

L I V E  
L A R G E  
E X P L O R A T I O N S

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GREENLEAF  
BOOK GROUP PRESS

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**(For detailed instructions on how to complete these explorations, please reference the book *Live Large: The Achiever's Guide to What's Next.*)**

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## Building a Retrospective (Page 21)

When you allow yourself the opportunity to look back as an observer on past situations, activities, and relationships, it's easier to recognize patterns. Some have served you well while others have held you back. This exercise gives you a powerful insight into your past by helping you to discern which threads have entangled you and which you will use to weave new futures. Taking this backwards journey gives you the power to move forward to what's next. Use the instructions in the book to complete the chart below!

	<b>Ages:</b>	<b>Ages:</b>	<b>Ages:</b>
<b>Positives</b> Easy Felt good Made me smile Satisfying			
<b>Negatives</b> Hard Frustrating Discouraging Scary			

*Continued on the next page*

	<b>Ages:</b>	<b>Ages:</b>	<b>Ages:</b>
<b>Beliefs about Myself</b>			
<b>Recurring Themes</b>			
<b>Notes to Self</b>			

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*Continued on the next page*

	<b>Ages:</b>	<b>Ages:</b>	<b>Ages:</b>
<b>Negatives</b> Hard Frustrating Discouraging Scary			
<b>Beliefs about Myself</b>			
<b>Recurring Themes</b>			
<b>Notes to Self</b>			



## Writing Your Lifeline (Page 32)

The Lifeline gives you a chance to reflect on your life up until now, but unlike the Retrospective, this exploration focuses on external, rather than internal, events. A foundational exploration to the Live Large process, the Lifeline puts who you are in the context of events and experiences and shows your characteristics in action. Completing the Lifeline reminds me of making vegetable soup. It's not hard, but there are a lot of steps: dice the onions, peel the carrots and potatoes, chop the tomatoes, and so on. You'll mark high points, low points, and turning points—times when you began to move in a new direction altogether. Take your time as you fill out the chart below, and don't be afraid to take a break!

<b>Periods</b>				
<b>Age</b>				
<b>Events</b>				

## Lifeline: Notes to Self

With your Lifeline completed, take a few minutes to look at and appreciate your full, rich, complex life. Now jot down any thoughts, advice to yourself, or anything else you want to remember about who you really are moving forward.

## Finding Your Why (Page 45)

Whether you work by yourself, run a huge company, or none of the above, identifying your “why” is a critical step towards discovering what’s next. This exploration invites you to consider past jobs you’ve felt particularly passionate about and reflect upon why each was meaningful and fulfilling for you. In doing so, you’ll slowly begin to tease out your purpose. If you’ve never had a written purpose before, don’t let this step intimidate you—your “why” does not need to be big or formal sounding, although it might be. Just remember: Whether you know it or not, you’ve likely been living your purpose for years!

What I did	Why I did it/ why it mattered

*Continued on the next page*

<b>What I did</b>	<b>Why I did it/ why it mattered</b>
Purpose:	



## Discovering Your Values (Page 53)

In this exploration, you'll list times or situations when you felt proud of yourself and write a statement that reflects a value you hold. Values are your best characteristics in action. Identifying how you act when you feel good about yourself is key to understanding your core values and living in a way that makes you satisfied on a deep level. When you identify your values, you make explicit something that is already true about you. Your values can guide your actions and keep you connected to the world. They allow you to live with depth, purpose, and authenticity—and that is what living large is all about.

<b>When I felt proud/ good about myself</b>	<b>The value I was living</b>

## Excavating Generational Beliefs (Page 85)

One of the most important and surprising things we can do when we want to live large is to take a really close look at our personal beliefs. Beliefs are an invisible set of rules that have the power to limit what we can imagine, think, or do. Beliefs can contribute to negative self-talk and self-defeating actions. But when we see our beliefs clearly, we are able to make choices based on clarity. Living Large means having the freedom to choose and not be manipulated by old, hidden, default reactions. Filling out the following chart will begin the process of excavating outdated beliefs that may be holding you back.

