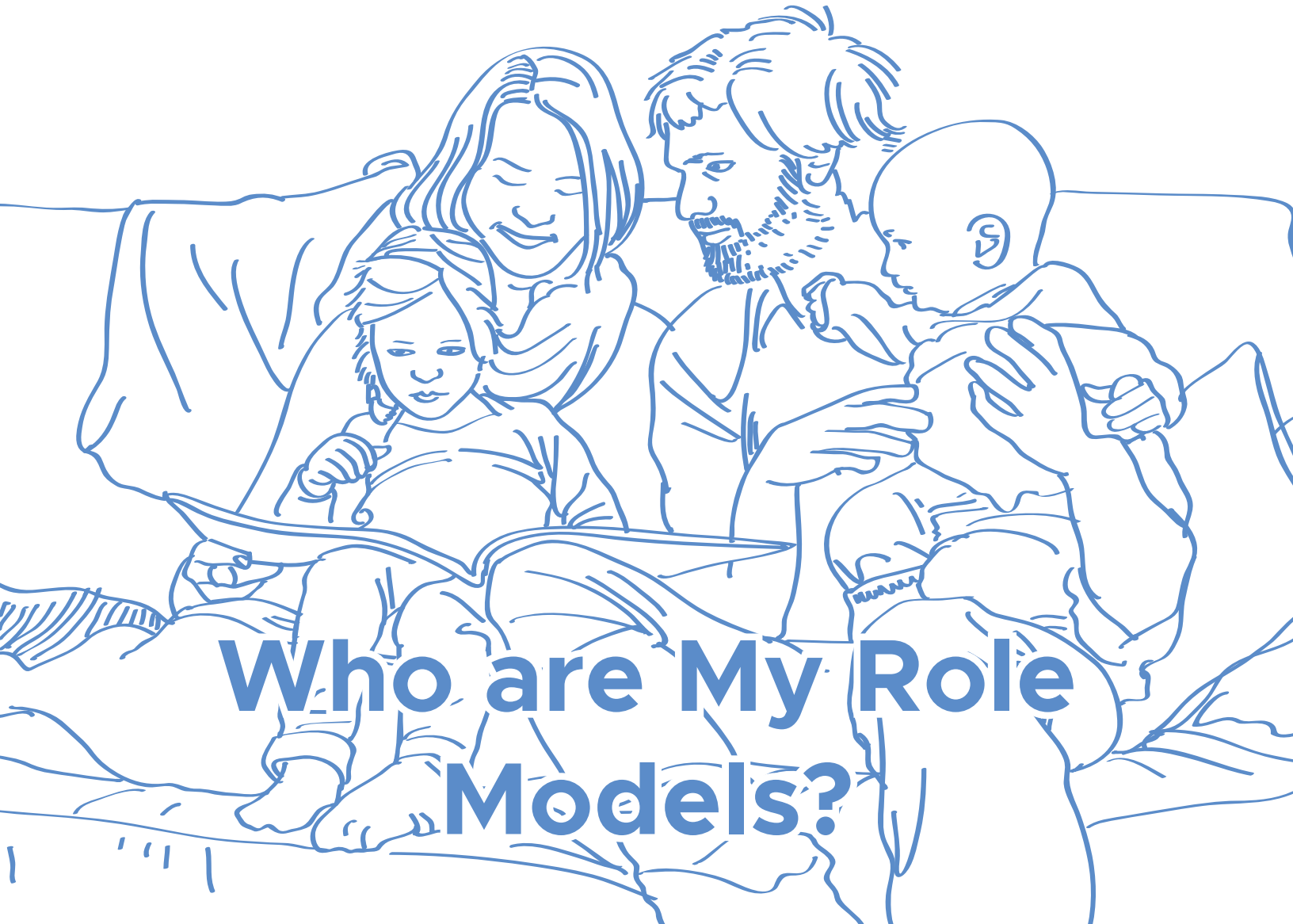
What is your Physical, Mental and Emotional energy levels during different times of the day (Morning, Afternoon, Evening) on a typical Weekday and Weekend (1 = Weakest and 10 = Strongest).

**How many times do you exercise per week?
How often and what type? Alone or with others?**

**How many times do you meditate per week?
How often and what type? Alone or with others?**

What is My Internal Energy Production?





Who are My Role Models?

Who are your role models? Be sure to include details like what Life Category do they influence and how much do you personally know them?

Why do you look up to this person? What do you want to learn from them?



STEP
10



Mapping Out My Internal World

Enter up to 10 different I's that you feel are a part of yourself and rate how strong each one is (1 = Weakest and 10 = Strongest).

Have any either hindered or aided your goals?

What would this I say in a few words?





My 5-Year Life Report

What were some of your top goals over the past 5 years? For each goal, be sure to note: 1) the goal outcome, 2) your satisfaction level with the outcome, and 3) the amount of effort and time you invested.

How far did you get with each goal as a percentage (0 – 100%) and how much more time do you think you will need to reach 100%?



