

Your Magic Future™

**A Proven Magic Formula for
Making Work Optional**

Workbook

Stefan Wissenbach



Important!

Before making MAGIC, please save this workbook to your desktop or another location.

Note from the author

I've created this workbook so you can get the maximum value from my audio program.

Research has shown that the more ways you interact with learning material, the deeper your learning will be.

Nightingale Conant has over 50 years experience in what works best and have created a cutting-edge learning system that involves listening to the audio, reading the ideas in a workbook, and writing your ideas and thoughts down.

In fact, this workbook is designed so that you can fill in your answers right inside this document. By the end, you'll have your own personal Magic Success System.

For each session, I recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Complete the exercises.

In addition to the exercises and questions, I've created a special section of the workbook called Magic Notes. This is a space for you to write down the creative inspiration you get when listening to the program as well as capturing the action you can take to get results!

Don't just listen to this program — devour it! The strategies don't work unless you use them. Test and use the strategies that make sense to you, consistently, over time — until they become habits. Listen to the program more than once. Listen for the key ideas that you can use to impact your attitude, actions, and results. True change takes focus and repetition.

I've created this program because I really want to help you make your life better – and ultimately reach the point where work is optional.

Please don't rush and don't be put off by the fact that this workbook is so comprehensive. I've designed this program so that you can learn and take action as you go along - and as a result see immediate

benefits. If it takes you several months to work through the audio program and the workbook thoroughly and effectively in a way that doesn't overwhelm you, then you will have a great outcome!

It's really important to me that you get value really quickly which is why you will be asked to complete exercises right from the beginning so that you can immediately start to make improvements.

If you complete the workbook, at the end of the program you'll have a valuable foundation and blueprint for your future success and happiness!

Let's get started – and make some MAGIC!

A handwritten signature in black ink, appearing to read 'Stefan', with a stylized flourish extending from the bottom right.

Stefan Wissenbach



Download Your MagicMap™

From the CD or from www.stefanwissenbach.com

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD1

The **MAGIC** Formula

as the gateway to your dreams


10 magic steps to success

“Whatever you can do, or dream you can do, begin it.
Boldness has genius, magic and power in it.”

-Johann Wolfgang von Goethe

Follow these magic steps just like a magician does exactly what he needs to do in the right order and you'll create your own magic.

- 1. Minds are like parachutes, best open.** Be open-minded and suspend disbelief because what's in this audio works. The principals, techniques and lessons you will learn have been tried, tested and used by me. This is not theory. It works.
- 2. Don't be misled by the simplicity.** Some of what I say will be obvious to you and some of it will seem really simple. Please don't let that put you off. Success is simple disciplines practiced daily and the difference between an ordinary person and an extraordinary person is just a little extra.
- 3. I want you to think of the audio like a jigsaw puzzle.** Normally when you put together a jigsaw puzzle you have the finished picture to help you. In this case however there is no picture. When this all starts to come together for you will depend on who you are. For some listeners it will happen early, and for others it will happen perhaps right near the end of the audio. Don't worry about when it comes together, it will and when it does is not important. Also, please don't be daunted if you get lots of new information and insight. That's a good thing. I'll be showing you how to implement the learning and insight in a calm, efficient manner as you move forward. You don't have to immediately implement all the insights, the important thing is that they're captured in the first place.
- 4. Listen to this audio with a pen and this workbook or be at a computer with the workbook on the screen.** Think about what you're learning and don't rush. As you come across things that resonate with you, provide you with ah-ha moments and insights, update your workbook. Capture your insights and ideas and make them your own. That's what the Magic Notes sections are for.
- 5. Do the exercises as suggested on the audio using this workbook.** Firstly they'll personally provide you with additional insights. I find time and time again when I'm working with my coach, that when he asks me to complete an exercise having taught me something new, completing the exercise deepens my learning and I come up with new thoughts and ideas. The second thing is that each and every exercise is designed to deliver a specific output for you that will help you build a robust context, framework and plan as well as reinforce what you've learned. And the third thing the exercises will do is they'll provide you the



ability to translate what you've learned into an action plan. This means that you will not only learn something, but you'll be able to generate meaningful action and get results. If an exercise asks you to transfer the end result to your MagicMap™, please do it. Please don't wait until later. It's much better that your MagicMap™ builds as you listen to the program.

- 6. Tell the truth.** It's so important to tell the truth. Not only is the truth easier to remember, but all progress starts with telling the truth. You are where you are and you know where you are. Don't fight it. Embrace it, be truthful, and then you can truly begin the process of making lasting, positive change. Remember this audio is personal to you. No one else is going to see what you're pulling together, so keep it truthful. It's your choice whether you share it.
- 7. Accept that things have to change.** The only way to change your outcomes is to change your behaviors. Don't be frightened of change. If you want to change your life for the better, you do need to take action. We live in a changing world and being someone who embraces change and continuously seeks to change for the better is an empowering way to live - and if you don't change as the world changes, you will be left behind.
- 8. Please don't try to do it all at once.** Trying to change lots of things at once dramatically increases your chances of failure. Instead, make and master small changes, one or two at a time, before moving on to the next change. The most effective listeners of this audio program will take quite some time to get through all of the CD's. Not rushing will enable you to get much better results from this program.
- 9. Implement the insights.** I've met many people who read books, attend seminars, courses or workshops. They get some great insights but then they don't implement anything. They get a short term burst of motivation but there's no application. Without application, there's no growth. So if you listen to this audio and nothing changes, it will be because you haven't implemented any of the insights. And it will have been a waste of your time. Please don't do this. I want you to be happier and in a better place than when you started.
- 10. Listen with a smile.** Changing your life for the better has to be fun. We all learn more when we're having fun!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

What doesn't make you happy?

Magic Action #1 Identify what doesn't make you happy

“Change the way you look at things and the things you look at will change.”

-Dr Wayne Dyer

Are you enjoying your life as much as you could or do you sometimes feel that you're stuck in a bit of a rut?

