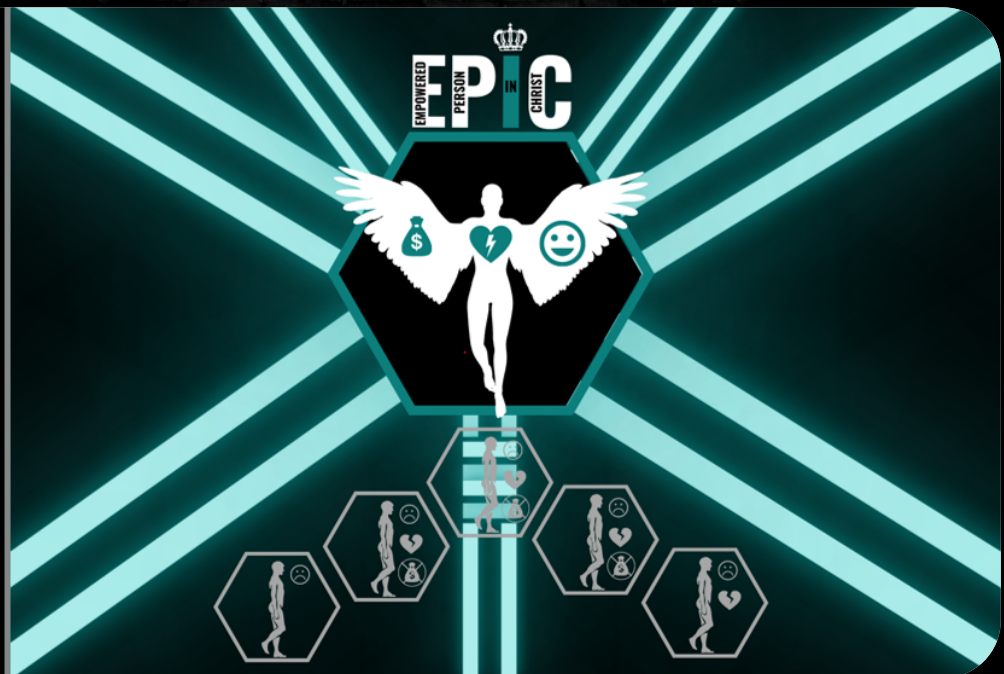


# HOW TO DESIGN THE EPIC LIFESTYLE YOU REALLY WANT

THE EPIC LIFE  
**X-ACCELERATOR**



## AND BUILD FROM WHEREVER YOU'RE STARTING...



Please watch the corresponding video to implement this exercise:

**'M1 - L3 - GRAVITY - 3 Imagination -  
How to Design the EPIC Lifestyle You Really Want  
and Build from Wherever You're Starting**

**What do you REALLY want? Let's set some EPIC Life Vision:**

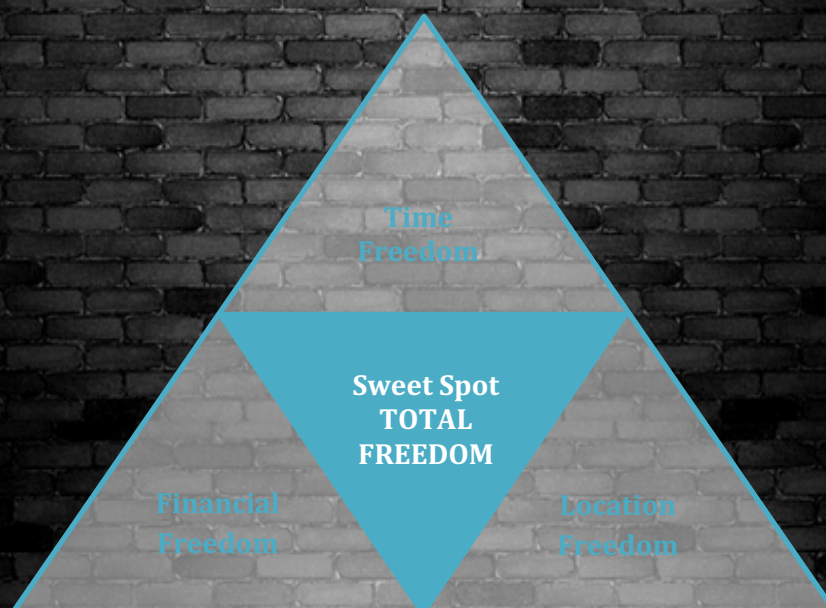
Vision gives you the ability to create your future in advance. Vision makes you grow, expand, develop your success, and transform your life. There's something special about setting a target.

You've got something to look forward to, you've defined it and you recognise when you've achieved it. You can focus on it and everything that is unrelated to your vision you can ignore unless it's absolutely essential.

**A COMPELLING VISION CONTAINS TWO KEY COMPONENTS:**

- 1. Identify your vision: What do you REALLY want?**
  - Not what feel capable of believing right now
  - Not what other people tell you, you should want, what do YOU want.
  - Understand what you want changes.

**'Freedom Triangle'**





How much time you want to have free (day to day) build a business around your life. Not your life around your business? Make your income untied to your time and location. So you can do what you want, when you want, where you want.

Something magical happens when you take generalized impulses of desire and start defining them more precisely.

## 2. Identify your purpose: *Why do you want it? What will it give you?*

Ultimately what you want regardless of whether it's financial, career, health, fitness, spiritual, mental, you want those things because you want to Feel Good!

**Affiliation** - For some feeling good might come from approval of others the feeling of other people recognizing how your life has changed and complimenting you. It might be the people that you now get to associate with because of your new status.

It might be getting away from people and a certain environment and how bad they feel around being there.

**Achievement** - For some they don't care about what other people think. If there was nobody around to observe what they've achieved, they'd still want it. Because the achievement itself of validating to themselves that they can achieve something significant makes them feel significance.

