



DESIGNING YOUR ULTIMATE LIFE

YOUR MASTERCLASS WORKBOOK
WITH JON & MISSY BUTCHER

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also **download and type directly** in the workbook to save paper.
2. **Review the contents** of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. **You can pause the Masterclass video** to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly **implement the secrets revealed** in this session to increase the quality your life.
5. During the Masterclass, use the dedicated space on the right column to **write down ALL interesting new ideas** and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. SELF-ASSESSMENT QUIZ

Assess your current state of life with this self-assessment. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I have a clear vision for who I want to be as a person.	
2. I know in what kind of environments I want to stay in.	
3. I have a clear vision for my ideal love relationship.	
4. I know exactly how much money I want to earn and why.	
5. I am fully satisfied with my current level of health and fitness.	
6. My career is very fulfilling and I love what I do.	
7. I have a strong sense of how I would like my life to unfold in the coming years.	

Use this space for additional notes.

3. DESIGNING YOUR ULTIMATE LIFE

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

1. Lifebook Story

_____ and _____ brings forth your life vision.

Life Vision gives you a crystal clear picture of the _____ you want to be and the _____ you want to live.

If you don't have a _____, you will be living someone else's vision.

Mainstream society gets you to focus on _____ and _____.

2. An All Encompassing Vision

Our _____ and _____ change as we set goals.

Life is about having a _____.

3. How to Have it All

Having it all means: an _____ life that works on a high level

in every important _____.

In order to have it all, you need to get _____ on what your ideal life looks like.

You can't have it all, unless you know what _____ is.

4. The 4 Life Vision principles

Principle #1: _____ who you are.

Principle #2: _____ is more important than motivation.

Notes

Your _____ determines whether you will achieve your vision or not.

Principle #3: _____ making.

Principle #4: _____.

5. Visualization Exercise

Preparation Tips: PAUSE the Masterclass by clicking on the video screen to prepare for Jon's visualization.

- Make sure you are in a quiet and spacious place where you can focus and follow Jon's instructions.
- Take a deep breath. Relax and allow yourself to be guided.

Notes

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What are the 4 principles to creating a life vision?
2. What do you need to know in order to have it all?
3. What do you need to have in order not to live someone else's life vision?
4. What does mainstream society gets us focused on?

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Have you placed money as your priority in life?
2. Do you have a life vision for each category in your life?
3. What percentage of your goal list is related to finances and career?
4. Are there areas of your life that you are sacrificing right now?

THANK YOU for joining Jon & Missy Butcher's Masterclass!

6. STUDENT STORIES

"I cannot recommend Lifebook highly enough..."



I cannot recommend Lifebook highly enough no matter what level of life you are at, to immerse yourself into the program like this.

I've been developing a road map for everything from building my emotional intelligence and my character to optimizing my relationships, my financial life, my social life, my parenting life. The whole host of things I've never realized I needed to develop as much as I really did. [...]

There is no way I could have just sat down and done this myself. But have this all systematized for me spelled out in videos and workbook and ultimately designed into this beautiful, powerful book for my life, my Lifebook - it is life-changing.

~Ben Greenfield

Leading Bio-Hacking Expert, Athlete, Podcaster

"...I found Lifebook really extraordinary because it covers all 12 categories"



I loved Lifebook. I've done a lot of things, I've been a therapist for 43 years. Be fair to say, I know a lot but I found Lifebook really extraordinary because it covers all 12 categories. For me, the most important category was parenting and the character. And I've learned a lot. I think it was marvelous. [...]

There is no doubt I'll be implementing all of this in my life.

~Marisa Peer,

Voted UK's #1 Therapist, World Renowned Speaker

"It was life-changing. Well, first: it was life-giving and then it was life-



I've gone through so many trainings. I've worked on my business development, on my personal development and I got to tell you when I went through Lifebook it was at a time in my life where things were going really really well. [...] But I didn't know how to pull that all together: pull Lisa the woman, Lisa the mother, Lisa the legacy, my lifestyle, my business. There is so many facets to me that I really didn't quite know how to pull it all together. [Taking Lifebook course] was the absolute best decision I could have ever made. It was life-changing. Well, first: it was life-giving and then it was life-changing.

I've never gone through a program that allowed me the space, the opportunity, the content and the direction to so thoroughly orchestrate and navigate my future.

~ Lisa Nichols,
Legendary Author and Speaker

"My life is "happening", as it is written!"



Since starting [Lifebook Online], a great many changes have occurred. I now have more focus, vision, clarity and actually THINK about the purpose behind my visions. Because of my more focused thinking, many of my 12 categories seem to be coming to me. I wake up thinking about my visions and throughout my day, the universe has had a way of "paving the way" to me getting my way. In a very short amount of time, I have made great progress and I believe it is because of my THINKING.

I have gone all of my life wondering exactly WHAT I want - all the while knowing that the universe will have my back if only I know what the heck I want. [...] You don't want to hear ALL of my examples but I'll just say that my life is "happening", as it is written! My husband has noticed the changes and so have my friends. Not only have improvements been made in my 12 categories, improvements have been made in my own psyche and I'm much more eager to wake up and get my day started. I have more energy, am more enthusiastic and am happier! [...] Most of all, I feel this because I have Focus, I have Vision, and I know my purpose in each category of my life and that gives me tremendous freedom, empowerment, and happiness! Thank you, Jon and Missy Butcher, and thank you, everyone at Mindvalley.

~Bari Horton, US

"I have actually sat down and looked at every area of my life and defined what I want and why"



I am so inspired by [Lifebook Online] that it is what I share constantly with all my friends. I have, for the first time in my 49 years, actually sat down and looked at every area of my life, and defined what I want and why. And most powerful is the how. I have really had to think. It feels to me like before I started this journey I was just ambling through life hoping for the best. I have been married for 17 years and am going through the final stage of getting divorced, sadly as it is not what I wanted. In hindsight if we had the tools and gift of

"Lifebook Online" book, things would definitely have turned out differently because I know we both still love each other. The process has not only helped me define what I want in a relationship but also who I need to be and what I need to do to get the relationship that I want. I know I refer to relationships, but every area of My Lifebook has me feeling excited and enthusiastic. I feel like finally I have direction. I want my children to be part of my journey ... I want them to have this benefit now when they are young and they can make a difference. I want to give this gift to every young person, so that this world can be filled with awesome, enlightened, thinking people...

~Anthea Bruwer, Cape Town, South Africa

"I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control."



[...] The program covered every aspect of my life and made me realize that I have so much more to learn and DO!
The biggest impact so far was the decision to declutter my life. I am getting rid of all the "things" society places a value on and putting more energy and resources toward building a life that I can control. This is, of course, a long-term vision and I have been able to start looking long term instead of wasting energy on immediate gratification.

~Nico