For this exercise, think about the things that you're doing right now in your life that don't make you happy. In the following space, write them down and review them. Check against each and every one of them to see whether individually they have the potential to deliver greater happiness in the future. If they don't – question why you're doing them at all!

For Example:

What doesn't make me happy?	Potential for greater Happiness?	Next action	By when
Not spending enough time with my partner	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Schedule a meal once per week for just the two of us.	Today
My current job	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Get my CV up to date and speak to a recruitment company	Next week

What doesn't make you happy?

What doesn't make me happy?	Potential for greater Happiness?	Next action	By when
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	<input type="checkbox"/> Yes <input type="checkbox"/> No		



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

The Magical Happiness Test™

Magic Action #2 Identify your current and desired levels of happiness

“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

-Aristotle

Happiness is life's driving force. Everything we do in life either adds to or detracts from our levels of happiness. Everything we aspire to achieve or acquire is done so in the belief it makes us happier.

When you're aware of what you need to increase your levels of happiness, you've taken the first step to achieving a life of fulfillment.

Using the exercise on the following pages, take the The Magical Happiness Test™ to identify your current and desired levels of happiness. There are seven simple steps to complete.

1. Read the statement in column 2 carefully.
2. In column 3, score your current level of happiness using the scale provided on the following pages.
3. In column 4, write down your desired level of happiness. Think about this carefully.
4. In column 5, write down any insights you have gained or actions you've identified as a result of answering the question.
5. Add the total of column 3 and column 4 in the total boxes provided.
6. Set yourself a goal, a deadline of when you want to reach your desired happiness score.
7. Transfer your current happiness total, your desired happiness total (and the date by which you want to achieve it) to your MagicMap™

The magical happiness test™

1 Extremely unhappy	2 Very unhappy	3 Unhappy	4 Moderately unhappy	5 A little unhappy	6 A little happy	7 Moderately happy	8 happy	9 Very Happy	10 Extremely happy
----------------------------------	-----------------------------	---------------------	-----------------------------------	---------------------------------	-------------------------------	---------------------------------	-------------------	---------------------------	---------------------------------

Subject	Question	Scores		My insights/ next Magic Action
		Current 1-10	Desired 1-10	
1	2	3	4	5
Motivation	I am happy with my current level of motivation towards my life and improving it.			
Application	I apply myself well to everything I do so I achieve the best I can from the actions I take. I'm giving life 100%.			
Growth	I acknowledge my growth as an individual so far and invest enough time and energy on an ongoing basis in my future growth. I am confident in my ability to grow in future.			
Independence	I am responsible for my own future and confident in my ability to make really smart decisions about my life and what I need to do to make myself happier.			
Community	I have a supportive community (friends, family and contacts) that want me to be happier, want me to succeed and who provide greater mentorship, support and guidance.			
Appreciation	I operate with a gratitude mindset – I am grateful for who I am the life I have right now and the future potential that lies ahead.			
Learning	I consciously and continuously learn from life's experiences and am open to receiving feedback from others (praise or criticism) to help me learn more!			
Hope	I am hopeful about life – what it is now and what it will be in future. I have an expectation that things will get better.			
Achievements	I record my achievements and have a clear set of goals for what I want to achieve next.			

Subject	Question	Scores		My insights/ next Magic Action
		Current 1-10	Desired 1-10	
1	2	3	4	5
Positivity	I operate with a positive mindset – even when the going gets tough.			
Planning	I have a plan for my life, my finances and what I want to achieve so I feel fulfilled – and I use my plan to keep me on track.			
Influence	I feel in control of my own levels of happiness, my life and I am able to influence the direction it takes.			
Nurturing	I look after myself, I am supported and provide support to others around me.			
Envisioning	I have a clear vision of where my life is now and importantly, what I want it to be in future.			
Skills	I have (or know where to go to get) the skills, tools and knowledge necessary to help me make positive change in my life and improve my levels of happiness.			
Structuring	I am structuring my life to provide me with the time to plan and grow as a person.			
Tenacity	I am passionate about fulfilling my potential and I don't give up easily!			
Enjoyment	I enjoy life and having enough fun! I have plenty of reasons to smile every day!			
Strengths	I have absolute clarity on what my core strengths and values are – and I operate in an environment that utilizes them!			
Time	I have enough time for myself for reflect, planning, having fun and enjoy the things I love to do!			
TOTAL				

My deadline to get to my desired score is: _____



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD2

Motivation

The foundation of all great success

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

People I admire

Magic Action #3 Identify three people you admire

“Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though ‘twere his own.”

-Johann Wolfgang von Goethe

There’s tremendous learning to be gained from all around us, especially from those we admire.

In the following spaces, write down the names of three people you admire who achieved something due to their motivation and commitment.

For example:

Name	Achievement	Why I admire this person	What I can learn	My Magic Actions	By when
My Father	Runs a successful business	Runs a great business, looks after his employees and still has time for the family	It's about balance - his business is successful and so is his family life.	Look at my schedule - make sure I'm spending enough time with my own kids.	1st December

People I admire

Name	Achievement	Why I admire this person	What I can learn	My Magic Actions	By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

What's really important?

Magic Action #4 Identify what's magical about you!

“We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.”

-Mary Dunbar

This is a fun exercise that will make you feel great! I want you now to list all the magical things about you in the table on page 25. These could be great things you have achieved in the past, things you're really good at, what people count on you for or unique/rare skills, talents or abilities you have. In short, anything that you think is great and makes you smile!

The only person the list is important to you is. It's only your opinion that matters. If you think something's great, cool or magical about you – it is!

There are five simple steps:

1. First, write down a list of the 10 magical things about you (more if you want to) using the table on page 25.
2. Then, write down the insights you gained as a result of completing this exercise.
3. Next, write down how completing this exercise made you feel.
4. Then, write down the top five things you will do as a result of completing this exercise – and by when.
5. Finally, transfer the top ten magical things about you to your MagicMap™.

To help get you started, I've put my list on below and also put below it some examples of things other people have written before – enjoy this exercise!

