2015 NEW YEAR GUIDE

THE YEAR OF

HERE

by Jullien Gordon

THE YEAR OF



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"I think I might have had an in-body experience."

THE 2015 NEW YEAR GUIDE by Jullien Gordon

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JULLIEN GORDON PRESENTS

THE

2015 NEW YEAR GUIDE

& GOAL SETTING SEMINAR

NEW YORK, NY



SATURDAY JANUARY 3RD

11:00AM-3:00PM

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Are We There Yet?

I remember watching an episode of The Simpsons when I was younger where they were going on a road trip. Bart was in the back seat of the car and he asked the question "Are we there yet?" what felt like 100 times throughout the episode. Homer kept replying "No!" Bart was so fixated on the destination that he was missing the joy of the journey.

In pursuit of success, I found myself living like Bart. While I never verbalized the question, it rang loudly in my mind on a daily basis. After every milestone I achieved, "Am I there yet?" haunted me. I was so eager to get There as fast as possible, that I graduated from college a year early and came out of the womb a month premature. I was racing nowhere extremely fast. When we're always chasing dreams, in pursuit of happiness, trying to get rich, we miss the dream, happiness, and richness that is already here right now.

The Non-Linear Life

Whenever we are on a journey and we have a particular destination in mind, we look at where we are and say "I'm trying to get from Here to There." There is a place out in the distant Future that we point to and we tend to seek the easiest or most direct route to get There. That is a linear way of thinking about life.

Alternatively, we can look at our life from a birds-eye-view similar to the way that we look at a map. By doing so, we take ourselves out of the map. From this elevated perspective we say "I'm trying to get from Here to Here." Notice the difference in language.

Here and There are only separate in the mind. The only way to get from Here to There is to go from Here to Here to Here. We have to be fully present in the moment at hand because in that moment are essential breadcrumbs. But if our mind is There while our body is Here, we miss opportunities because we aren't fully present Here.

The Great Escape

For many people, Here is a state they are seeking to escape, however escaping Here is impossible. If I ask you "Where are you?" the right answer will always be "Here." If I ask you "What time is it?" the right

answer will always be "Now." Here and Now is the only place that truly exists in our lives. The past and the future are neither here nor there. We live on a continuum of Here and Now. We created the idea of time to break up time because eternity feels so overwhelming.

Time simply measures the distance between two places. We say things like "She is 15 minutes away." At the end of the day, time is ultimately irrelevant. Since There eventually becomes Here in our minds, the only thing that matters is that you are Here now.

How fast you got Here doesn't matter as much. Would you enjoy a family road trip as much if the car was going too fast for you to see the terrain change, the sun set, the people on the sidewalks, the cows eating grass, the mountains, or the rivers? No.

Life isn't a race, it's an experience that we can only experience if we live in the moment. Instead of chasing dreams, just start living it Here and Now. Instead of engaging in the pursuit of happiness, you can simply express happiness right Here and Now. Dance. Sing. Smile. Hug someone. Look at the sun. Observe your breath. It's that simple—so simple that it is hard to believe.

Always Wishing We're Somewhere We're Not

We all have our own unique ways of avoiding Here and Now. I am guilty of this as well. I can be in the midst of an important conversation with my wife, and my mind ends up focusing on a piece of lent on the carpet. Or I can be holding my daughter, looking into her eyes, and then think about my email. It's ridiculous. These are my distractions and I'm learning to be more aware of them and make an intentional choice to stay in the moment I'm in.

There are all kinds of distractions: cell phones, work, sports scores, social media, music, TV, hot weather, cold weather, email, text messages, gossip, the refrigerator, alcohol, drugs, sex, porn, the internet, video games, ebola, ISIS, ISIL, dirty dishes, to do lists, tests, papers, homework, taxes, sirens, other people's lives, money, no money, a late train, traffic, a spill on your shirt, someone playing music on their phone, someone smacking, someone clipping their nails next to you, someone snoring, last night's argument, that guy, that girl, mom and dad's expectations, how you look, how they look, how they

looked at you, Candy Crush, cell phone pictures, etc. All of these things take us out of the current moment.

That's why you never see a bride or groom with a camera at a wedding. They are supposed to enjoy the moment, not capture it. Amazing moments are fleeting and that's why we try to hold on to them, but in the midst of trying to hold onto them, we miss them. I'm not suggesting that we shouldn't take pictures, but I am suggesting that actually experiencing a live concert in the moment is better than watching it through your smart phone screen and trying to relive it later. This is the tradeoff we make in a social world where we are invited to share our lives with others.

