

THE PYRAMID OF MASTERY

7 Areas of Constant Growth for an Extraordinary Life

As achievers we know that **whatever we focus on, we will find a way to achieve**. The challenge so many of us face, though, is in building momentum and finding balance.

Even the greatest achievers acknowledge a gap between where they are and where they really want to be. Perhaps our businesses or careers are strong, but our intimate relationships are lacking. Or maybe our relationships are flourishing, but our personal finances, physical vitality, or even our connection with our children is suffering.

An extraordinary life – life on your terms – comes from an unrelenting commitment to focus on and consistently improve all of the areas of life that are important to you.

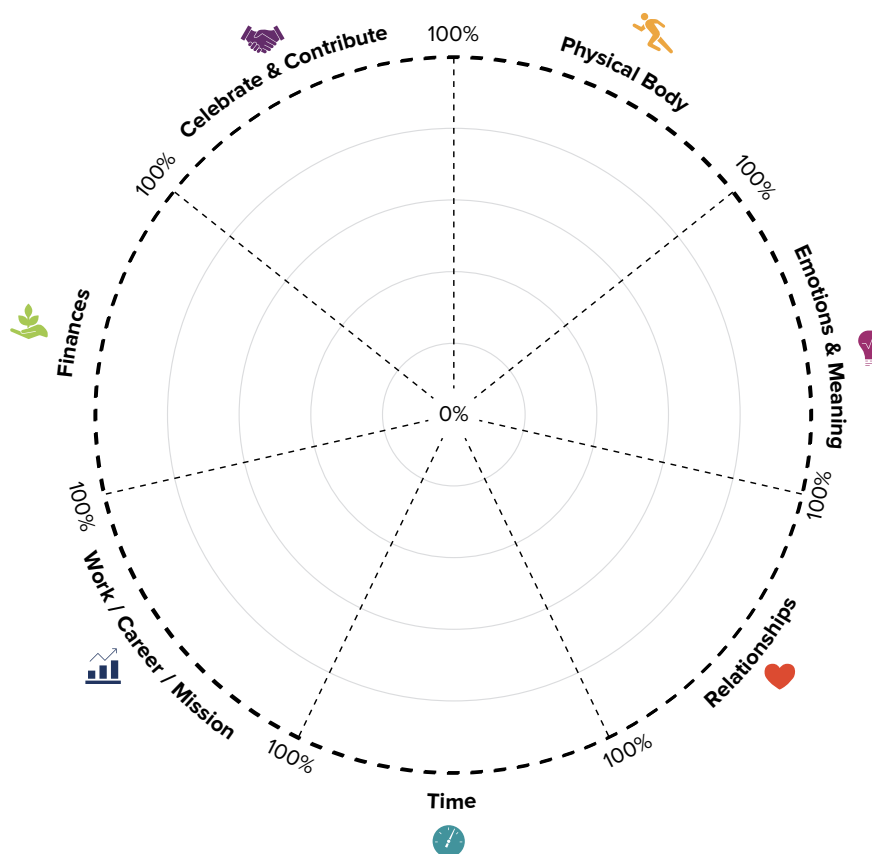


THE WHEEL OF LIFE

To close the gap from where you are to where you want to be, it starts by getting clear exactly where you are. A map can only guide you to where you want to go if you know your precise starting point.

Look at The Wheel of Life below. The middle of the circle corresponds to '0%' and the outside ring of the circle corresponds to '100%'. Now, taking one area at a time, grade yourself on a scale of '0 to 100' of where you are today vs. where you really want to be. For example, you might rate yourself at a '70%' in your family life, an '80%' in your finances, a '50%' in your emotional life, a '90%' in your career, a '40%' in your ability to manage time, a '60%' in your spirituality, and a '70%' in your physical health.

When you're done, draw a line across the section that represents the number you currently rate yourself at in each area. Then color in the space between each spoke of the wheel.