1. *I have an amazing beautiful wife and three articulate wonderful children*
2. *I can fly helicopters.*
3. *My belief that anything is possible*

4. I love wake boarding
5. How open I am with my friends (don't save your best lines for when they can't hear)
6. I'm a great cook (I trained to be a chef in Switzerland)
7. I can snowboard like a skinny guy
8. I have an RYA power-boating qualification
9. I always strive to be the best, have the best and create the best - and motivate others to do the same.
10. As a result of being a passionate foodie, I am well known in a lot of cool restaurants
11. I'm always open minded and ready for new ideas.
12. I'm coachable
13. I have a scar on my shoulder that looks like a shark bite
14. I love taking risks - and winning!
15. I love playing tennis
16. I want to change the lives of millions for the better

Great examples from other people

I can bake a great chocolate cake

I'm a great listener

I can run a marathon in under 3 hours

I raised \$3,000 for charity last year

I'm an inspiring public speaker

I'm a great mom/dad

I can speak 3 languages

I've written a book

I'm a great friend

Now it's your turn.

Write down below the 10 magical things about you (more if you want to!)

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Now answer the following questions:

The insights I gained from this exercise

How completing this exercise made me feel

--

The top five things I will do as a result of completing this exercise

By when

01.

02.

03.

04.

05.



Magic Tip: Transfer your top ten answers to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

What's really important?

Magic Action #5 Understand what's really important to you

“We may run, walk, stumble, drive, or fly, but never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way.”

-Author unknown

After listening to the story on CD2, first complete the answers to the questions below:

People	How I want to be remembered	My insights/next Magic Action	By when
Spouse/ partner			
Siblings			
Children			
Friends			
Colleagues/ co-workers			
My wider community			

Then complete the additional questions below which may help you to understand what's truly important to you:

If I could write my own epitaph, it would say:

The greatest moments of happiness and fulfillment in my life so far are:

The things I enjoy spending my time doing are:

The activities of most worth to me in my personal life are:

The activities of most worth to me in my professional life are:

The things I'm motivated and passionate about are:

Blank space for writing answers to the first question.

Looking back to when I was a child, what ambitions did I have which, for whatever reasons, were never fulfilled?

Blank space for writing answers to the second question.

Looking ahead, what would I do if I knew I couldn't fail?

Blank space for writing answers to the third question.

If I had an extra three days a week and money was no object, I would spend my time doing the following things:

Blank space for writing answers to the fourth question.

If I use my imagination to identify my ideal lifestyle, it would be :

Blank space for writing answers to the fifth question.



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

What's your question?

Magic Action #6 Create your own question

“Man’s mind stretched to a new idea never goes back to its original dimensions.”

-Oliver Wendall Holmes

Using the following format and referring to your answers in the earlier exercises, it's time to develop your unique question.

It begins with: How can I (*INSERT SOMETHING YOU WANT TO ACHIEVE*)

and then follows with: whilst (*INSERT SOMETHING ELSE YOU WANT TO ACHIEVE*).

The “whilst” is optional, but recommended.

Here are some examples.

- How can I build a successful career whilst balancing the other priorities in my life?
- How can I start my new business whilst still supporting my living costs and my family?
- How can I do a job I really enjoy whilst generating enough money to support myself?
- How can I be the first person in my family to experience space flight whilst supporting my wife and children?
- How can I become a world famous actor whilst keeping all my important friendships alive?
- How can I write my first novel and fulfill my ambition of being a novelist whilst still working full time and supporting my family?
- How can help my kids fulfill their potential whilst still being a fun mom/dad?

Now it's your turn.

Remember, the idea here is progress, not perfection! Your question will change!

How can I

whilst



Magic Tip: Transfer your question to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

What's your MagicNumber®?

Magic Action #7 Discover your unique MagicNumber®

“Some people dream great things whilst others stay awake and do them.”

-Ghandi

Your MagicNumber® is the amount of money or accumulated wealth you need so that work is optional. It's about you being in a position where you're happy and in a position where work is optional. In other words, if you're working its because you want to, not because you have to.

The Magic Number® tool at www.magicfuture.com enables you to choose the types of homes you want to enjoy, the vacations you want to have, how you wish to spend time with those that you love, and then a complex algorithm behind the scenes calculates your MagicNumber® and enables you to understand the point at which work will be optional for you. The site will help you understand the gap you need to close, or if you're very fortunate and you're in a position where work is already optional, what the surplus is that you have over and above your MagicNumber®.

Your personalized profile at www.magicfuture.com also tells you the amount by which you have to grow your wealth base each day, month or year to achieve your MagicNumber and the age that you want work to be optional.

Finding out your MagicNumber® couldn't be easier and takes just a few minutes. Here's what you do:

1. Visit www.magicfuture.com.
2. Click on 'start my free trial and complete the details requested.
3. Here, you will be asked for you unique code which came with your audio program.
4. After entering your details, use the site to calculate your MagicNumber®

Your Magic Number® will change over time so, make a note here for future reference of your number right now:

My MagicNumber® is	At age
	



Magic Tip: Transfer your MagicNumber® to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Disappearing dollars

Magic Action #8 Identify where your dollars are spent!

“Money should be mastered, not served”

-Syrus, Maxims

Using the table overleaf:

- Firstly, in column 1 check off all the things you spend money on.
- Then in column 3, write down how much approximately you spend on this item each month. Add any additional items of expenditure in the spare boxes at the bottom of the list.
- Review the list as your month goes by, adding anything that you've missed.
- At the end of the month, review the list and, in column 4, write down how much you could have spent less or maybe even gone without.
- Then, in column 5, write the amount you could have saved this month.
- Add together the total at the bottom.
- In column 6, capture your insights or actions.