A stylized, line-art illustration of a fireworks display. The fireworks are depicted as various patterns of radiating lines, some solid and some dashed, against a white background. At the bottom, a simple line-art skyline of a city is visible, including a tall, thin tower on the right side. The overall style is clean and modern.

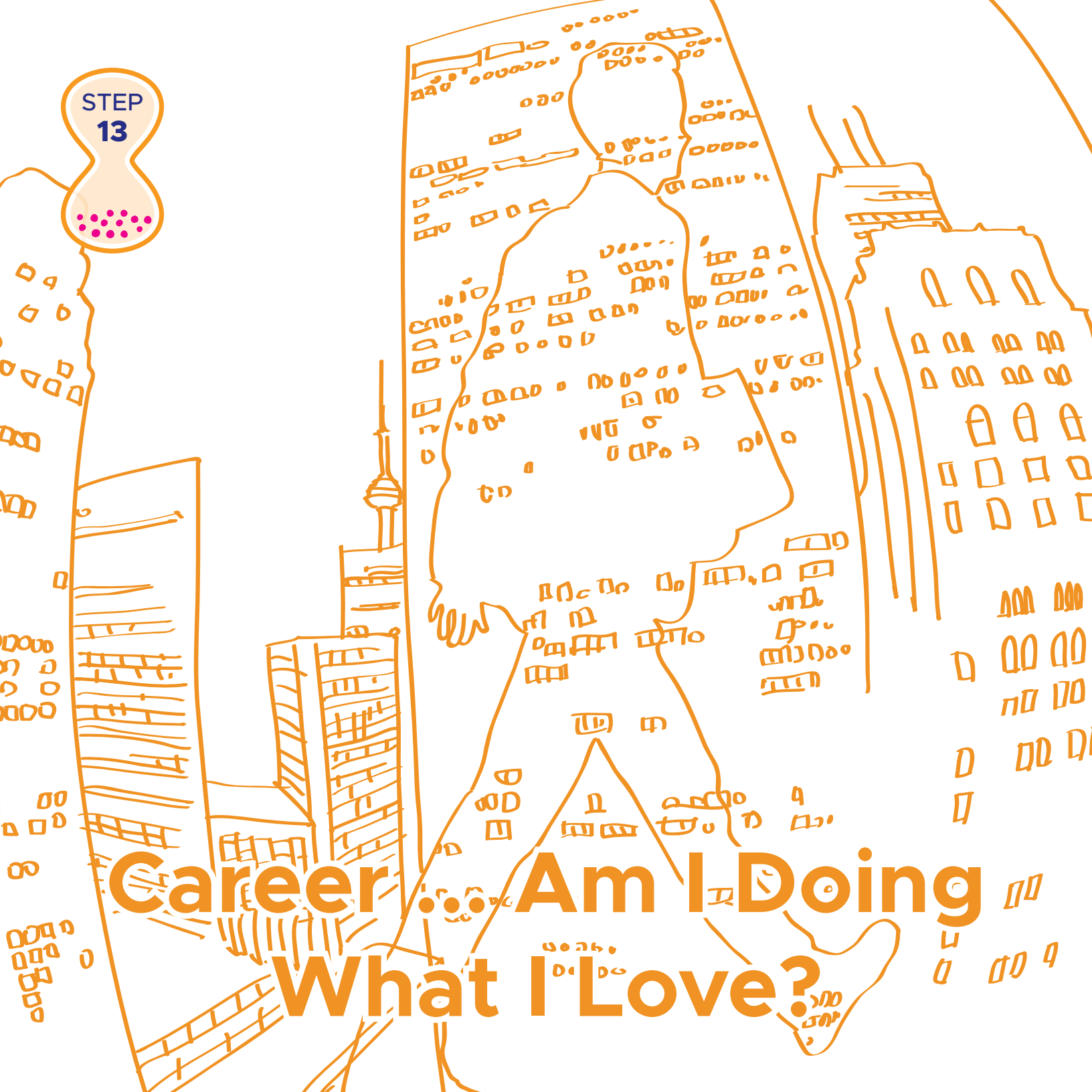
What are My Major Life Events?