	<b>My family believes</b>	<b>Positive intention</b>	<b>Possible negative result</b>	<b>What is my enlightened belief? What serves me now?</b>
<b>Money</b>				
<b>Work</b>				
<b>Happiness</b>				

*Continued on the next page*

	<b>My family believes</b>	<b>Positive intention</b>	<b>Possible negative result</b>	<b>What is my enlightened belief? What serves me now?</b>
<b>Possessions</b>				
<b>Relationships</b>				
<b>People who are not like us</b>				
<b>What is worthy</b>				
<b>Whom/ what do you trust?</b>				

## Discovering Your Limiting Beliefs and Vows (Page 90)

When you listed your Characteristics in Section I, you may not have known it but you already managed the hard work of uncovering your Limiting Beliefs. It’s incredible how many of our strengths, when hyperbolized, can limit us. Looking at your Characteristics gives you a chance to discover “overused” strengths that could be holding you back. Fear is the number one reason we overuse a characteristic. We fear that unless we depend on that characteristic, we will be bad, unloved, lazy, judged, rejected, disrespected, and so on. This chart will help you revisit which characteristics are working for you and which are working against your living large.

<b>My positive characteristics</b>	<b>What it looks like overused</b>	<b>My fear</b>	<b>The false equivalency</b>	<b>A better set of choices</b>

## Using Your Turning Points (Page 93)

When we experience a loss or a success in life, we often develop a belief based on this experience. We make vows based on these beliefs. We can recognize a vow when we find ourselves saying, “Ever since (this experience) happened, I will never/always \_\_\_\_\_.” Your vows have existed until now in your life for good reason. But now you, your life, and the world have changed. We will always have feelings that make us uncomfortable. When you find yourself in conflict or in an uncomfortable situation, just ask yourself: Is this hooking into vows and beliefs that I made long ago to keep me safe? Might those same vows and beliefs be distorting my decision-making powers now? Are they inhibiting my ability to act in ways that serve me well?

To continue this exploration, refer to the turning points in your life to complete the chart below, which will help you to finish this sentence: Ever since that time I believed \_\_\_\_\_. Sometimes it helps to write out the experience first, and then write how you were before that and your new belief. Knowing what your vows are lets you decide more clearly if they still serve you or not.

Turning point	How you were or what you believed	Experience	New belief	Does it still serve me?
<b>Point 1</b>				
<b>Point 2</b>				

*Continued on the next page*

Turning point	How you were or what you believed	Experience	New belief	Does it still serve me?
Point 3				
Point 4				
Point 5				
Point 6				

## Finding Your False Equivalencies (Page 96)

False Equivalencies are lies we believe that limit our lives. Routing them out is powerful work and can lead to tremendous freedom—and

that's exactly what this exploration seeks to accomplish. False equivalencies and vicious cycles can be some of the most obstinate obstacles to living large. Here are some common beginnings of false equivalencies. See what comes up when you finish the sentences. Just seeing the false equivalency in print can send it packing:

- If I have money, then . . .
- If I were better looking, then . . .
- If I set a boundary with my friends/coworker/sibling/  
spouse, then . . .
- If I worked less, then . . .
- If I state what I want . . .

Fill out the exploration below with your own if/then statements. Remember, it's okay to want to have and do things. Just be clear with yourself about the beliefs underlying those aspirations. And yes, it's even okay to aspire to have just a little. But make sure you're not settling for less than you want or deserve through a false equivalency that says wanting makes you a bad person.

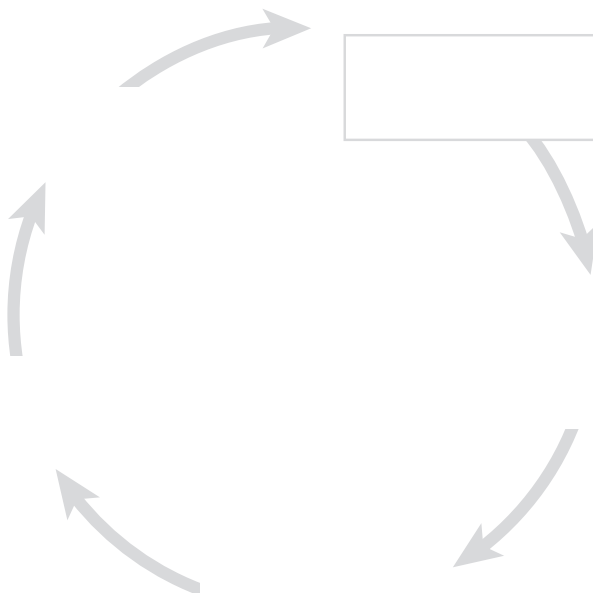
<b>Ex: If I (add an action)</b>	<b>Then (state the negative conclusion or consequence)</b>	<b>T/F</b>
1. If I	then	
2. If I	then	
3. If I	then	

*Continued on the next page*

Ex: If I (add an action)	Then (state the negative conclusion or consequence)	T/F
4. If I	then	
5. If I	then	

## Breaking Your Cycles (Page 98)

Are there negative habits or patterns that seem to be happening again and again in your life? Feelings you have had? Things you say a lot? What beliefs are driving this cycle—and what are the results? This exploration will allow you to quickly uncover some of the vicious self-sabotaging cycles that may have taken up residence and are blocking your ability to live as large as you want to. Once you have mapped out the cycle, you can choose to change your response. You and only you have the power to turn a Vicious Cycle into a virtuous one.