Here's a short example:

✓	Expenditure item	Amount spent per month(\$)	Amount I could have spent(\$)	Saving	My insights / Magic Actions
1	2	3	4	5	6
✓	Gas for my car	\$500	\$400	\$100	If walk to the store, I could save \$100 per month!
	Daily newspaper				
✓	Coffee	\$60	\$40	\$20	If I only stop at the coffee shop once per week instead of every day, I could save \$40 per month!
TOTAL		\$560	\$440	\$120	

✓	Expenditure item	Amount spent per month(\$)	Amount I could have spent(\$)	Saving	My insights / Magic Actions
1	2	3	4	5	6
Main residence expenses					
	Mortgage (s) and other property loans (s)				
	Rent				
	Property tax				
	Gas, electricity and other fuels				
	Water				
	Telephone				
	Maintenance, repairs, decorating and furniture				
	Home help, housekeeper, cleaner				
	Building and contents insurance				
	TV license				
	Gardening/handyman				
	Cable/satellite subscriptions				

✓	Expenditure item	Amount spent per month(\$)	Amount I could have spent(\$)	Savings	My insights / Magic Actions
---	------------------	----------------------------	-------------------------------	---------	-----------------------------

1 2 3 4 5 6

Personal expenses

	Clothing and footwear				
	Laundry and dry cleaning				
	Food and general house				
	keeping				
	Drink (wines, beers, spirits)				
	Cigarettes and tobacco				
	Personal grooming and cosmetics				

Medical expenses

	Dentist, optician and other practitioners				
	Health insurance				
	Medicines and prescriptions				
	Medical/healthcare premiums				
	Medical attendant or other carer				

✓	Expenditure item	Amount spent per month(\$)	Amount I could have spent(\$)	Savings	My insights / Magic Actions
---	------------------	----------------------------	-------------------------------	---------	-----------------------------

1	2	3	4	5	6
---	---	---	---	---	---

Transportation expenses

	Vehicle lease payments				
	Vehicle insurance				
	Vehicle license and tax				
	Fuel and oil				
	Vehicle maintenance, repairs and cleaning				
	AA/RAC (or similar) cover				
	Vehicle parking fees				
	Buses, trains, subway, taxis				

Leisure, vacations and entertainment

	Vacations				
	Sports, hobbies & entertainment				
	Reading material, music and videos				
	Christmas, birthday and thanks giving presents				

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

The debt elimination strategy

Magic Action #9 Create your debt elimination plan

“There are but two ways of paying debt: Increase of industry in raising income, increase of thrift in laying out.”

-Thomas Carlyle

The best way to address a problem is to write it down, create a plan to resolve it and then take action. This is a simple four step process.

Step One: Create a consolidated list of all your debt

Using the table overleaf:

- In column 1, list all your debts.
- In column 2, write down the amount outstanding.
- In column 3, write down the date by which the loan has to be contractually repaid.
- In column 4, write down the monthly cost to just service the debt to the agreed settlement date.

Here's a short example:

Debt name	Amount outstanding(\$)	Date by which the debt has to be repaid(\$)	The monthly cost to service the debt(\$)
1	2	3	4
Car loan	\$15,000	November 11 2015	\$250
Credit card	\$20,000	n/a	€150
TOTAL	\$25,000		\$400

Step Two: Decide on the \$ amount that you are prepared to allocate each month

Consider the amount of \$ you are prepared to allocate each month to reducing your debt in addition to the monthly debt servicing cost in column 3 of the exercise above) to pay off the debt quicker.



Magic Tip: There are three ways to approach paying down debt.

1. Focus your attention on the debt which is costing you the most interest – and get that paid off as quickly as possible before moving onto the next most expensive liability.
2. Pay the smallest debt first. Whilst this might seem not the most sensible thing to do, this approach often creates greater energy and motivation as you see results much faster.
3. Focus on repaying the debt that would make you feel better from an emotional perspective. For example, if you have a debt to a family member or friend that is weighing on your conscience and clearing it would give you a greater sense of wellbeing, you may wish to focus on clearing this debt first.

The key however is to pay down your debt one debt at a time. The sense of progress and energy you'll get from eliminating a debt will spur you on to greater progress. Apply all your surplus \$ to this one debt (remember to use the savings you've identified in the 'Disappearing Dollars' exercise you completed earlier). This is the best way to quickly create a feeling of progress and maintain your enthusiasm and momentum so you stick with your debt elimination strategy.

Step Three: Prioritise how you are going to repay your debts

Once you've decided on the priority order, remember to focus on one debt at a time!

Step Four: Set yourself some goals

Using the table below, set yourself some goals for paying down your debt – and review it regularly to make sure that you stay on track – and each time you achieve a goal, celebrate!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Your MagicVision™

Magic Action #10 Create your Magic Vision Board™

“If you can imagine it you can achieve it, if you can dream it, you can become it.”

-William Arthur Ward

A picture is worth a thousand words – and having a collection of images that inspire you is a wonderful way to stay connected to your future goals. I call it ‘wide awake dreaming™’ and its been proven time over to create results.

Using your account at www.magicfuture.com you can create your own vision board for your desired future. Download it to you computer and/or cellphone and print a copy to keep somewhere you’ll see it regularly. Have fun!

Here are some examples to help inspire you!





Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD3

Application

Achieving success beyond taking action

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Your Magic Plan™

Magic Action #11 Create your own Magic Plan™

“Most people don’t plan to fail – they simply fail to plan.”

-Jim Rohn

It's time to create your Magic Plan™! You can either do this using the template below or by visiting www.magicfuture.com and using the MagicGoals™ tool. Whichever you choose to do (workbook or online) you'll need to have to hand the choices you made that generated your MagicNumber®, your MagicVision® and the answers to the other exercises you've completed so far.

If you're using www.magicfuture.com - go to the MagicGoals™ tool now. If you're using your workbook, it's now time to brainstorm all the things you want to be, do and have and write them in the space overleaf along with dates by which you want to achieve them. This is a bit of a free styling exercise. Don't get hung up with any limiting thoughts. Just get everything down. Some of these are going to be short term, some will be longer term.

This is a simple four step process:

1. Using the following table, write down all the things you want to be, do or have and the date by which you want to achieve them. Write these in columns 1 and 2 respectively.
2. When you reach the end of your list, review it and in column 3, choose your top 5 goals.
3. Then turn to page 55 and proceed to break down your goals.
4. Transfer the contents of page 55 to your MagicMap™.