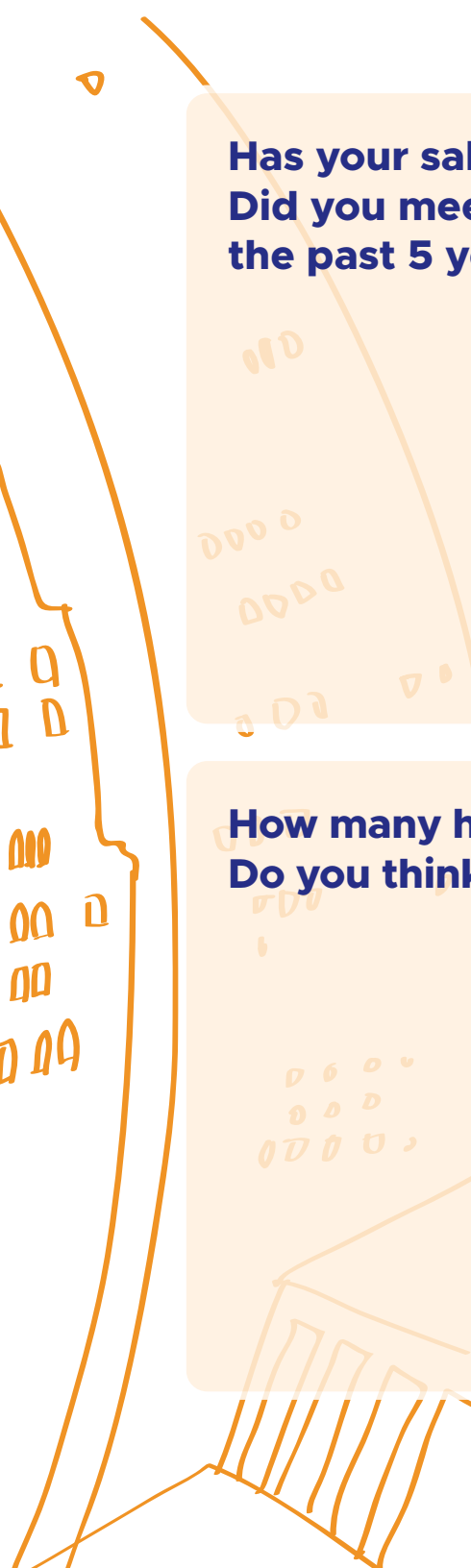
What are your Major Life Events (MLEs) from the past 5 years?

How did those MLEs influence – positively and negatively – your goals and time over the past 5 years?

STEP
13

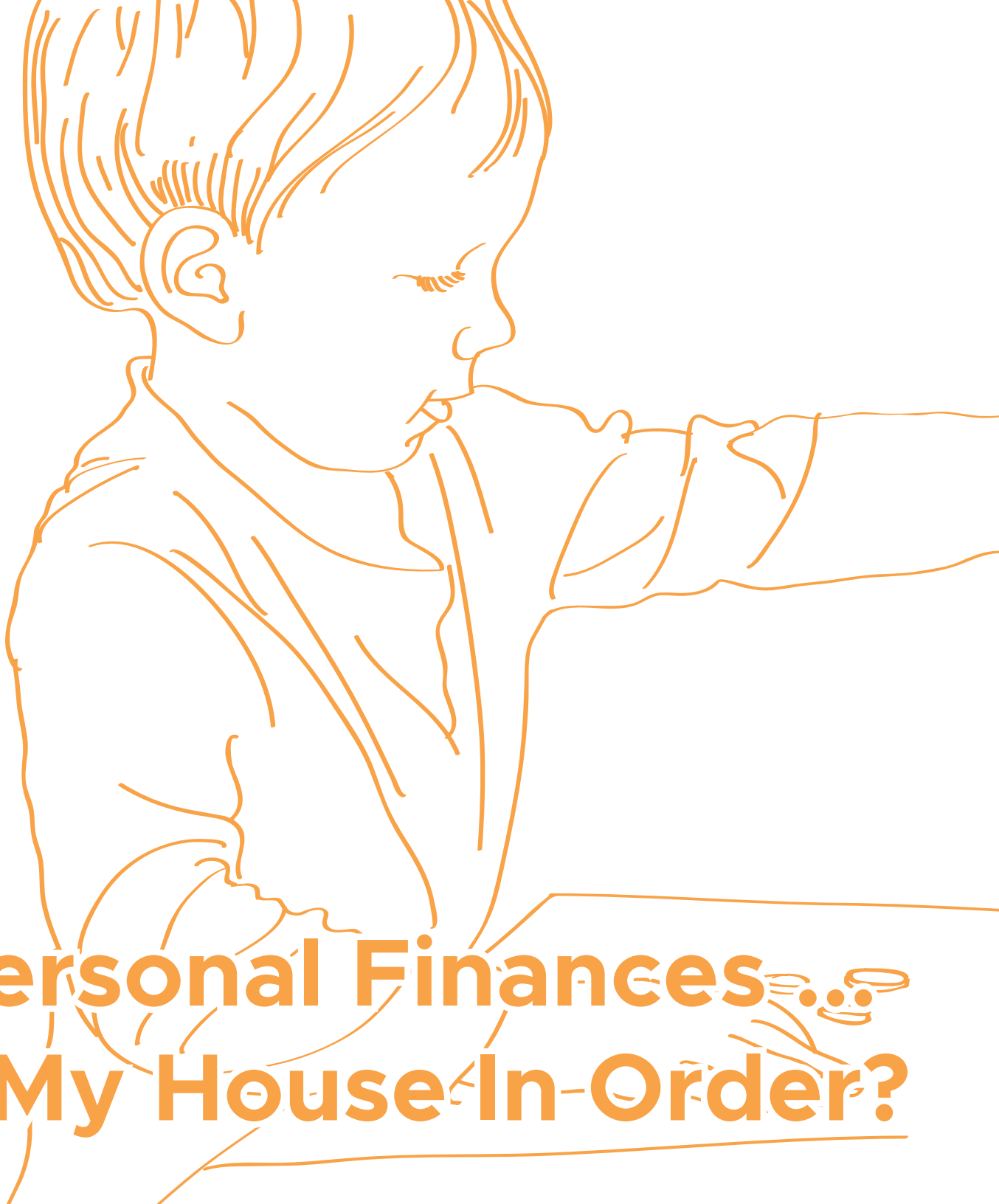
Career... Am I Doing What I Love?





