



CONQUER YOUR QUEST

—

4 TASKS

TO DISCOVER THE
LIFE YOU WANT

and gain clarity, increase your
confidence, and capture success.



BEFORE WE BEGIN!!

Be intentional

This workbook is not another shiny object, that you can just print out and then leave until you have the time to commit to completing it.

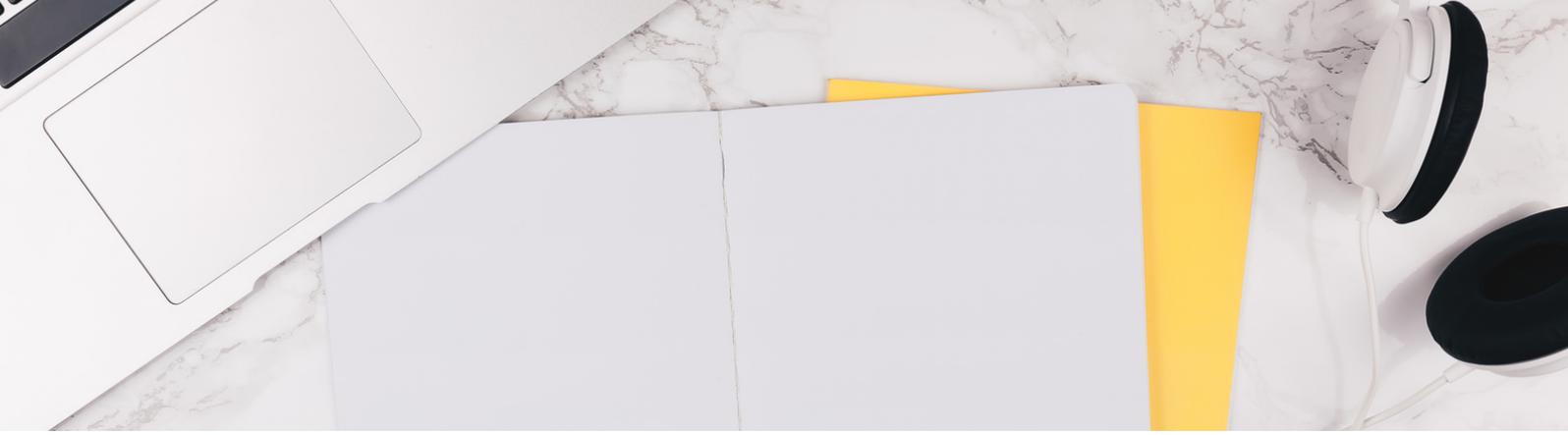
I say this, because I have often done this, and it just DELAYED achieving the life I truly wanted and prevented me from living in success.

Therefore, I invite you to specifically, and intentionally, designate just one hour of your time to cement your ideal life. Then print out this workbook, grab a pen (or pencil) and continue reading when you're ready to commit.

Love and success,

Tanya





How to use this workbook?

Tick each section once completed

1. Download and print this workbook
2. Intentionally set apart one hour to complete the tasks
3. Read the introduction
4. Complete Task One - Fruition (When)
5. Complete Task Two - Position (How)
6. Complete Task Three - Vision (What)
7. Complete Task Four - Mission (Why)
8. Taking action
9. Reflection
10. Learn more

INTRODUCTION

The life you truly want, is essentially living in success.

Success is the accomplishment of a purpose that requires us to do the following:

- Have a MISSION (Why)
- Know the VISION (What)
- Get into POSITION (How)
- See the FRUITION (When)

And the best strategy to fulfil a purpose is to imagine it's already happened and work backward from there.

So, let's start with Task one - FRUITION on the next page.



TASK ONE

Fruition

Visualise your ideal life has already happened

- Sit in a quiet place, close your eyes, and just for a few minutes, allow your mind to visualise yourself living out the life you want. Don't worry if you don't specifically know what you want yet, just imagine that you've actually succeeded in achieving it.
- Acknowledge yourself receiving success and living your ideal life.
- Tell yourself in your mind, I did it! I have succeeded.
- Notice any sensations within your body, and allow them to be, even if they're uncomfortable.
- You can repeat this step every few days to get you used to that feeling of success.

WHAT CAME INTO FRUITION WITHIN YOUR IMAGINATION?

Describe the ideal life that you imagined in the space below.
What feelings or emotions did it bring up for you?

*Don't worry if your mind was blank, it could be a sign of resistance to success.
Instead, use the space to write about what you would like to succeed at, and
what life you truly want.*

When will your success happen? Just pick a date and write that down.



TASK TWO

Position

How are you taking action?

Success is achieved after you position yourself in the right place, with the right people and for the right reasons, and then taking actionable steps going forward.

Complete the next page to discover where and how you are positioning yourself in order to achieve success and the life you want.