For example:

What do I want be, do or have?	By when	Top 5 Goal?
I can run the New York marathon in less than 3 hours	January 1st 2017	✓
I can speak fluent Japanese	June 30th 2015	
I have visited Venice	June 30th 2014	✓



Magic Tip: Goals should be **SMART: Specific, Measurable, Appealing, Relevant and Time bound. What do I mean?**

Specific	Measurable	Appealing	Relevant	Time bound
Able to be written down clearly – not ambiguous.	Either by a number or a point in time.	You have to want to achieve the goal – it has to have an attraction factor.	The goal needs to be relevant and consistent with what's really important to you and what you want to achieve in your life – otherwise you'll lack the motivation to follow through.	You must have a 'to do by' date – a deadline.

Apply SMART thinking to your goals and you'll be successful.

What do I want be, do or have?	By when	Top 5 Goal?
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes
		Yes

Next, I want you to review the above list, and choose five goals to focus on.

These will be the goals you focus on in the first phase and, as you achieve them, you can replace them with new goals. For phase one, write a '1' in the 'Top 5' column. If you want to also mark which five are phase two and beyond, go ahead.

Next, transfer your top 5 onto the table below and complete the sections in number order. Here's an example:

1 My Goal	2 Where I want to be in 3 years time	3 Where I want to be in 1 years' time	4 Where I want to be in 90 days	5 Immediate actions I will take to get on track
I have run the New York marathon in less than 3 hours by January 1st 2017	I have run the New York marathon in less than 3.5 hours	I have run my first New York marathon	I am able to run for 3 miles without stopping	Buy new running shoes by February 1st.

1 My Goal	2 Where I want to be in 3 years time	3 Where I want to be in 1 years' time	4 Where I want to be in 90 days	5 Immediate actions I will take to get on track



Magic Tip: Transfer this information to your MagicMap™.

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Seven success strategies

Magic Action #12 Employ the top seven success strategies

“Live every day as if it were your last, but plan as though you were going to live forever.”

-Ghandi

There are seven key strategies used by successful people to achieve and maintain success. Follow them and your chances of doing the same will be significantly improved:

Success strategy	Am I currently doing this?	My insights/next Magic Action
Success Strategy #1: how to avoid feeling overwhelmed. The secret to achieving goals is to think big but start small. Often the best way to get things done is to pick the smallest action you can take that will start to build momentum. And then do it. Once you've done one, do the next one.	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Success Strategy #2: how to avoid getting distracted or losing focus. The best thing that you can do is to set yourself up so that you're good at avoiding distractions and find it easier to focus. Later in the workbook you'll develop your Magic Hour™. It's a wonderful opportunity to build your motivation, create connection with your bigger future, and set yourself up for a day of accomplishment. It's tremendously helpful in preparing you to deal with obstacles that arise and importantly, as we covered under your MagicVision™, be attuned to the opportunities that are in harmony with where you're trying to go. And if you have a bad day, which you will from time to time, use the next days' magic hour as an opportunity to get back on pace.	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Success Strategy #3, how to avoid trying to do too much. Successful people have plans and daily objectives, and once you defined your daily objectives, being successful is about having the discipline to decide not to do other things that will sabotage your success.	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Success Strategy	Am I currently doing this	My insights/next Magic Action
<p>Success Strategy #4: when you get knocked off course, how to get back on course. Getting knocked off course has happened for millions of people in the past, it happens for millions of people in the present, and it will continue to happen for millions of people in the future. It's a way of life. And the best thing you can do is not waste emotional energy by getting upset. Instead, just embrace it as normal. Human beings are wonderful things and we're all very resilient. We experience horrific disasters, things outside our control, but we always bounce back, and we inspire those around us.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Success Strategy #5: getting the capability so you can complete your goals. You have to accept that in many cases you can't do it by yourself. And if you're struggling and feel you would benefit from someone else's input, ask for it. It's a sign of strength, not weakness. Yet so many people plough independently when just by asking for a bit of help, guidance or support, would accelerate their progress so much faster.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Success Strategy #6: how to organize your life around your goals rather than your goals around your life. The great thing about the magic formula for happiness and success is that you end up with goals and visions that are perfectly aligned with how you want to live your life. Organizing your life around your goals is therefore some</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Success Strategy Number Seven: how to get accountable. Unless you possess super human powers of discipline and focus, you'll benefit from a little accountability. Not being accountable to ourselves or to others makes it very easy for us to slip, push things back, not get things done, or to take the path of least resistance rather than the path less traveled.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD4

Growth

Being the best you can be

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

The three principles of growth

Magic Action #13 Growth through learning from experience

“Learn from yesterday, live for today, hope for tomorrow.”

-Albert Einstein.

The three principles of growth are:

1. You have to want to learn

People who want to learn tend to be more motivated and they achieve more than those that don't. They don't just sleepwalk their way through life. They seek out opportunities and the more they learn, the more they want to learn. All you need to do is to be open-minded to the fact that pretty much all of life's day-to-day experiences provide opportunities to learn.

2. You need to be able to transfer what you've learned into meaningful actions

Having a great attitude towards learning is a fantastic start. But it isn't enough. You have to be able to transfer learning into action. It's what my coach, Dan Sullivan, calls The Experience Transformer®*.

After every experience that you have, there's always learning. Firstly you write down everything that worked, secondly you write down everything that didn't work, thirdly you write down what you would do differently and finally, you capture any insights and actions that you could implement that would deliver a more successful outcome in the future. It's a simple four step process.

Using the following template, try it yourself. Pick something that happened to you recently – maybe a meeting that went really well or perhaps really badly. If you're struggling to think of something, pick the last week of your life and use that as the experience you would like to learn from.

3. You have to apply the actions to effect change

There's little point in wanting to learn but then taking no action. The real power of learning is not in the lesson itself, but in the way that you utilize and apply it.

Using The Experience Transformer® exercise, if you've taken the time to think about what worked and what didn't, and you then fail to apply what you learned, then you won't have made progress and it will have been a waste of effort.