**Has your salary grown (or not) in the past 5 years?
Did you meet the compensation goals you set over
the past 5 years?**

**How many hours do you work, on average, per week?
Do you think you are paid fairly for those hours?**



Personal Finances... Is My House In-Order?

What emotions pop up when you think about your relationship with money? How have these (if any) changed over the past 5 years?

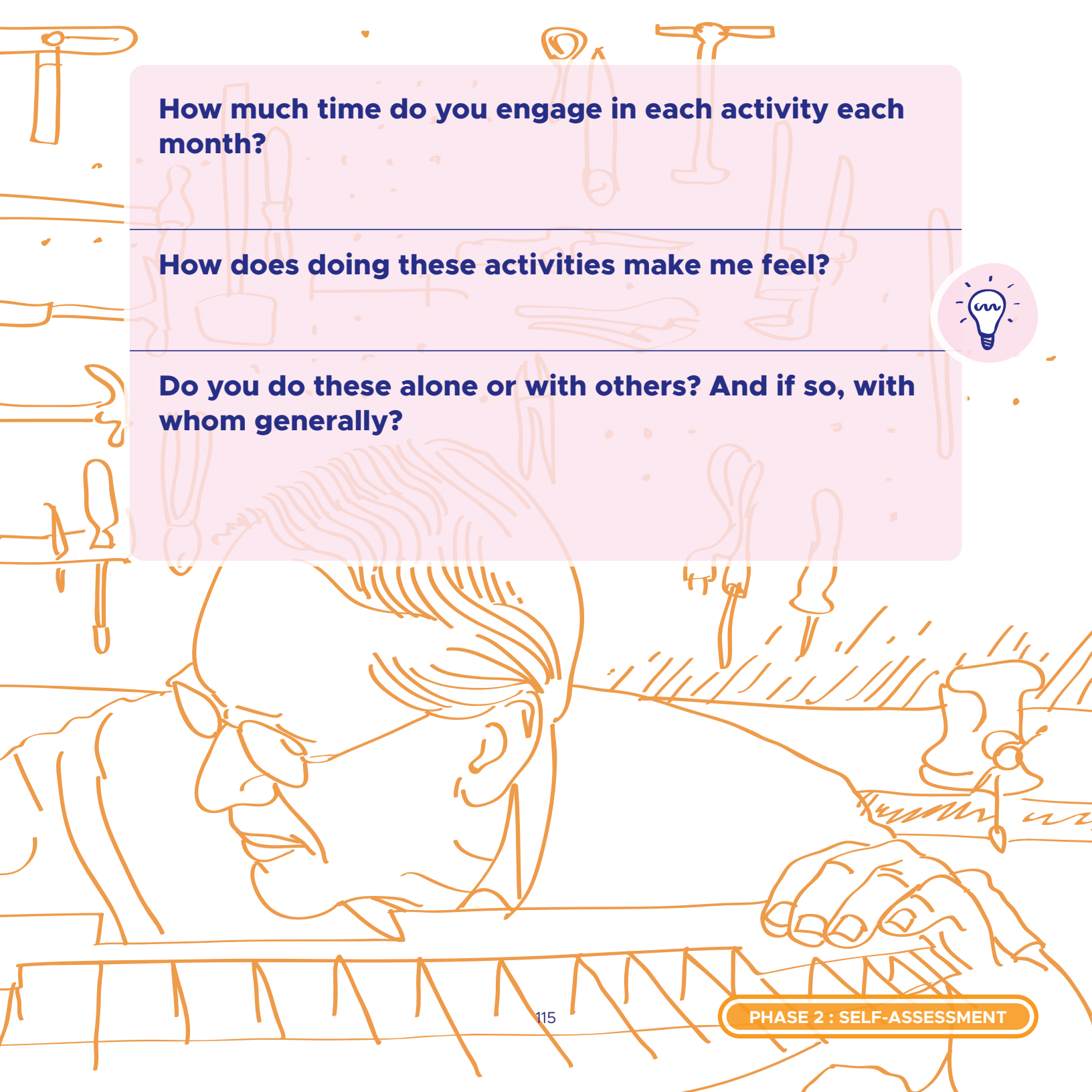
What financial achievements and/or disappointments come to mind when you review the past 5 years? Did you envision any of these?



What are some of the activities & hobbies that you typically engage in each month? Which would you be willing or not willing to discontinue if something more important came up?

Aims & Hobbies ...

What About Me Time?



How much time do you engage in each activity each month?

How does doing these activities make me feel?

Do you do these alone or with others? And if so, with whom generally?





**Health ... Am I Taking
Care of Myself?**

How many hours do you typically sleep a night?