It's Time To Slow Up

I recall one day taking a bite of a grape. I didn't just throw a few in my mouth, chew twice, and then swallow. I ate one grape...slowly. I swear this was the best grape in the world. Tasting that single grape made me question whether or not this particular grape was especially sweet and tasty or if I had rushed through every other grape I ate in my life before that moment.

That experience made me rethink my disdain for wine tasting. I used to think it was some exclusive elitist thing. But I've learned to appreciate the practice even though I don't drink alcohol. In a shot glass culture, I now admire the way wine tasters learn about the vine and process from which a specific glass of wine comes from, how they savor the aroma with their nose, and how they sip the wine in a way that accesses their entire palette and fully appreciate every grape, rain drop, and molecule of soil that went into the creation.

I call this "slowing up." Our F.O.M.O. (Fear Of Missing Out) causes us to race through life to try to have as many experiences as possible. Sometimes we seek to sky dive, travel the world, climb a mountain, and run a marathon just so that we can cross it off our bucket list. All of those things are great as long as the depth of the experiences aren't compromised by the breadth.

Going slower doesn't mean downward. Success isn't about who is the fastest. Success is based on who feels most alive despite how far they have gone. There are so many daily experiences we speed through that are absolutely remarkable and would help us feel more alive if we

truly experienced and appreciated them—breathing, eating, showering, driving, flying, talking, reading, etc. If we could learn to appreciate something as simple as our breadth, we would be the happiest people on Earth. But when we race through this short life, we tend to only feel alive during big moments which are a lot less frequent than the small ones that occur moment-to-moment.

Mindsets That Take Us Out Of The Moment

When we're in our head too much and not in our body, we don't feel as deeply. Being Here means the alignment of mind, body, and soul. Here are some phrases that take us out of the moment:

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"I can't wait until..."
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Here are the alternative phrases that keep us in the moment:

Do you see the difference? Subtle shifts in the way we accept and honor a moment can determine how present we are.

Some people get energized by where they are going. You can see them light up when they share their vision and goals. And some people get excited by how far they've come. Their story of overcoming hardships gives them confidence and courage. Both are good forms of motivation. However, I think the greatest feeling and source of motivation in the world is loving and appreciating where you are right, Here and Now. Not wishing you're somewhere you're not, but fully accepting where you are. In our presence—not the future or the past—is the gift of life. The best is not yet to come—it's here.

Wishing you more happy hours in 2015,

Jullien Gordon

[&]quot;I remember when..."

[&]quot;I wish there was..."

[&]quot;[NAME] is **supposed** to be here."

[&]quot;I'd rather be..."

[&]quot;It can wait."

[&]quot;This will be one to remember."

[&]quot;This is everything I could wish for."

[&]quot;Everybody who is here is who is supposed to be here."

[&]quot;There is no place I'd rather be."

2014 ACHIEVEMENTS

Directions: As high performers, we rarely stop to celebrate what we've accomplished. We check the box and then it's on to the next one. As a result, we always feel there is more to do and that we haven't arrived yet. Take a moment to acknowledge all of the success you had this year.

Goals Lachieved personally and professionally through focused effort:

Example: I finished paying off my student loans, I bought a home
»
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»_
Goals I helped others achieve this year that I'm really proud of: Example: I helped my little sister get into her #1 college
»
»
»
»
»

Directions: Expressing gratitude for what you have rather than always focusing on what's you don't have (yet) helps you acknowledge how abundant your life already is. Take a moment to recognize how blessed you were this year by writing down everything you are grateful for.

Great experiences, memorable moments, and other highlights that happened for me this year that didn't have to happen:

Example: A new mentor came into my life, a year of perfect health

»
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»
»
Things I'm grateful that happened for those I love that didn't have to: Example: My uncle is healthy and beating cancer, My BFF had a son
»
»
»
»
»

DAILY DISTRACTIONS

Directions: Throughout our day, we spend tons of time thinking about where we are not, rather than honoring and being where we are. As a result, our mind, body, and soul are separate and we are never fully present. Consider what your daily distractions are, when, and where they occur, where they take you, and what you're avoiding so that you can stay aware of your true desires in moments you want to escape.

Example: When my body is <u>at work</u>, I allow my <u>email and social media</u> to distract me and take my mind to <u>beaches in foreign countries on friends'</u> <u>Facebook walls</u>, but my soul really wants <u>work I'm passionate about</u>.