So the more action you take, the more you learn. And the more you learn, the more you grow. The more you grow, the more action you take. And you can see how this starts to become very powerful as it snowballs. And it isn't just growth. This is continuous growth. And the great thing is it's really simple and we can all do it.

The Experience Transformer®*

1. The experience I'd like to learn from is:

2. The things that worked about this experience for me are:

3. The things that didn't work about this experience for me are:

4. Knowing what I know now, I would do the following things differently:

5. The actions/insights I will take so that I learn from this experience are:

Actions	By when

The framework for this exercise has been reproduced with the kind permission of The Strategic Coach.

*The Experience Transformer® is a registered trademark, protected by copyright and an integral concept of The Strategic Coach, Inc. All rights reserved. Used with written permission. No part of this work may be reproduced in any form, or by any means whatsoever, without written permission from The Strategic Coach Inc. If you would like further information about the Strategic Coach® Program or other Strategic Coach® services and products, please telephone 416.531.7399 or 1.800.387.3206. Fax: 416.531.1135. Email: info@strategiccoach.com or visit www.strategiccoach.com.

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Celebrate!

Magic Action #14 Attach celebration tags to your success!

“People rarely succeed unless they have fun in what they are doing.”

-Dale Carnegie

In this section, review your goals and forthcoming actions, pick five of them and attach celebratory tags to the ones that you think are the most challenging and worthy of celebrating. Decide on a celebration that's befitting of the task. Make a note, and then set about doing the task so you can get really motivated by the wonderful fun celebration that's going to come!

For example:

My current debt(\$)	The accomplishment I'm going to celebrate	How I'm going to celebrate
I can speak fluent Japanese	I can hold a basic conversation in Japanese	Visit my favourite Japanese restaurant and enjoy a great meal!

My goal	The accomplishment I'm going to celebrate	How I'm going to celebrate

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Skills and knowledge

Magic Action #15 Skills and knowledge

“It’s never too late to be who you might have been.”

-George Eliot

The growth that comes from the study of information, structured learning of a subject, skills, qualification or craft means provides a great opportunity for us to perform better.

We have all experienced growth through structured learning – having being to school and studied various topics determined by the school system. However, when we leave school, we can choose to learn whatever we wish – there’s no excuse not to learn!

Think about what you love, what you really enjoy doing and then whether there’s a skill, qualification or craft you to focus some time on to improve your enjoyment and knowledge.

For example:

A subject, skill or qualification I'd like to obtain	Why	By When	My next action	By When	Should this be in my Top 5 goals?
Learn to play the piano	I love music, I find it relaxing and learning to play the piano will be a great challenge for me.	1st January 2015	Find a local piano teacher that I like.	Tomorrow!	Yes

A subject, skill or qualification I'd like to obtain	Why	By when	My next action	By when	Should this be in my Top 5 goals?
					Yes
					Yes
					Yes
					Yes
					Yes
					Yes

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Self awareness

Magic Action #16 Growth through learning
from a great service experience

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

-Leo F Buscaglia.

Being self aware is a real skill. It's about being alert and aware to how your communication, behaviour, actions, appearance, attributes and how you project yourself impacts other people. If you can become more self aware you have the power to change and become more successful at what you do by maximizing the impact and power of the relationships and interactions you have. Remember, you only get one chance to make a first impression!

In the same way as we can learn from personal experience (good or bad) we can also learn from both great and bad service experiences. There's tremendous learning all around us which is often missed. In this exercise I'd like you to reflect on a great service experience you've enjoyed recently and capture the insights and learnings using the table overleaf.

For example:

A recent great service experience:

My appointment at the cellphone store to get my phone fixed

What attributes did the service provider display	Why this experience made me feel good	What transferrable insights I've gained about how I interact with others	My next Magic Action	By when
She was warm and friendly, keen to help, polite - and she smiled!	I felt like an important customer	I should remember to keep eye contact with people when they're talking to me!	At my next meeting, keep eye contact	Today
She didn't know all the answers to my questions but ensured I got some help from her colleague.	She seem to enjoy helping me - which put me at ease.	If people think I enjoy speaking with them, the experience is better for both of us!	Smile!	Today

What attributes did the service provider display	Why this experience made me feel good	What transferrable insights I've gained about how I interact with others	My next Magic Action	By When
She was 'present' and focusing on helping me as quickly as she could.	he fixed my phone!	If someone comes to me with a problem, I should take care to make sure I'm present and put them at ease - even if I don't know all the answers to their questions.	Focus on the person that's speaking to me every time I engage in a face to face discussion.	Today

A recent great service experience:

Blank space for writing a recent great service experience.

What attributes did the service provider display	Why this experience made me feel good	What transferrable insights I've gained about how I interact with others	My next Magic Action	By When



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Self awareness

Magic Action #17 Growth through listening

“Most of the successful people I’ve known are the ones who do more listening than talking.”

-Bernard M Baruch

We have two ears and one mouth – and they should be used in that order!

Many people miss a great opportunity for learning – because they’re spending too much time talking and not enough time listening! Using the table below, think about a time in your life when you’ve encountered this and how it made your feel.

A recent experience where someone talked but didn’t listen.

--

How this made me feel	How the experience would have been different if this person had been a better listener	The transferrable insights I’ve gained that I will apply myself	My next Magic Action	By when

How this made me feel	How the experience would have been different if this person had been a better listener	The transferrable insights I've gained that I will apply myself	My next Magic Action	By When



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Being coachable

Magic Action #18 Seek feedback

“Feedback is the breakfast of champions.”

-Ken Blanchard

Feedback from people you respect is a gift. It should be considered not as criticism but an opportunity to become more self-aware. Remember, when people give you feedback, they're usually doing so because they care. Seek out feedback from others as fuel for growth! Embrace it and learn from it. It's free and a great way to make progress.

Firstly, identify people whose opinions you respect and with whom you have some regular interaction. Write their names in column 1 below:

Then, contact each of these people and tell them that because you respect their opinion, you would like them in future to give you feedback on an ongoing basis to help you grow. This is very flattering for the person receiving this request. You'll also probably find that straight away they'll be prepared to give you feedback on what's working, what's not working, what they see about you that you're doing well, what they think you can do better. Record their feedback in column 2.