## What Keeps the Vicious Cycle in Place (Advanced Exploration) (Page 100)

Use the chart below to write down your old beliefs. Ask yourself, Is this belief true, or is it a false and limiting belief? Then, with the insights you've gained from earlier exercises, take a moment to write down what new beliefs you want to embrace. Being intentional about your beliefs gives you a chance to carve out the future you truly want.

Old belief	New belief

*Continued on the next page*

Old belief	New belief

## Your Know-Whats and Know-Hows (Page 107)

In this exploration, you'll figure out the Know-Whats and the Know-Hows that guide your life. Your Know-Whats are the specifics of what you are doing in a particular context. But your definition of what you think you can do is probably a lot narrower than what you can actually do. Whether you realize it or not, over the years you have accumulated a lot of knowledge and skills—your Know-Hows—and becoming aware of them can be both eye-opening and inspiring: You get to see yourself in a whole new way.

As you list your Know-Whats and Know-Hows in the boxes provided below, remember that the whats are often tangible and industry specific—think specific job titles—while the hows are more process oriented. For example, journalism might be your Know-What, while writing, editing, and gathering facts are your Know-Hows. Know-Hows are exponentially important because they expand the possibilities of what you can offer in the world.

<b>Know-Whats</b>

<b>Know-Hows</b>

## **Energize Your Life (Page 112)**

Your list of Know-Hows is vital in helping others to see your unique value. Even if you want your life to look very different, these are areas of expertise you can carry with you from industry to industry.

But here's something to watch out for: You may have a list of Know-Hows, but only some of them might feel exciting and fun to you.

This exploration asks you to divide your list of Know-Hows into two categories according to what energizes you—what you most look forward to doing—and what depletes you—what leaves you tired and grumpy. The goal here is to help you maximize those activities in your life and minimize what depletes you. When what you do feeds you, absolutely anything is possible.

<b>Energizing activities</b>	<b>Depleting activities</b>

## Innately Gifted, Wildly Talented YOU (Page 117)

Our gifts can energize us. If we look for them, they show themselves in all parts of our lives. Knowing you have been “gifted” since birth with unique strengths gives you power and leads to a rich life. Shining a light of awareness on your talents and gifts, just as we did your limiting beliefs, gives you more choices. Your talents are potent resources. Once you find a way to leverage them, work takes on a fluid feel.

To complete this exploration, reference your list of Know-Hows and use the prompts in the chart below to identify your talents. By identifying what you know how to do, where your talents are, and what energizes you, you will be able to create a whole new career.

<b>Things I <u>Know How</u> to do and that are <u>energizing</u> to me</b>	
<b>Things that come naturally to me</b>	