What is your typical stress level during the week?

Has your health been a priority for you over the past 5 years?

What does your typical diet look like?



**Relationships
... How Do I Connect
With Others?**


Who do you truly value in your life? Be sure to rate your relationship quality for each using a 10 point scale (1 = poor and 10 = excellent) and note which have improved / regressed over the past 5 years.

Have you been in an intimate, committed relationship over the past 5 years? If so, how would you rate the connection on the whole (1 = a major struggle and 10 = the ultimate connection).

An orange line-art illustration of three people. On the left, a man with a beard and a striped shirt stands with his arms crossed, wearing a lanyard with a badge. In the center, a man in a collared shirt stands behind a woman, resting his hands on her shoulders. The woman is smiling and has her hands clasped in front of her. In the top left corner, there is a yellow hourglass icon containing the text 'STEP 18' and a cluster of purple dots.

**STEP
18**

**Environment ...
Am I In Sync With My
Surroundings?**



Are you truly happy where you are or do you stay there because you are afraid of change? Do you authentically connect with the culture of your town? Are you surrounded by like-minded people?

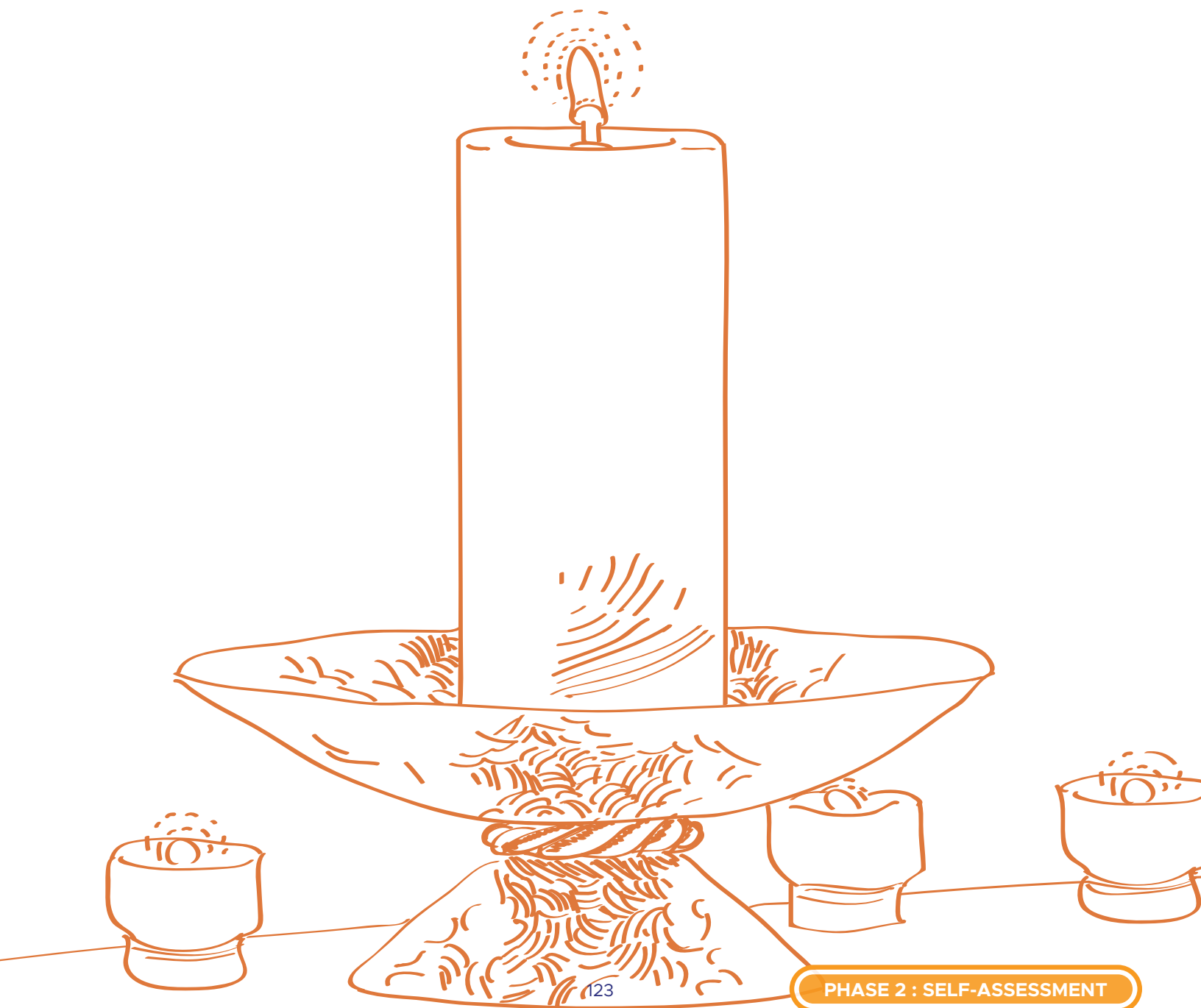
What Place and Environment goals did you have over the past 5 years? Did you meet them?