Finally, in column 3, write down the actions you will take as a result of their feedback. In column 4, write down the date you will complete the action by.

1 Name	2 Their feedback	3 Action I will take as a result of receiving this feedback	4 By when

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Unique Ability®

Magic Action #19 Discover your Unique Ability®*

“Success is the maximum utilization of the ability that you have..”

-Zig Ziglar

My coach, Dan Sullivan, has developed a unique method for understanding what he calls your 'Unique Ability'. He has kindly agreed that I can share his framework with you. Follow the five simple steps below to discover your own Unique Ability.

1. Choose eight people in your life whose judgment you respect.
2. Contact each member of your 'chosen eight' to request their feedback on what they believe your Unique Ability to be.
3. Use the table on the pages 80 - 82 to summarise their feedback.
4. Review the feedback you've collated in step three and summarise the key themes in the box provided on page 83.
5. Review the key themes and use them to write your own personal Unique Ability® Statement.

Step One: Select your 'chosen eight'

The first thing you need to do is choose eight people in your life whose judgment you respect. These could be members of your family, friends, colleagues or clients you work closely with. Whoever you choose they need to have seen you demonstrate your abilities over time.

Your chosen eight people

01.

02.

03.

04.

05.

06.

07.

08.

Step Two: Contact each member of your 'chosen eight' to request their feedback

Having selected your 'chosen eight', you now need to contact each of them individually to request their opinion on what they consider your Unique Ability to be. Here's an example of a letter or email you could send:

Dear (Friend),

I am currently going through a process of self improvement and to help me, I have recently purchased an audio program titled *Your Magic Future: A Proven Magic Formula for Making Work Optional*. One of key concepts in this program is Unique Ability®, a concept created by Strategic Coach. This concept is based on the idea that everyone possesses a combination of talents, interests, and capabilities that are unique to each individual.

Because I trust and respect your opinion, I would really appreciate it if you could consider the following question and send me back an answer: "What do you see as my Unique Ability?" My Unique Ability includes my talents and abilities, characteristics that describe me, what I'm good at, how I do things, what you count on me for, and anything that impresses you about who I am.

I'd very much appreciate a response before (date) so I have time to complete this exercise. Thank you for taking the time to give me your feedback. I look forward to hearing from you.

Your sincerely,

Step Three: Summarise the feedback received in the synopsis table below:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Name:

Feedback:

Step Four: Summarise the key themes

Having completed your synopsis table, review the content. You'll often find some common themes (and maybe even a few nice surprises!). Summarise the key themes (and those that ring true for you) in the 'summary box' below:

Summary

Step Five: Write your personal Unique Ability® Statement

Finally, look at what you're written in the 'summary box' above and use this to write your own Unique Ability® Statement. To assist you, here is my own Unique Ability Statement:

My Unique Ability is:

Identifying opportunities to create exceptional outcomes and experiences, shaping visions, simplifying the complex, and bringing positive energy, enthusiasm, and passion to inspire people to take action – and create happiness.

Write your own Unique Ability Statement in the box below:

My Unique Ability is:



Magic Tip: Transfer your Unique Ability Statement to your MagicMap™

The framework for this exercise has been reproduced with the kind permission of The Strategic Coach.

*Unique Ability® is a registered trademark, protected by copyright and an integral concept of The Strategic Coach, Inc. All rights reserved. Used with written permission. No part of this work may be reproduced in any form, or by any means whatsoever, without written permission from The Strategic Coach Inc. If you would like further information about the Strategic Coach® Program or other Strategic Coach® services and products, please telephone 416.531.7399 or 1.800.387.3206. Fax: 416.531.1135. Email: info@strategiccoach.com or visit www.strategiccoach.com.

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD5

Independence

An incredible link to peace and happiness

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic attitude™

Magic Action #20 Create a Magic Attitude Activator™

“Whether you think you can or whether you think you can’t, you’re right.”

-Henry Ford

Your attitude is a matter of personal choice. Having a great attitude makes you a better person to be around and enables you to reach higher and make progress faster!

Pick an attitude activator that you can use to remind you to choose a great attitude at the beginning of your day. Write it below:

My magic attitude activator is:



Magic Tip: Transfer your magic activator to your MagicMap™.

Then, for the next 21 days, track the how long you maintained your positive attitude for each day and the impact it had on your results, experiences and relationships by completing the following table.

Day #	How long I maintained my positive attitude	How my positive attitude impacted results, relationships and experiences	Insights or Magic Actions	By when
01.				
02.				
03.				
04.				
05.				
06.				
07.				
08.				
09.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic gratitude™

Magic Action #21 Adopt a gratitude mindset

“As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them..”

-John Fitzgerald Kennedy

Operating each day with a gratitude mindset not only makes you feel happier but it makes you a much better person to be around.

Three Magic Tips for adopting a gratitude mindset:

1. Spend just a few minutes each morning listing 5 things you're grateful for right now.
2. Spend just a few minutes each day looking at the key achievements in your life so far.
3. Play the gratitude game! This is a great way to boost conversation, energy levels and help you and those closest to you adopt an attitude of gratitude! Here's now...

At your next meal with friends or family:

1. Start the game by asking each person to identify one thing he or she is really grateful for right now.
2. As each person speaks, take the time to listen, acknowledge and praise them.
3. After each person has spoken, go around the table again. Do this three times. You will often find that you gain a great level of insight – and also some great learning from their experiences.



Magic Tip: If there's someone around the table who initially can't find anything positive to say, persevere. Everyone always find at least one thing to be positive about!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic values™

Magic Action #22 Discover your magic values™

“It’s not hard to make decisions when you know what your values are.”

-Roy E Disney

A life lived in harmony with your values leads to happiness. A life lived in conflict with your values is stressful, uncomfortable and difficult. Your values are the things you believe to be important and they will influence the actions you will take and the decisions you will make.