Example: When my body is <u>spending money</u>, I allow my <u>worry</u> to distract me and take my mind to <u>a place of scarcity</u>, but my soul really wants <u>to have a meaningful abundant life</u>.

1. When my body is	
I allow	to distract me
and take my mind to	,
but my soul really wants	·
2. When my body is	
I allow	to distract me
and take my mind to	
but my soul really wants	
3. When my body is	
I allow	to distract me
and take my mind to	,
but my soul really wants	

Directions: All things are working together for our good every day in miraculous ways, but we tend to take many things for granted because they happen so often and without our effort. It's not until we lose one of these small basic daily gifts that we begin to recognize its significance. Consider the things that you might take for granted everyday and explore how you express more appreciation for them rather than expectation. We should honor the big and small miracles in life alike.

On a daily basis, I could be more appreciative of...

Example: ...my family by simply looking them in the eyes and kissing them before I leave and when I come home.

Example: ...food by simply <u>praying</u>, <u>acknowledging the ingredients</u>, eating slower and enjoying each bite, and not taking more than I need.

1.	by simply
2	by simply
3	by simply
4	by simply
5	by simply
6	by simply

DEFINITION OF SUCCESS

Directions: Our definition of success influences every decision we make. Some of us are conscious of our definition and others are less conscious. We all say we want to be successful, but many of us have never written our definition yet. Here is your opportunity to define success and determine how you will measure it for yourself.

1. Write down your personal definition of success.				
2. Identify 3 ways you can measure your success give.g. I will measure happiness by keeping a tally of the go to sleep satisfied and the number of mornings I was	number of days I			
2A. My 1st success metric is				
which I will measure by				
2B. My 2nd success metric is				
which I will measure by				
2C. My 3rd success metric is				
which I will measure by				
3. If your success is in direct proportion to who else successful, declare 2 people/groups you will help su e.g. I will help my clients succeed in 2015 by growing in the succeed in 2015 by growing in 2015 by growing in 2015 by growing in 2015 b	cceed in 2015.			
3A. I will help				
by				
3B. I will help	_ succeed in 2015			
by				

Directions: As human beings, we have the power to give things meaning. Oftentimes, we give things meaning after they happen through the stories we tell. We also have the power to give the future meaning. Complete the prompts below to declare the meaning you want 2015 to have in your life before it begins.

2015 is the y	year of
because	
	My quote of the year is
P	My theme song is
	This chapter of my life is titled
?	A question that I want to guide me this year is
If Superior Mo. 6, 12 Vi. B. Lear On No. 12	A word or principle I want to embody this year is

THE OTHER 4.0

- **1. Personal capital** is how well you know yourself. This includes things you know about yourself that others can't see with their eyes such as your awareness of your strengths, weaknesses, purpose, passions, and interests. It also has to do with knowing what type of environments, It could be your sense of humor, kindness, bluntness, or creativity.
- **2. Intellectual capital** is what you know. This includes your expertise in one or two subjects or skills. For some people this stems from their college major, but for most people it's not. When you walk into any room, what subject would you feel comfortable speaking on in front of anyone for an hour? Or, what skill can you do well and replicate success more than the average person? Whether you are a student or a professional, you have to be intentional about the skills you want to develop and the subjects you want to master.
- **3. Social capital** is who you know and who knows you. This includes your networks up, down, across, and out. How many people are listed in your cell phone who aren't family, and who are older than you? Who can you call on when you need professional or personal advice? How many friends can you call on if you need help moving? How many people are you connected with at different corporations, and organizations across the country? Your social capital can consist of mentors, alumni, seasoned professionals, parents' friends, professors, counselors, coaches, and advisors, and peers committed to your personal greatness. It's all about who is committed to your personal and professional growth and development and vice versa.
- 4. Financial capital is who knows that you know what you know. Reread that—it's a tricky one. When the right people know that you know a lot about a subject or can execute a skill that they need, that's when financial opportunities flow. Financial capital grows at the intersection of your intellectual and social capital. Imagine that you are looking for a new job opportunity—which is also a financial opportunity—the interview process is all about building a relationship with the hiring manager, interviewers, and the company, and then convincing them that you are the most knowledgeable and skillful at solving the problem they are hiring for. When you think about your financial capital as the intersection of your intellectual and social capital, it empowers you because you are in full control of how your intellectual and social capitals grow. Financial capital comes in the form of job opportunities, investment opportunities, entrepreneurial opportunities, and access to capital.



