

Lifeview Examples

Example 1: The Entrepreneur

What type of difference do you want to make in the world?

- I want to innovate and create a new business that addresses unmet needs and improve people's lives through products or services.

What are the relationships you want to have with your community and chosen friends/family?

- I aim to build a network of supportive mentors, colleagues, and friends who share my entrepreneurial spirit and can offer guidance and collaboration. My relationships will be based on mutual respect and shared ambition.

What do you want your personal and social life to look and feel like after graduation?

- I envision myself beginning a successful startup that makes a positive impact. My social life will involve networking events and brainstorming sessions with peers. I understand that I will not have the healthiest work-life balance due to this lifestyle.

What changes (behaviors and thought processes) do you need to start making to secure your life from the previous question?

- I need to cultivate resilience, adaptability, and a growth mindset. Developing my business skills, staying up-to-date with industry trends, and learning from failures will be essential.

What opportunity do I have today to work toward my lifeview?

- Today, I can start working on a business plan, attend an entrepreneurial workshop, or seek out a mentor in my field of interest.

Example 2: The Stay-at-Home Parent

What type of difference do you want to make in the world?

- I want to create a loving, supportive, and nurturing environment for my children, helping them grow into kind, responsible, and happy individuals.

What are the relationships you want to have with your community and chosen friends/family?

- I aim to build a strong, close-knit family and foster meaningful relationships with other parents and community members. These connections will provide mutual support and a sense of belonging.

What do you want your personal and social life to look and feel like after graduation?

- I envision a life where I am actively involved in my children's lives, participating in their education and extracurricular activities. I also want to have a supportive network of friends and engage in community activities, such as volunteering at school events and local organizations.

What changes (behaviors and thought processes) do you need to start making to secure your life from the previous question?

- I need to develop strong time management and organizational skills to balance family responsibilities and personal interests. Embracing a mindset focused on patience, empathy, and continuous learning will be crucial.

What opportunity do I have today to work toward my lifeview?

- Today, I can try a new hobby that can renew my energy and provide me with some needed downtime away from my family.

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Example 3: The Responsible Minimalist

What type of difference do you want to make in the world?

- I want to lead a balanced and intentional life, focusing on personal well-being, sustainability, and fulfilling responsibilities without unnecessary stress. I only want to work part-time and spend my additional time on hobbies I enjoy.

What are the relationships you want to have with your community and chosen friends/family?

- I seek to cultivate genuine and supportive relationships with friends, family, and community members who value simplicity and mindfulness. These relationships will be based on mutual respect and shared values.

What do you want your personal and social life to look and feel like after graduation?

- I envision a life where I maintain a simple yet fulfilling lifestyle, managing my responsibilities effectively while enjoying ample leisure time. My social life will include relaxed gatherings, outdoor activities, and meaningful conversations with loved ones.

What changes (behaviors and thought processes) do you need to start making to secure your life from the previous question?

- I need to prioritize tasks, declutter my physical and mental space, and practice mindfulness to stay focused and calm. Adopting a minimalist approach to possessions and commitments will help maintain balance.

What opportunity do I have today to work toward my lifeview?

- Today, I can declutter a space in my home, set clear priorities for my tasks, or spend time outdoors to reconnect with nature and practice mindfulness.

Example 4: The Brazilian Jiu-Jitsu (BJJ) Enthusiast

What type of difference do you want to make in the world?

- I want to promote the physical, mental, and emotional benefits of Brazilian Jiu-Jitsu (BJJ) by inspiring others to take up the sport and by contributing to the growth of a positive, supportive BJJ community. I understand and at peace knowing I will not make considerable income through pursuing this lifestyle.

What are the relationships you want to have with your community and chosen friends/family?

- I aim to build strong, respectful relationships with fellow BJJ practitioners and instructors. I also want to maintain close connections with friends and family who support my passion and understand the importance of this sport in my life.

What do you want your personal and social life to look and feel like after graduation?

- I envision a life where I balance my professional responsibilities with regular BJJ training and competitions. My social life will include time spent at the gym, participating in BJJ events, and sharing my passion with friends and family through demonstrations and discussions.

What changes (behaviors and thought processes) do you need to start making to secure your life from the previous question?

- I need to commit to a consistent training schedule, improve my physical fitness and mental focus, and stay disciplined in my diet and lifestyle choices to enhance my performance. Embracing a growth mindset and being open to learning from others will also be crucial.

What opportunity do I have today to work toward my lifeview?

- Today, I can attend a BJJ class, watch instructional videos to refine my techniques, or participate in a local BJJ seminar or open mat session to learn from different practitioners.