What are your views and feelings about Spirituality? Are you a spiritual person? What influenced you?

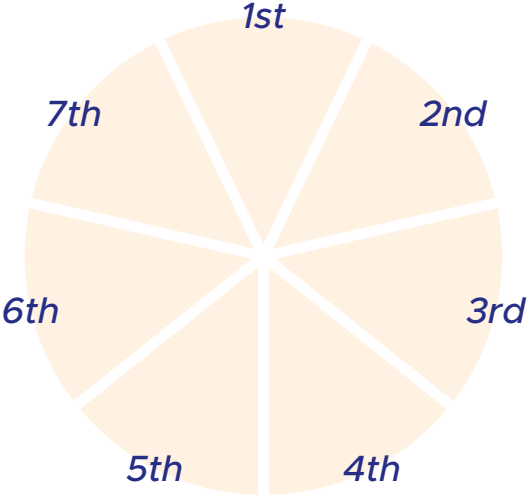
How have your Spiritual practices and/or beliefs changed over the past 5 years? How have your Internal Qualities changed as a result?

**Spirituality ... Do I Know
Who I Really Am?**





Rank each of the 7 Pillars of Life in order of importance to you over the past 5 years. How would you slice up each in terms of energy level?



What is your final evaluation for each of the past 5 Years? Give yourself a 5-Year Score (1-10 score per year, for a total maximum high score of 50/50, across each Pillar of Life).

	PL 1	PL 2	PL 3	PL 4	PL 5	PL 6	PL 7	
Yr 1								
Yr 2								
Yr 3								
Yr 4								
Yr 5								

5-Year Life Review & Reflections

The 7 Pillars of Life

1. Career
2. Finances
3. Aims & Hobbies
4. Health
5. Relationships
6. Environment
7. Spirituality





STEP
21

How Do I Plant and Nurture Seeds in My Life Garden?



Are you committed to taking full ownership of your life garden from this point forward?

Imagine different areas of your garden. Who planted most of the seeds. You or others?

An illustration of a woman with short hair, wearing a long-sleeved shirt, sitting at a desk. She is looking upwards and to the right, with her hand resting on her chin. On the desk in front of her is a pen. The background is filled with several hanging light bulbs of various shapes and sizes, some with glowing filaments. The overall style is a simple line drawing with a teal color palette.

**STEP
22**

Keep a pad and pen by your bed. Write down your dreams first thing in the morning, or in the middle of the night.

**What do I (Literally)
Dream About?**

What do you dream about? Any recurring themes?

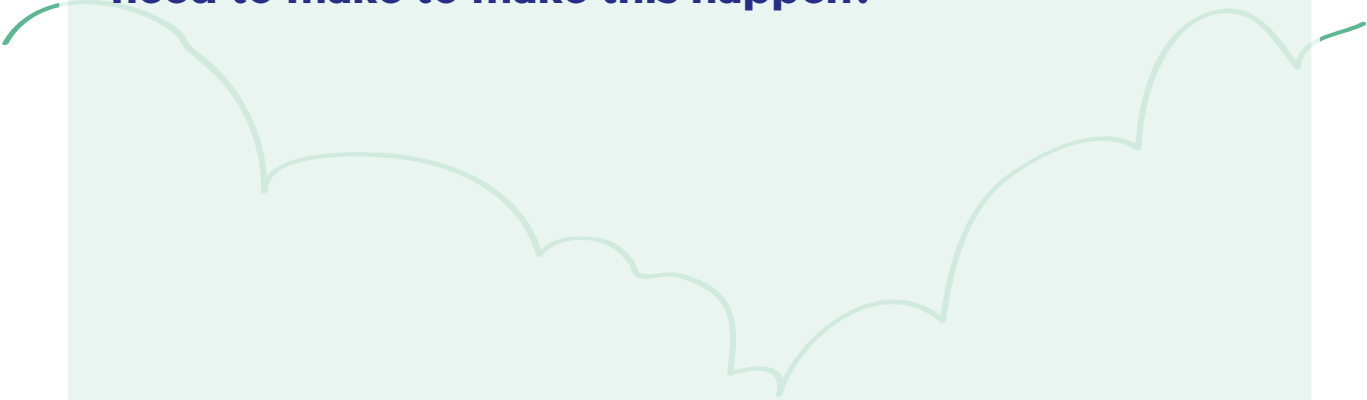
What are your life dreams ... in this moment? Anything is possible. Describe what you see.

STEP
23



**What are My Career
Dreams?**


If you could change jobs and do something totally new, what would you do? What changes would you need to make to make this happen?