↓ A Z





PERSONAL CAPITAL	INTELLECTUAL CAPITAL	SOCIAL CAPITAL	FINANCIAL CAPITAL
How well you know yourself	What you know	Who you know & who knows you	Who knows that you know what you know
Self-awareness Strengths Sense of purpose Gifts Talents Fearlessness Self-discipline Integrity	Domain expertise Mastery of 1-2 skills and/or subjects Industry Insights Awareness of trends Global knowledge	Personal board of directors Access to decision makers National & local organizational leadership Circle of diverse friends	Liquid assets (cash, savings, stocks) Other assets (TM, royalties, property) Access to capital (i.e. investors, banks) Positions that impact flow of capital (i.e. board seats)
AT WORK	Books Colleagues Conferences Trainings Online Databases Advanced Degrees Certifications TED Talks	Colleagues Mentors Professional Networks Affinity Groups Associations	Salary Side Hustles Income Property Investments
ON CAMPUS	Courses Centers Libraries Online Databases Student Programs Conferences Other Events	Professors Classmates Alumni Network Student Groups Guest Speakers	Student Government Scholarships Grants Financial Aid Career Center Equipment

INTENTIONS 4 MY CAPITAL

1.0 Personal Capital (strengths, gifts, talents, unique traits, self-awareness)
My existing personal capital includes:
I intend to build my personal capital
1.1 By
1.2 By
1.3 By
1.4 By
2.0 Intellectual Capital (skills & subject mastery, classes, trainings, programs)
My existing intellectual capital includes:
I intend to build my intellectual capital
2.1 By
2.2 By
2.3 By
2.4 By

3.0 Social Capital (friends, groups, associations, affiliations, mentors) My existing social capital includes: I intend to build my social capital... 3.1 By_____ 3.4 By_____ 4.0 Financial Capital (cash, investments, other assets, access to capital) My existing financial capital includes: I intend to build my financial capital... 4.1 By_____ 4.4 By_____

MY 2015 EXPERIENCES

Directions: List all of the experiences you want to have in 2015 in the various aspects of your life. Be as specific as possible and focus more on who you have to be become to get where you want to go and have what you want.

Personal Things you want to do for yourself. Be selfish.
I ultimately want to experience what it is like to be Example: an American in Brazil for a year OR someone that reads 2 books per month
1
2
3
Professional Things you want to do to advance your professional career.
I ultimately want to experience what it is like to be Example: a manager and mentor to my colleagues OR part of a team that creates a product that changes the world
1
2
3
Financial Things you want to do to improve your financial status.
I ultimately want to experience what it is like to be Example: debt-free OR not dependent on my job as my only source of income
1
2
3
Social Life Things you want to do to improve your relationships + partnerships.
I ultimately want to experience what it is like to be Example: a fully present partner and parent on weeknights and weekends
1
2
7

Health & Wellness Things you want to do to improve your all around health.

	to experience what it is like to be	_
Example: someone v	ho runs a marathon in less than 4 hours OR someone who is vegetarian	
1		_
		-
J		-
Soul & Spiri	Things you want to do to get more aligned spiritually.	
l ultimately want	to experience what it is like to be	
Example: a student i	ho actively studies various spiritual text and meditates daily	
1.		
		-
J		-
Things To S	ay "No" To Habits you know you need to break but haven't yet.	
	ay 140 10 Habits you know you need to break but haven't yet.	
	to experience what it is like to be	
I I ultimately want Example: anger-free	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone	
I ultimately want Example: anger-free who doesn't watch T	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	
I ultimately want Example: anger-free who doesn't watch i	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	_
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	-
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above.	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above. It o experience what it is like to be It TED for my thought-leadership OR a member of a jazz band	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above. to experience what it is like to be It TED for my thought-leadership OR a member of a jazz band	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above. to experience what it is like to be It TED for my thought-leadership OR a member of a jazz band	
I ultimately want Example: anger-free who doesn't watch in 1	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above. to experience what it is like to be It TED for my thought-leadership OR a member of a jazz band	
I ultimately want Example: anger-free who doesn't watch in 1. 2. Other other ex I ultimately want Example: a speaker of 1. 2. 3. 3.	to experience what it is like to be OR someone who only drinks alcohol on special occasions OR someone V passively periences that don't fit into the categories above. to experience what it is like to be It TED for my thought-leadership OR a member of a jazz band	