*Continued on the next page*

<b>Things people say I'm good at</b>	

<b>Reflection: What do I notice? What are the themes?</b>	

<b>My talents!!!!</b>	

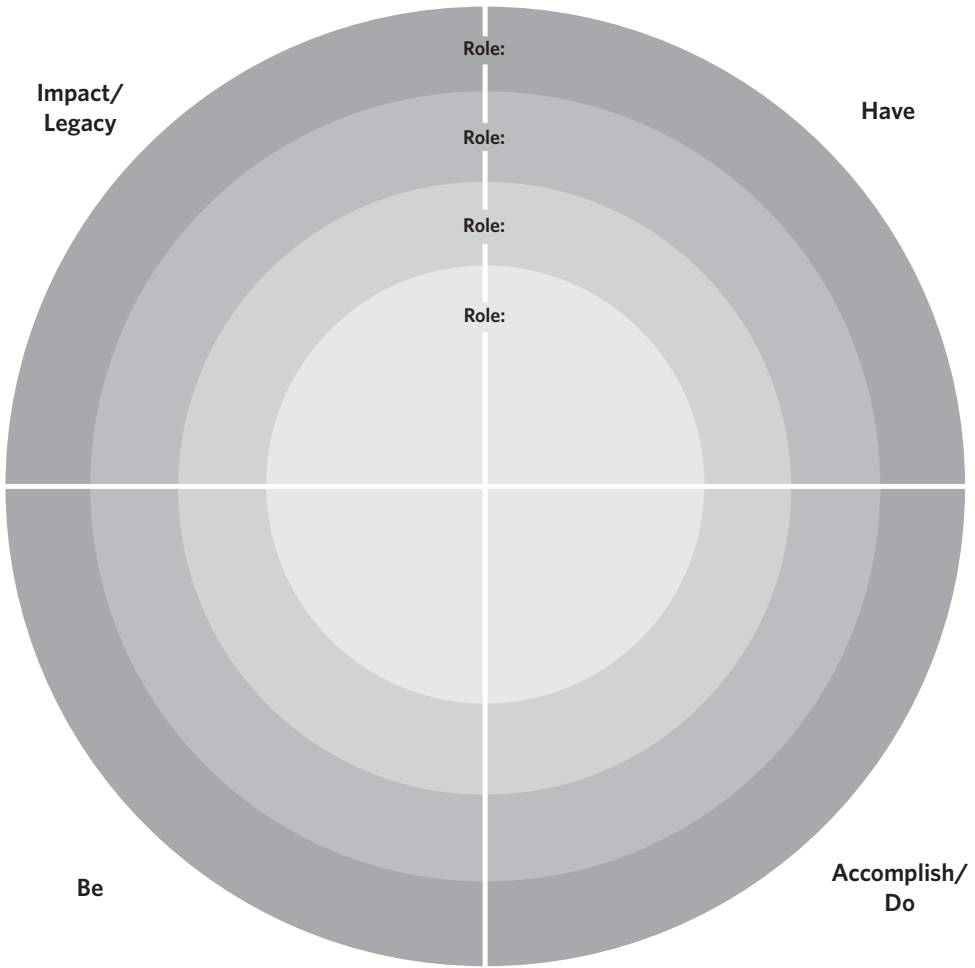
## The Bull's-eye (Page 129)

One of the most important explorations you'll complete in your journey toward living large, the Bull's-eye is about expansive thinking: not just about your career, but about everything your life holds. It provides a creative, holistic vision for all the ways you want to show up in the world by bringing together who you are in your many roles and what you want to have, accomplish, be, and impact in those roles. Gaining clarity about the roles that are important to us, and how we prioritize those roles, helps us to define our lives in a realistic way. The blank exploration below is ready to hold all your ideas about what you want in life in the upcoming years. Within it, you'll list the ideal roles you'd like to play, and describe what you want to have, accomplish, be, and impact in each role. Follow the directions in the book to get started.

### Distillation

Once you've completed your Bull's-eye, review what you've written. If you had to distill it all down to three or four phrases that capture what you want in the next three to five years of your life, what would you say? In some ways the sentences in the middle of your Bull's-eye read like a postcard from the future. Armed with these key sentences, you're akin to a traveler keeping a picture of his or her next destination. Don't struggle with this: Just see what begins to emerge.

### My Future 3-5 Years





**My distillation**

## Characteristics of the Work Situation You Want (Page 142)

What are your criteria for the situations in which you want to work, play, be creative, be a leader? This exploration focuses on helping you identify the characteristics for your work situation, but it is also valuable for any situation. Answering this question is tricky because the lives we *say* we want often aren't what we are truly looking for. We become attracted to certain companies, industries, or a particular job without ever asking if the characteristics of the

situation are right. We like the idea of it more than we like the reality. Once you figure out the characteristics for what you want, you'll be way ahead in developing options, and options are the key to taking the next step. That said, think of this exploration as a time to let go and brainstorm all of the characteristics, qualities, and aspects you want in your work environment.

<b>Desired characteristics of my situation</b>

### Putting the Jigsaw Together (Page 148)

Go back through your explorations and look through all of your explorations thus far, starting with your Retrospective. As you look through all the good work you've done, ideas and notions are probably already beginning to form: *I could do this* or *I might do that* or *Wow! That seems like a possibility*. That's exactly what we want: to generate possibilities from all that you have discovered about yourself. This exploration helps you document those discoveries to give you a sense of what you need to remember moving forward. As you fill in the chart below, remember: Just like with an actual puzzle, you can't see the full picture until you bring the pieces together.



## Your Core Driver (Page 152)

It's likely that as you have worked through the book, possibilities have begun popping into your mind. Is there a theme running through these possibilities? A kernel that you want to be part of your future no matter what? What is the one thing you won't do without? This is your Core Driver. If you take the concept of the core driver and apply it to buying a house, for example, what are the most essential elements in your decision? Is it the location, the size, the price? If you must be in a certain neighborhood because of schools or work, you may compromise on size. Or if you must have four bedrooms, you may compromise on location, giving weight to that before considering other factors. Your core drivers are like that. It's what you won't move forward without.