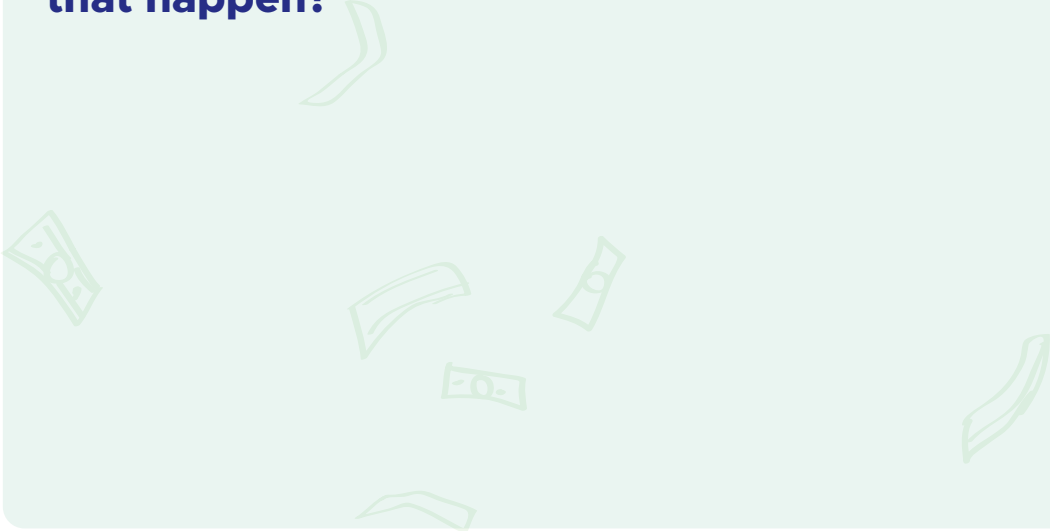
What skills would you need to develop and how would you?



**What are My Money
Dreams?**



Five years from now, how much money do you want to be in the bank? What do you need to do to make that happen?



How will your life be different 5 years from now, as a result of the achievement of these money goal achievements?



**What are My Personal
Dreams?**

What personal hobbies and activities do you want to spend more or less time on?

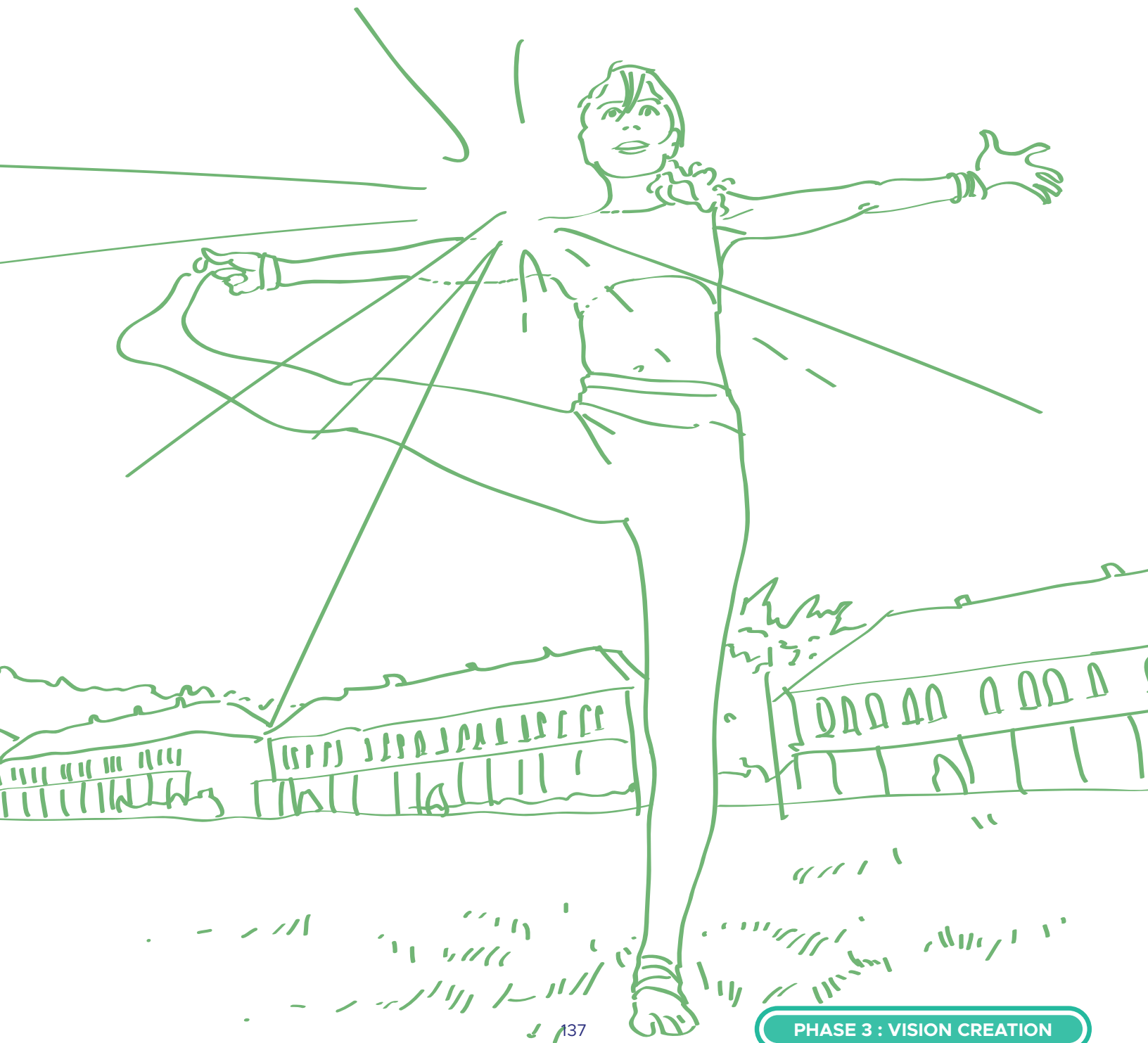
What new goals are on your bucket list for the future? How will you achieve these goals? How much time will it take?