CAREER EXPERIENCES

2 new resume bullets to add based on my performance in 2014: Example Increased personal sales by 25% by leveraging customer data 2 new resume bullets I want to add by the end 2015: Example Created a new marketing strategy & doubled market share 2 ways I can be a higher contribution to my COMPANY in 2015: Example Speak up in meetings when I have a good idea 2 ways I can be a higher contribution to my CLIENTS in 2015: Example Check-in with them every 2 weeks via phone or visit 2 ways I can be a higher contribution to my COLLEAGUES in 2015: Example Share information that I've found to be insightful

FAMILY EXPERIENCES

PAGE 18

Example. I want to be the type	e of	husband	who
		YOUR #1 ROLE (e.g. mother, husband, daughter, uncle	
1. is fully present when	I ar	n home	
• •			
3. listens fully and deepl	y to	everything his wife says	
			who:
	YOUR #	#1 ROLE (e.g. mother, husband, daughter, uncle)	
1.1			
1.3			
1.4			
		#2 ROLE (e.g. mother, husband, daughter, uncle)	who:
2.1			
2.3			
2.4			
3. I want to be the type of		#3 ROLE (e.g. mother, husband, daughter, uncle)	who:
3.1			
3.2			
3.3			
3.4			

HEALTH EXPERIENCES

1. III 2013, I will be intentional about eating/difficing more
Example raw unprocessed foods
1
2
3
4
2. In 2015, I will be intentional about eating/drinking less
Example high fructose juices
1
2
3
4
3. In 2015, I will exercise regularly by Example joining a young professionals sports league
1
2
3
4
4. In 2015, I will let go of unhealthy habits like
Example <u>sacrificing sleep</u>
1
2
3

SPIRITUAL EXPERIENCES

1. The behaviors and	beliefs that took me away from my spiritual source this year:
Example Worrying	about the future & trying to control outcomes
1	<u> </u>
2	
4	
2. The behaviors and	beliefs that brought me closer to my spiritual source this year
Example <u>Meditatio</u>	on for 30 minutes at the beginning of my day
1	
3. The ways that I way	nt to strengthen my relationship with my spiritual source this
Example Reading S	spiritual text on a weekly basis
1	
2	
3	
4	
5	
6.	

FINANCIAL EXPERIENCES

Monthly Budget & Cash Flow

Revenues	Budget
Job:	
Side Hustle:	
TOTAL REVENUES	
Expenses	Budget
Rent/Mortgage	
Water & Power	
Gas	
Cable & Internet	
Phone	
Groceries	
Fun/Entertainment	
Car Note	
Auto Insurance	
Gasoline	
Parking	
Personal Care	
Savings	
Credit Card Pay.	
TOTAL EXPENSES	
	Cash Flow
TOT REVs - EXPs	

Annual Financial Comparisons

Annual Financial Comparisons		
ASSETS	Dec 31, 2014 TODAY	Dec 31, 2015 DESIRED
Checking		
Saving		
Investments		
Home Equity		
Other:		
Other:		
TOTAL ASSETS		
LIABILITIES	Dec 31, 2014 TODAY	Dec 31, 2015 DESIRED
Home Loan		
Student Loans		
Car Loan		
Credit Card Debt		
Other:		
Other:		
TOTAL LIABILITIES		
	Dec 31, 2014 TODAY	Dec 31, 2015 DESIRED
NET WORTH		

2 investments I intend to make this year:

	expenses I intend to cut back on this year:
l. _.	

2. _____

Personal

□ Complete The 2015 New Year's Guide
□ Update My Bio
☐ Clean My Personal Email
☐ Get My Free Credit Report at FreeCreditReport.com
Professional
□ Update My Resume
□ Update My LinkedIn.com Profile
☐ Complete Or Close Any Unfinished Business
□ Organize My Physical Workspace & Files
☐ Send Thank You Cards To Clients & Colleagues
□ Clean My Work Email
Relationships
☐ Send Thank You Cards To Mentors & Friends
☐ Forgive Anyone I Haven't Yet
Computer
☐ Clear My Computer Desktop
☐ Backup My Personal Computer Files
Home
☐ Do A Thorough Cleaning Of My Home
☐ Donate Or Throw Away Old Clothes & Electronics
☐ Organize My Personal Files