Now take a look at your wheel. If this wheel were a tire on your car called life, how would your car run? How would you do at 10mph? How would you do as an achiever going 100mph?

If you are like most people, your car is a little out of balance, and it's going to be one heck of a bumpy ride! The same is true of your life. When certain areas of your life are out of balance, you tend to experience more bumps in the road. You can still achieve your desired destination, but it's going to take you longer and the ride isn't going to be as smooth or fun!

THE 3 PILLARS OF PROGRESS

Sustainable success in any area of your life comes from three things:

Step I: Get Focused & Clear!

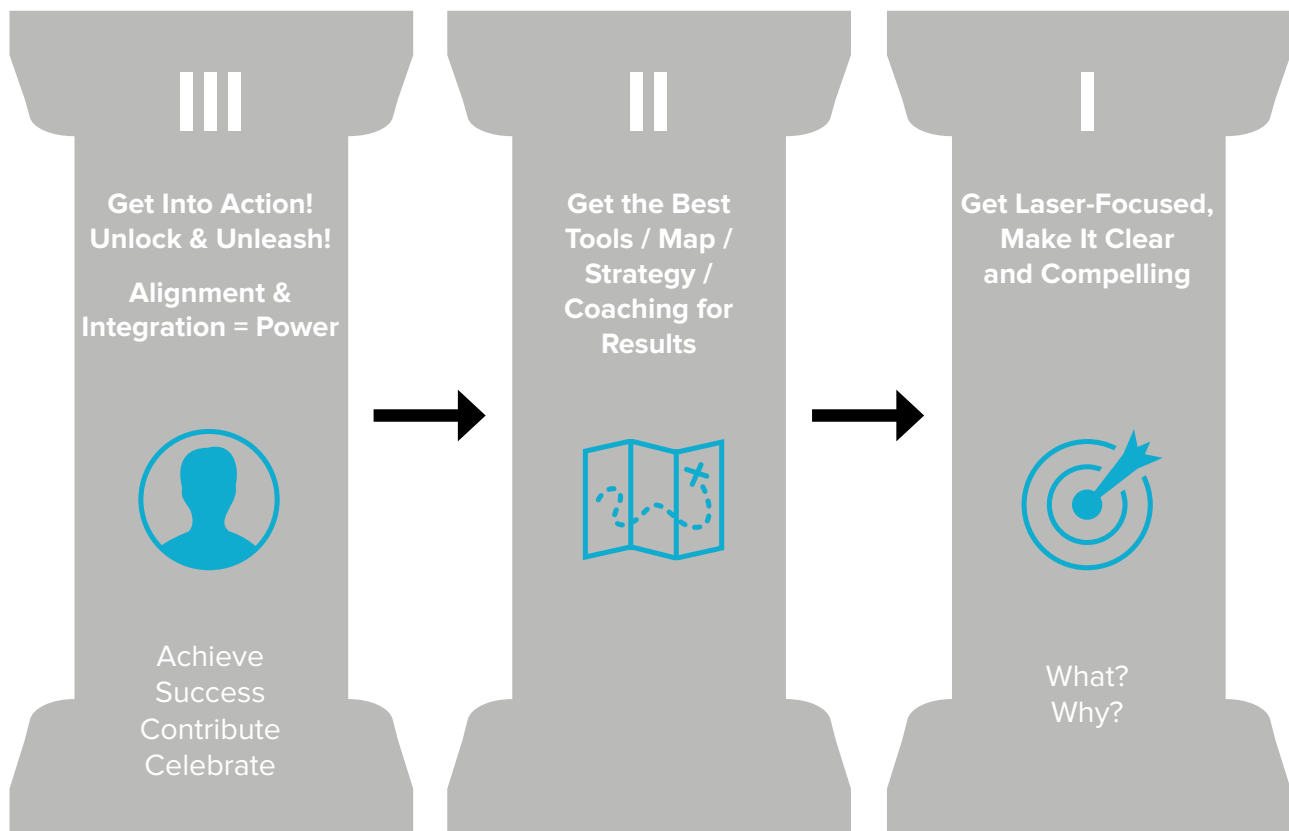
Without a clear and compelling vision for what you want today, you won't be able to find the target of lasting happiness, let alone hit it. If you have the courage to face the truth of where you are, you will discover the path to where you want to be. Anything in life that you're focused on, and you're clear about what you want, you can make happen.