It might be getting away from mediocrity, feeling inadequate, incapable.

**Power** - For some they want the power of Choice, living life on their own terms, having influence over others, being revered by others.

It might be escaping being told what to do. Living a life you have to rather than the life you want to.

So notice which one seems to appeal to you. It may be a combination of two or all three Be honest.

**Reasons come first:** answers come second. When you get a BIG enough reason to accomplish something, you can figure out how to do it.



## IMPLEMENTATION TIME

### STEP 1:

#### PERSONAL DEVELOPMENT VISION

List your personal development vision.

Identify your top three personal development goals. For each one, write a paragraph telling why you are absolutely committed to achieving this goal now.....

#### PERSONAL DEVELOPMENT VISION

##### HEALTH

Strong immune system.....

High energy.....

##### FITNESS

Weight Loss/Weight Gain.....

Athletic Physique e.g. Six Pack .....

Performance .....

Personal Best .....

Muscle Up .....

Endurance.....

Flexibility.....

##### CAREER

Business .....

Position .....

Salary .....

Time .....

Location .....



**PERSONAL DEVELOPMENT VISION**

**CHARACTER**

Patient.....

Integrity.....

Discipline.....

Confident.....

Assertive.....

**EDUCATION/COURSE/MASTERMIND**

.....  
.....

**MENTAL HEALTH**

Heart filled with Joy, Peace, Gratitude, .....

.....

No Anxiety, loneliness, emptiness, depression.....

.....

**RELATIONSHIPS (quality of relationship, time, communication)**

Romantic Partner.....

Children .....

Family .....

Friends .....





TOP 3 PRIORITY PERSONAL DEVELOPMENT GOALS	Why You're Committed to Accomplishing This...



## MATERIAL EXPERIENCE VISION

List your material experience vision.

Identify your top three thing goals. For each one, write a paragraph telling why you are absolutely committed to achieving this goal now .....

### MATERIAL / EXPERIENCE VISION

House .....

Car(s) .....

Holiday .....

Shopping (Furniture/Clothes/Electronics) .....

Entertainment .....

TOP 3 PRIORITY MATERIAL and EXPERIENCE GOALS	Why You're Committed to Accomplishing This...



## CONTRIBUTION VISION

List your contribution vision.

Identify your top three thing goals. For each one, write a paragraph telling why you are absolutely committed to achieving this goal now .....

### CONTRIBUTION VISION

Homeless Shelter/Feed.....

Orphans.....

Single Parents.....

Dig Water Wells.....

Build Schools.....

Build Wellness Centre.....

Build Church.....

Mission Project.....

Missionaries.....

Evangelistic Campaign.....

Rehabilitation Programme.....

Freedom Slavery/Sex Trafficking .....

Redevelopment/Affordable Housing.....

Civil Rights.....

TOP 3 PRIORITY CONTRIBUTION GOALS	Why You're Committed to Accomplishing This...





## ECONOMIC OR FINANCIAL VISION

List your economic or financial vision.

Identify your top three economic or financial goals. For each one, write a paragraph telling why you are absolutely committed to achieving this goal now.....

### ECONOMIC OR FINANCIAL VISION

Passive Income .....

Earned Income .....

Assets .....

Debt Freedom .....

TOP 3 PRIORITY ECONOMIC or FINANCIAL GOALS	Why You're Committed to Accomplishing This...



Calculate How much Your Epic Lifestyle will cost you... (Total/monthly/year)

MY EPIC LIFESTYLE	Total	(Year)	(Monthly)
EDUCATION/COURSE/MASTERMIND			
HEALTH			
FITNESS			
CAREER			
THINGS			
<b>House</b> .....	.....	.....	.....
<b>Car</b> .....	.....	.....	.....
<b>Holiday</b> .....	.....	.....	.....
<b>Shopping</b> .....	.....	.....	.....
<b>Furniture/Clothes/Electronics</b> .....	.....	.....	.....
<b>Entertainment</b> .....	.....	.....	.....
DEBT FREEDOM			
CONTRIBUTION GOALS			



- **Commitment | key result driven action**

**STEP 1: Simply go through your list EPIC Life vision and use your imagination to form a clear and distinct mental image of what you want; with grateful faith and the resolute decision that you will possess your desire visibly, which you already possess by faith invisibly.**

By continuous contemplation you will get the picture of what you want, even to the smallest details, so firmly fixed upon your mind, that **in your working hours you need only to mentally refer to the picture to stimulate your faith and purpose, and cause your best effort to be put forth.**

So contemplate your vision in your leisure hours until your consciousness is so full of it that you can grasp it instantly. You will become so enthused with it, that the mere thought of it will call forth the strongest energies of your whole being.

WHY imagine it?

'Now **faith is the substance of things** hoped for, the evidence of things not seen. [2] For by it the elders obtained a good report. [3] Through faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which do appear.' **Hebrews 11:1-3**

**You need to see the EPIC Lifestyle you want as already in existence by faith**

'And the Lord said, ...and now **nothing will be restrained** from them, which they have **imagined** to do.' **Genesis 11:6**

...According to **your faith** be it unto you. **Matthew 9:29b**





## STEP 1:

Go through your list of EPIC Life goals and write a E.P.I.C. Life\$tle Statement in present tense like you're experiencing it -

I remember when - it feels so good - I'm so happy and grateful, thank you Lord!

## STEP 2:

Picture it and focus on the grateful feeling you'd have were it your reality now.

- Relaxing music
- When you wake up and before you fall asleep.
- These times of day your subconscious is most open.

## STEP 3:

Keep your top nine goals and the reasons you are committed to achieving them in front of you on a consistent basis. Put them someplace where you will see them every day. Until realised.