1. Experience: I ultimately want to experience what it is like to be	
a present partner, parent, and high performing professional	
2. Intention: Why is having this experience so important to me beyond just doing it?	
I believe that there is a better way to work and live that doesn't	
require trading off family for career success	
3. Growth: What curiosities or limiting beliefs will this experience explore? e.g. "That I don't have enough", "My curiosity about", "My interest in"	
That I don't have enough time. That cutting back at work will	
mean less revenues.	
4. Gaps: What challenges or excuses do I see/foresee stopping me from creating this experience?	
Not enough savings, Not enough passive income,	
Struggling to learn the language, Being lonely	
5. Support: How can I attempt to close these gaps in advance? Who/what can help me successfully create this experience?	
AirBnB my apartment to cover rent there, Ask my	
friends if they know people, Take a basic class now	
6. Effort: What are the actions that I am 100% accountable for to create this experience?	
Buying the ticket, Finding housing, Feeding myself,	
Budgeting my money	
7. Initiation: What is the "first domino?" What's the easiest action I can do right now that will set my experience in motion?	
e.g. send invitations, pay a coach or trainer, buy my tickets, give a friend \$ if I don't do it	
I will <u>Schedule a meeting with my boss and then HR,</u>	
Buy a 1-way ticket, Register for a Portuguese class	
8. Measurement: How will I measure my success during the experience? e.g. pounds lost, running time, dollars earned, # of new clients	
Proximity to my \$20K savings goal, # of days there,	
How fluent I am in Portuguese	
9. Sign here: Jullien Gordon Date: 1/1/2015	

1. Experience: I ultimately want to experience what it is like to be	
2. Intention: Why is having this experie doing it?	ence so important to me beyond just
3. Growth: What curiosities or limiting e.g. "That I don't have enough", "My cu	
4. Gaps: What challenges or excuses d	o I see/foresee stopping me from
creating this experience?	
5. Support: How can I attempt to close can help me successfully create this ex	
6. Effort: What are the actions that I are experience?	n 100% accountable for to create this
7. Initiation: What is the "first domino? right now that will set my experience in	
e.g. send invitations, pay a coach or traid don't do it	ner, buy my tickets, give a friend \$ if I
□ I will	
8. Measurement: How will I measure m e.g. pounds lost, running time, dollars ea	-
9 Sign hara:	Date

1. Experience: I ultimately want to experience what it is like to be
someone who finishes a marathon in less than 3 hours
2. Intention: Why is having this experience so important to me beyond just doing it?
I care about my body and long-term health and I need something
to look forward to to stay motivated
3. Growth: What curiosities or limiting beliefs will this experience explore? e.g. "That I don't have enough", "My curiosity about", "My interest in"
That I lack self-discipline, That my health is fine, That I'm too
lazy, That I'm too old, That it's easy
4. Gaps: What challenges or excuses do I see/foresee stopping me from creating this experience?
Not waking up early enough before work to train, Winter Stopping
me from training, My travel schedule
5. Support: How can I attempt to close these gaps in advance? Who/what can help me successfully create this experience?
Hire a trainer, Pack workout clothes when I travel, Find a buddy,
Get a day pass at a gym near work
6. Effort: What are the actions that I am 100% accountable for to create this experience?
Waking up at sam on weekdays, Running for an hour daily,
Eating for energy, Going to Sleep by upm
7. Initiation: What is the "first domino?" What's the easiest action I can do right now that will set my experience in motion? e.g. send invitations, pay a coach or trainer, buy my tickets, give a friend \$ if I don't do it
I will pay a trainer in full for 3 months, register for the
upcoming marathon, get my first pledge from a friend
8. Measurement: How will I measure my success during the experience? e.g. pounds lost, running time, dollars earned, # of new clients
of days I run per week, # of miles run per day, my 10-mile time, and ultimately my marathon time
9. Sign here: Jullien Gordon Date: 1/1/2015

1. Experience: I ultimately want to experience what it is like to be	
2. Intention: Why is having this experied doing it?	ence so important to me beyond just
3. Growth: What curiosities or limiting e.g. "That I don't have enough", "My co	
4. Gaps: What challenges or excuses d creating this experience?	o I see/foresee stopping me from
5. Support: How can I attempt to close can help me successfully create this ex	· · · · · · · · · · · · · · · · · · ·
6. Effort: What are the actions that I are experience?	n 100% accountable for to create this
7. Initiation: What is the "first domino? right now that will set my experience i e.g. send invitations, pay a coach or train	n motion?
don't do it	
□ I will	
8. Measurement: How will I measure m e.g. pounds lost, running time, dollars ed	•
9 Sign horo:	Data