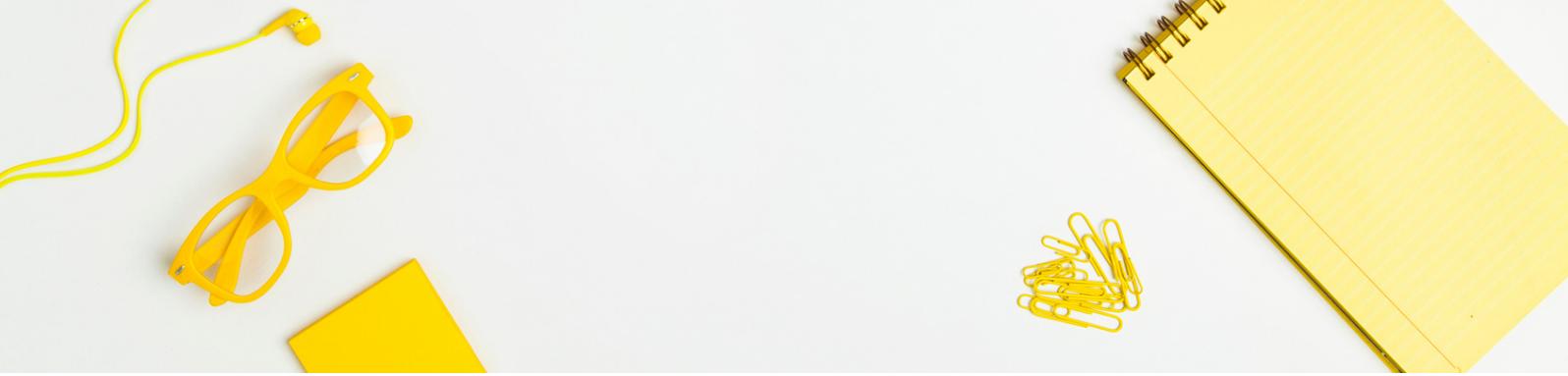
THINK ABOUT HOW YOU ARE POSITIONING YOURSELF IN YOUR LIFE

Who do you spend time with, and how do they encourage, support, or diminish you?

Describe how you treat your physical and mental wellbeing?

How have you achieved, or rejected, success in the past?

How do you present yourself to others and how do you position yourself in your world?



TASK THREE

Vision

What do you see in your future?

Not having a vision of where you're going in your life, can be like driving a car with your eyes shut, hoping you don't crash into anything, and praying to gin and tonic that you'll get somewhere – anywhere, easily, and without killing yourself (or others) along the way.

When I have struggled to focus on what I want, and lack vision for my future, I have felt in the dark within my own life. It's a bit like discovering that someone else knows the secret to the world's best cake recipe (oh, I love cake) but won't share it with you.

You have a hidden purpose within you.

Therefore, to reveal your purpose and to gain focus on what to do next, you'll need to know what success is for you first, and then you'll have the vision of where to aim.

QUEST FOR YOUR LIFE

Write down in just one sentence what you think success is.

The following are some examples:

- *I think success means being rich*
- *I think success means having a happy marriage*
- *I think success is being recognized for changing lives*

Now get really specific and write down in one sentence what success is for YOU.

The following are specific examples:

- *Maintaining a six-figure yearly income is a success for me.*
- *Feeling safe, secure, and supported is a happy and successful marriage for me.*
- *Success for me is to positively impact the lives of young people affected by anger.*

Whatever you wrote in the sentence above, that is a vision and the quest for your life. Write it below again, **what** is your quest for your life?



TASK FOUR

Mission

Identifying why

By now, you should have some clarity for what success could be for you, begin to experience how it will feel and have a quest for your future.

Now, to gain some actionable steps to achieve it, I invite you to briefly reflect on what you have discovered during the previous tasks, and then complete the next section on WHY you want to achieve your ideal life.

CHOOSE TO ACCEPT YOUR MISSION

Think about the vision that you came up with from Task 3 and consider WHY you want this specific quest, and then write it down in one paragraph.

Now write down how this quest would impact all the different areas in your life.

In one paragraph, write about what holds you back from achieving the life you want?

Now fill in the following sentences to summarise your mission and why you really want to conquer this quest.

I want.....

because.....

so I can.....

TAKING ACTION

You have just spent some time working backwards from fruition to mission.

Now we're going to summarise everything so that you can gain further clarity, increase your confidence in what you truly want, and create actionable steps to help you capture success in your life.

Why is my MISSION for an ideal life important to me?

What is my VISION for my life?

How can I POSITION myself to achieve this?

When do I want it to come into FRUITION?

STRENGTHENING YOUR ACTIONS

In one sentence, write down what stops you from living the life you want?

For example - Lack of focus, I don't know where to start

Now, write down three things that you're good at that can help you to take action to overcome this.

For example - Action 1: I'm good at brainstorming ideas in my notebook

Action 1

Action 2

Action 3

REFLECTION

You've gained clarity for the life you truly want, you've increased your confidence to achieve it, and you're ready to capture greater success - but you want to conquer more.

Use the space below to reflect on what thoughts and feelings completing these tasks brought up for you. Particularly if you felt it was a waste of time - if so, consider why you think this?



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Enjoy your journey to the life you truly want.

Tanya