Step II: Get the Best Tools for Results!

Once you've clearly defined your vision, you need an effective and efficient game plan to hit it. In order to close the "gap" between where you are and where you want to be, you need proven tools that can get you the results in the shortest period of time.

Step III: Get Aligned, Get Integrated & Get Results!

Why is it that sometimes we know what to do, we have great motives for change, and yet we fail to follow through? It's not a skills problem; it's an inner conflict that's holding you back. Part of you wants it ("This would be great!") and part of you doesn't ("What if it doesn't work and I fail?"). Usually what's locking you down in these situations is a conflict in your beliefs or values. When you uncover these conflicts, you can create the internal alignment so that you effortlessly take action and follow through.



STEP 2:
WHERE DO YOU WANT TO BE?



Which one area do you most want to focus on improving?

What are the 3 most important actions you are committed to taking in order to close the gap in that area? Maybe one that you can take action on today?

What is the second area you would focus on improving? What is at least one action you can take to make progress on that today?

CHECKLIST TO CLOSE THE GAP

I. STEP 3: Get Focused and Clear

1. Clear and compelling vision
2. Strong reasons to follow through
3. Total honesty about where you really are

II. STEP 4: Get the Best Tools for Success

1. Proven map
2. Expert/effective guide/mentor
3. Principles and skills
4. Standards/rituals/schedule critical for success
5. System for training and conditioning for results
6. Team/peer group/community to call you to a higher level
7. Daily action, flexible approach, and constant measurement

III. STEP 5: Get Aligned, Get Integrated, and Get Results

1. Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?
2. What's your plan to transform these conflicts? Update your blueprint, integrate, align, and achieve.
3. How will you celebrate? What will you do for yourself and others? Whose lives will you touch?

STEP 1:
WHERE ARE YOU NOW?

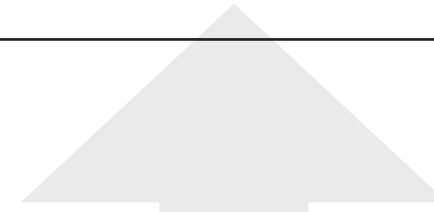


1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE
STEP TWO: DESCRIBE WHAT YOUR EXTRAORDINARY LIFE FEELS LIKE						
STEP ONE: DESCRIBE WHAT YOUR LIFE FEELS LIKE NOW						
#	#	#	#	#	#	#
1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE

Which one area do you want to focus most on improving?

SCORE

STEP 2
WHERE DO YOU WANT TO BE?
TARGET GOAL



STEP 3: GET FOCUSED AND CLEAR

1. Clear and compelling vision
2. Strong reasons to follow through
3. Total honesty about where you really are

STEP 4: BEST TOOLS & STRATEGIES FOR SUCCESS

1. Proven map
2. Expert/effective guide/mentor
3. Principles and skills
4. Standards/rituals/schedule critical for success
5. System for training and conditioning for results
6. Team/peer group/community to call you to a higher level
7. Daily action, flexible approach, and constant measurement

STEP 5: GET ALIGNED, INTEGRATED, UNLOCK INNER CONFLICTS

1. Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?
2. What's your plan to transform these conflicts? Update your blueprint, integrate, align, and achieve?
3. How will you celebrate? What will you do for yourself and others? Whose lives will you touch?

STEP 1
WHERE ARE YOU NOW?
CURRENT DESCRIPTION



SCORE