EXPERIENCE CREATOR #3

1. Experience: I ultimately want to experience what it is like to be	
2. Intention: Why is having this exp doing it?	erience so important to me beyond just
	ing beliefs will this experience explore? y curiosity about", "My interest in"
4. Gaps: What challenges or excuse creating this experience?	es do I see/foresee stopping me from
5. Support: How can I attempt to clean help me successfully create this	ose these gaps in advance? Who/what s experience?
6. Effort: What are the actions that experience?	I am 100% accountable for to create this
7. Initiation: What is the "first domi right now that will set my experience	no?" What's the easiest action I can do
	trainer, buy my tickets, give a friend \$ if I
□ I will	
8. Measurement: How will I measure e.g. pounds lost, running time, dollar	e my success during the experience? rs earned, # of new clients
9 Sign here:	Date:

1. Experience: I ultimately want to experience what it is like to be	
2. Intention: Why is having this experience doing it?	so important to me beyond just
3. Growth: What curiosities or limiting belie.g. "That I don't have enough", "My curios	
4. Gaps: What challenges or excuses do I s creating this experience?	ee/foresee stopping me from
5. Support: How can I attempt to close the can help me successfully create this experi	
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6. Effort: What are the actions that I am 10 experience?	0% accountable for to create this
7. Initiation: What is the "first domino?" W right now that will set my experience in mo	
e.g. send invitations, pay a coach or trainer, don't do it	buy my tickets, give a friend \$ if I
□ I will	
8. Measurement: How will I measure my sue e.g. pounds lost, running time, dollars earned	<u> </u>
9 Sign horo:	Dato

EXPERIENCE CREATOR #5

1. Experience: I ultimately want to experience what it is like to be		
2. Intention: Why is having this exp doing it?	erience so important to me beyond just	
	ing beliefs will this experience explore? y curiosity about", "My interest in"	
4. Gaps: What challenges or excuse creating this experience?	es do I see/foresee stopping me from	
5. Support: How can I attempt to clean help me successfully create this	ose these gaps in advance? Who/what s experience?	
6. Effort: What are the actions that experience?	I am 100% accountable for to create this	
7. Initiation: What is the "first domi right now that will set my experience	no?" What's the easiest action I can do	
	trainer, buy my tickets, give a friend \$ if I	
□ I will		
8. Measurement: How will I measure e.g. pounds lost, running time, dollar	e my success during the experience? rs earned, # of new clients	
9 Sign here:	Date:	

1. Experience: I ultimately want to experience what it is like to be		
2. Intention: Why is having this experied doing it?	ence so important to me beyond just	
3. Growth: What curiosities or limiting e.g. "That I don't have enough", "My co	• • • • • • • • • • • • • • • • • • •	
4. Gaps: What challenges or excuses d creating this experience?	o I see/foresee stopping me from	
5. Support: How can I attempt to close can help me successfully create this ex		
6. Effort: What are the actions that I are experience?	m 100% accountable for to create this	
7. Initiation: What is the "first dominor right now that will set my experience in the contract of the contrac	n motion?	
e.g. send invitations, pay a coach or traidon't do it	ner, buy my tickets, give a friend \$ if I	
□ will		
8. Measurement: How will I measure m e.g. pounds lost, running time, dollars e		
9 Sign here:	Date:	

EXPERIENCE CREATOR #7

1. Experience: I ultimately want to experience what it is like to be		
2. Intention: Why is having this experied doing it?	ence so important to me beyond just	
3. Growth: What curiosities or limiting e.g. "That I don't have enough", "My co		
4. Gaps: What challenges or excuses d creating this experience?	lo I see/foresee stopping me from	
5. Support: How can I attempt to close can help me successfully create this ex	<u> </u>	
6. Effort: What are the actions that I are experience?	m 100% accountable for to create this	
7. Initiation: What is the "first domino? right now that will set my experience is e.g. send invitations, pay a coach or traid don't do it	n motion?	
□ I will		
8. Measurement: How will I measure m e.g. pounds lost, running time, dollars e		
9. Sign here:		

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2. Intention: Why is having this experien doing it?	ce so important to me beyond just	
3. Growth: What curiosities or limiting b e.g. "That I don't have enough", "My cur		
4. Gaps: What challenges or excuses do	I see/foresee stopping me from	
creating this experience?		
5. Support: How can I attempt to close t can help me successfully create this exp		
6. Effort: What are the actions that I am experience?	100% accountable for to create this	
7. Initiation: What is the "first domino?" right now that will set my experience in		
e.g. send invitations, pay a coach or traine don't do it	er, buy my tickets, give a friend \$ if I	
□ I will		
8. Measurement: How will I measure my	-	
e.g. pounds lost, running time, dollars ear	neu, # Oi new Chents	
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EXPERIENCE CREATOR #9