In 5 years, what improvements do you want to make to your physical health? How will you accomplish this?

How can you help valued others in your life to improve their health? How much time do you estimate this taking?

What are My Health Dreams?





What do you want for your relationship to self in 5 years? What emotions pop up?

What do you want to give to others? What do you want to receive from others?

**What are My
Relationship Dreams?**





What's on your place and environment bucket list in year 5? How do you want to prioritize those items?

A green line-art illustration of a landscape with mountains, hills, and a body of water. The style is simple and sketchy.

**What are My
Environment Dreams?**



Who else in your life has place and environment goals? How will you help them make them happen over the coming years? Do you have any for the world, in general?

An illustration of a person in a yoga pose (Tree Pose) on a rocky cliff. The person is standing on one leg with the other leg bent and foot resting on the inner thigh. Their arms are raised, holding their hands together in a prayer position above their head. The background features a sandstone arch and a landscape with various rock formations and textures, all rendered in a simple, line-art style with some color accents.

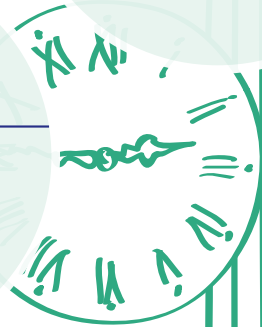
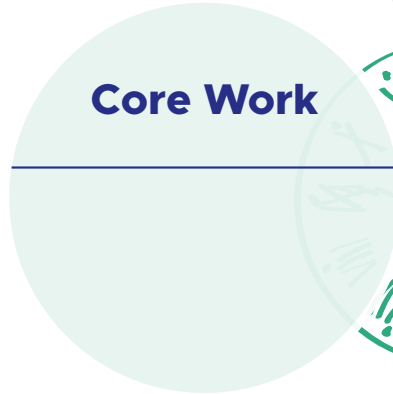
STEP
29

What are My Spirituality Dreams?



What are your major spirituality goals over the next few years? What's on your spirituality bucket list (e.g., a retreat)?

How do you want to help further spirituality in the world over the next 5 years?



Map out the next year of your life - 8,760 hrs (365 days x 24 hrs) according to your Life Categories. Take a cue from Step 2 if needed and multiply by 52 to get your Annual Plan. Comment on what you feel most excited about, in terms of what you can get done with that chunk of time. What do you most fear?

**Path to 20/20 = 8,760
Hours**

The background of the page is a line-art illustration of a room. On the wall, there are several clocks of various sizes and styles, some with Roman numerals and some with Arabic numerals. In the foreground, a person is sitting on a chair, leaning forward with their head resting on their hand, looking thoughtful. The overall style is simple and illustrative.

**Personal
Life**

**Special
Projects**

**Health &
Wellness**

**Basic
Needs**



About The Author

Arman is a serial Entrepreneur and thought leader, who was born and raised in New York City, and now resides in Jersey City. He is currently CEO of b.labs Ventures, a unique tech venture builder, where he leads a decentralized, global team of techies, designers and marketers.

Since graduating from Columbia University with degrees in Political Economics and Psychology, as an All-Ivy League [Soccer] Student-Athlete, he embarked on what has now been a 21-year journey into the depths of Entrepreneurship, with a quad focus on the key elements underlying successful Startups - 1) Product Development, 2) Marketing, 3) Finances and 4) Time/Energy Management.

Back in college is also where Arman's Spirit first awakened, and his Conscious relationship with God was initiated. Since that time, the way that he sees the world, relates to people and evaluates his own role in the unfolding drama of humanity has shifted dramatically - it has become completely compassionate, more objective and more holistic; and continues evolving throughout time. Having lived a rich and engaging life, started and sold multiple businesses, and now also in the role of a father, Arman is well-prepared and educated sufficiently by Life to express his unique perspective on "The Big Picture".

Arman and his inventions have been featured across various media, such as CNN, Barron's, Crain's, Popular Mechanics and Time Magazine. He currently hosts a podcast called The Polymath Project, where he touches on topics of motivation, goal setting, Spirituality, entrepreneurship, blockchain technology, personal finance and crowdfunding.

Arman is also the Founder of Kidcoin, a financial literacy focused digital cryptocurrency wallet, and creator of the 7 Pillars of Digital Marketing, the seminal framework and book within the 7 Pillars Academy, which offers courses on various tech and marketing subjects.