Make a list of your core drivers below. Some of these may repeat elements you've written down earlier, and that's okay. This is a final pass at what is essential for you!

<b>Core Drivers: What I Won't Do Without</b>

## Possibilities (Page 154)

Now that your core drivers are in place, it's time to generate ideas about what you are actually going to do in this next stage. This exploration asks you to identify the possibilities that fit you and what you want. As you come up with these possibilities, write them down in the "clouds" below. I like clouds more than boxes because they suggest the fluidity (not rigidity) that is still called for at this point.

As you consider your possibilities, think not only about a field or industry but about your relationship with it as well. Do you want to own it, make it, sell it, provide it, monitor it, advise it, or . . . ? Keep brainstorming until you feel done, and remember: This does not have to be perfect. You can always come back to add possibilities as you continue to explore.



## Assessing Your Options (Page 162)

Take a look at your possibility clouds from the previous exploration. If you are like me, your mind may be going in two directions at the same time. One part is saying, *wow, this would be so great!* while the other part is saying, *I don't know if this is realistic or not.* Don't worry; this is normal. Discernment is a fine thing, but not when it's premature. This exploration helps you to assess your possibilities and options for moving forward, but to complete it successfully you'll need to use both your head and your "gut"—in other words, your emotions. How does a possibility make you feel? Because it is so difficult to rate your emotions, I created a rating system I call the Yippee Index®. If a possibility makes you feel like throwing your hands up and shouting hooray! Rate it a five on the Yippee Index. If, on the other hand, you feel like shrugging your shoulders at a possibility, it should likely be rated a two or a three on the index.

In this exploration we will look at the benefits and risks for each possibility (your head), and then rate each on the Yippee Index (your gut), a scale of one to five, with five being the highest in the index—the possibilities that have you saying "Yippee!" the loudest. Once you do this, you may realize that some of the possibilities are not worth pursuing, and that's okay.

Possibilities	Benefits	Risks/ disadvantages	Yippee index	Next steps

*Continued on the next page*

<b>Possibilities</b>	<b>Benefits</b>	<b>Risks/ disadvantages</b>	<b>Yippee index</b>	<b>Next steps</b>
<b>Core driver:</b>				

## Making Your Future a Priority (Page 168)

We all know how things have a way of taking up residence on our “to do” lists and never moving. So instead of making a to-do list with all of the information you’ve gathered, we’re going to do something much better. This exploration asks you to express your desired outcome as if it were already true, and block out your time accordingly. Working this way, you’ll be amazed how your gradual progress every week moves you closer and closer to making the impact you want to make. Complete the following chart using the instructions in the book to help guide you!

<b>My outcome or result:</b>		<b>Completion date:</b>
<b>Weekly outcome:</b>		
<b>Tasks:</b>	<b>Time required:</b>	
	<b>On the calendar:</b>	
<b>Weekly outcome:</b>		
<b>Tasks:</b>	<b>Time required:</b>	
	<b>On the calendar:</b>	

*Continued on the next page*



<b>My outcome or result:</b>		<b>Completion date:</b>	
<b>Weekly outcome:</b>			
<b>Tasks:</b>		<b>Time required:</b>	
		<b>On the calendar:</b>	

## Getting Through Your Yikes (Page 177)

You are at an incredible apex. You've learned who you are, broken through limitations, and identified so many possibilities. So, why do we sometimes get to this point and find ourselves saying: "Ready, Set, Set, Set . . ." and then we never actually "Go"? In order to start moving towards our futures, we have to be able to face the inevitable fears. You can find a million excuses not to get moving. I call these your "yikes". This exploration is designed to remember how good you are at creating certainty in your own minds so that we can do what seems impossible.

In order to get through your Yikes and onto your Yippee, it can help to examine the successes you have already had—times you've made it through your Yikes. In the chart below, note three successes you've had. For each one, write down the actions you took or the conditions in play that led to your being successful. Are there themes or patterns? What have you learned about how *you* achieve success?

Successes I've had	Actions that led to success
1.	1. 2. 3. 4. 5.
2.	1. 2. 3. 4. 5.
3.	1. 2. 3. 4. 5.

## Advice to My Future Self

Now close your eyes, take a deep breath, and consider what advice you have for yourself in light of what you have learned. Remember, you already know things that have worked for you in the past. This is simply a time to recall them. Remember that whatever you are attempting, you have been on this cliff's edge before, and many, many times.

**Advice to my future self:**

A large, empty rectangular box with a thin black border, intended for writing advice to one's future self. The box is positioned below the header and occupies most of the page's width and height.