1. Experience: I ultimately want to exp	erience what it is like to be
2. Intention: Why is having this experied doing it?	ence so important to me beyond just
3. Growth: What curiosities or limiting e.g. "That I don't have enough", "My co	
4. Gaps: What challenges or excuses d creating this experience?	lo I see/foresee stopping me from
5. Support: How can I attempt to close can help me successfully create this ex	-
6. Effort: What are the actions that I are experience?	m 100% accountable for to create this
7. Initiation: What is the "first domino? right now that will set my experience i e.g. send invitations, pay a coach or traid don't do it	n motion?
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8. Measurement: How will I measure m e.g. pounds lost, running time, dollars e	
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1. Experience: I ultimately want to expe	erience what it is like to be
2. Intention: Why is having this experie doing it?	nce so important to me beyond just
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5. Support: How can I attempt to close can help me successfully create this ex	<u> </u>
6. Effort: What are the actions that I are experience?	n 100% accountable for to create this
7. Initiation: What is the "first domino? right now that will set my experience in	n motion?
e.g. send invitations, pay a coach or train don't do it	ner, buy my tickets, give a friend \$ if I
☐ I will	
8. Measurement: How will I measure my e.g. pounds lost, running time, dollars ea	•
9 Sign here:	Date:

EXPERIENCE CREATOR #11

1. Experience: I ultimately want to e	experience what it is like to be
2. Intention: Why is having this exp doing it?	erience so important to me beyond just
	ing beliefs will this experience explore? y curiosity about", "My interest in"
4. Gaps: What challenges or excuse creating this experience?	es do I see/foresee stopping me from
5. Support: How can I attempt to clean help me successfully create this	ose these gaps in advance? Who/what s experience?
6. Effort: What are the actions that experience?	I am 100% accountable for to create this
7. Initiation: What is the "first domi right now that will set my experience	no?" What's the easiest action I can do
	trainer, buy my tickets, give a friend \$ if I
□ I will	
8. Measurement: How will I measure e.g. pounds lost, running time, dollar	e my success during the experience? es earned, # of new clients
9 Sign here:	Date:

1. Experience: I ultimately want to expe	rience what it is like to be
2. Intention: Why is having this experiendoing it?	nce so important to me beyond just
3. Growth: What curiosities or limiting ke.g. "That I don't have enough", "My cur	
4. Gaps: What challenges or excuses do creating this experience?	I see/foresee stopping me from
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7. Initiation: What is the "first domino?" right now that will set my experience in	motion?
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8. Measurement: How will I measure my e.g. pounds lost, running time, dollars ear	<u> </u>
9 Sign here	Date:

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MY NAME IS JULLIEN GORDON...

...and I'm a recovering workaholic. Since recognizing my addiction, I've been making intentional choices and changes to the design of my day and life that allow me to spend more time with the people I love doing the things that I love to do outside of work.

I believe we all want more happy hours....

Most people restrict their happiness to the weeknights after work or on weekends, however, we spend at least half of our waking hours slugging through work, working 40, 50, 60 hours a week in order to be happy some day off in the future...usually retirement. As a result, we work, work, work, burning ourselves out to take care of our have-tos and hate-tos today and delay all of our want-tos and love-tos like pursuing our passions, getting married, traveling the world, or having kids until someday in the future. That doesn't have to be how it is.

Happy hours can occur before work, during work, after work, and on weekends. A happy hour is a space and time you are intentional about. Being intentional means that you chose to spend your time in this way. You didn't have to. You wanted to. And because it's your choice, you are fully present in the moment.

Your life is your business and you have to run it. That simply means exploring all of your daily choices, and taking full responsibility for them because any choice we don't make for ourselves gets made for us by someone else like our employer and it's impossible to be passive about life and have a passionate life at the same time.

When I'm not working...

When I'm not working, some of my love-tos include chilling with my wife and daughter. We love watching Scandal and Modern Family, going to open houses and off-Broadway shows, and finding new thai food and turkey burger spots. With my friends, I love hosting potlucks, playing basketball and big games of Uno, riding bikes on Sunday mornings, and playing pick-up soccer in the afternoons. When I'm alone, I love to read, garden, and build stuff around the house.

This is why I do what I do today.

I'm here to help you live your values and know your value so that you can experience more happy hours in your personal and professional life.