It’s therefore key is to identify your key values – and here’s how in five simple steps:

1. Review the list of example values on the next couple of pages. This list is not exhaustive but will help get you started. Start by circling the values that are most important and relevant to you.
2. Next, go to page 94 and write the values circled (together with any others that are important to you) to create your values longlist. Transfer these to column 1.
3. Next, in column 2, narrow this list down to your top ten shortlist.
4. Then, in column 3, narrow your top ten down to your top five key values.
5. Finally, transfer your top five to your MagicMap™

And finally, when you’ve identified your top five values, look at how you live your life right now and ask yourself whether there is any potential conflict. For example, if one of your key values is family but you take very little vacation, work a 70 hour week and are not present at weekends, there’s a potential conflict!

Example Values

Acceptance
Acknowledgement
Affluence
Appreciation
Attentiveness
Boldness
Capability
Charity
Closeness
Community
Concentration
Continuous improvement
Courage
Daring
Determination
Direction
Diversity
Eagerness
Empathy
Enthusiasm
Excitement
Expertise
Exuberance
Fearlessness
Flair
Friendliness
Gentleness
Gratitude
Harmony
Hopefulness
Improvement
Inquisitiveness
Intelligence
Joy
Learning
Loyalty
Meticulousness
Neatness
Originality
Peace
Personal Growth
Popularity
Precision
Proactivity
Rationality
Reflection
Reputation
Responsibility
Safety
Self-respect
Sincerity
Stability
Supportiveness
Thoughtfulness
Tradition
Understanding
Virtue
Wealth

Accomplishment
Activeness
Agility
Approachability
Awareness
Bravery
Care
Charm
Collaboration
Compassion
Confidence
Contribution
Courtesy
Decisiveness
Devotion
Directness
Dominance
Education
Endurance
Environmentalism
Exhilaration
Exploration
Fairness
Ferocity
Flexibility
Friendship
Giving
Growth
Health
Humility
Independence
Insightfulness
Intimacy
Justice
Liveliness
Making a difference
Mindfulness
Open-mindedness
Partnership
Perceptiveness
Persuasiveness
Potency
Preparedness
Professionalism
Realism
Regularity
Resilience
Responsiveness
Satisfaction
Selflessness
Skillfulness
Status
Sympathy
Thrift
Traditionalism
Usefulness
Vision
Willingness

Accountability
Adaptability
Alertness
Approval
Balance
Brilliance
Certainty
Cheerfulness
Comfort
Competence
Conservation
Control
Creativity
Democracy
Devoutness
Discipline
Drive
Effectiveness
Energy
Equality
Expectancy
Expressiveness
Faith
Fidelity
Focus
Frugality
Goodness
Guidance
Helping others
Humor
Individuality
Inspiration
Introspection
Keeness
Logic
Mastery
Modesty
Openness
Passion
Perfection
Philanthropy
Power
Presence
Progress
Reason
Reliability
Resolve
Restraint
Security
Sensitivity
Sophistication
Strength
Teamwork
Tidiness
Tranquility
Utility
Vitality
Winning

Accuracy
Adventure
Ambition
Articulacy
Being the best
Calmness
Challenge
Clarity
Commitment
Competition
Consistency
Conviction
Credibility
Dependability
Dignity
Discovery
Duty
Efficiency
Enjoyment
Ethical
Expediency
Extravagance
Fame
Fierceness
Frankness
Fun
Goodwill
Happiness
Honesty
Imagination
Influence
Integrity
Intuition
Kindness
Longevity
Maturity
Motivated
Optimism
Patience
Perseverance
Playfulness
Practicality
Pride
Prosperity
Reasonableness
Relief
Resourcefulness
Results-oriented
Self-control
Sharing
Speed
Structure
Thankfulness
Timeliness
Trustworthiness
Variety
Vivacity
Wisdom

Achievement
Affection
Amusement
Assertiveness
Belonging
Candor
Change
Cleverness
Communication
Composure
Contentment
Cooperation
Curiosity
Desire
Diligence
Discretion
Dynamism
Elegance
Entertainment
Excellence
Experience
Extroversion
Family
Firmness
Freedom
Generosity
Grace
Hard work
Honor
Impartiality
Innovation
Intellect
Inventiveness
Leadership
Love
Mellowness
Nature
Order
Patriotism
Persistence
Pleasantness
Pragmatism
Privacy
Punctuality
Recognition
Religiousness
Respect
Rigor
Self-reliance
Simplicity
Spirituality
Success
Thoroughness
Tolerance
Truth
Vigor
Warmth
Worthiness

1. Values longlist	2. Top ten shortlist	3. My five key values
	01	01
	02	02
	03	03
	04	04
	05	05
	06	06
	07	07
	08	08
	09	09
	10	10



Magic Tip: Remember to transfer your top five key values to your MagicMap™!

Looking at my top key values above, is there any area of my life that is currently operating in conflict:

Area of conflict	The action I will take to avoid this conflict



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Habits™

Magic Action #23 Create some great new habits for success

“We are what we repeatedly do. Excellence then, is not an act, but a habit.”

-Aristotle

A habit is an action or behaviour that through repetition becomes a habit! Motivation gets you started and habits keep you going!

To create a new habit, a good rule of thumb is to repeat something 21 times consecutively.

To adopt a great new habit, either use your account at www.magicfuture.com where we've made it really easy for you to adopt a great new habit and check off your progress day by day as towards building a winning streak of successful accomplishment. And with your complimentary access to www.magicfuture.com through this program, it's very straightforward for you to go online and list the habits that you'd like to adopt.

Alternatively, use the exercises below.

1. First, review your goals and think about the habit you will adopt that will help you achieve one or more of your goals. Complete rows 1 and 2 on page 98.
2. Then, in row 3, state the date you would like to start to create your new habit.
3. Then, in row 4, check after each successful instance of completing your habit.

Example habit

1. The new habit I want to adopt is:

Daily run

2. This will help me achieve my goal to:

Run the New York marathon in less than 3 hours

3. Date I will start creating my new habit is:

1st January

4.

01

02

03

04

05

06

07

08

09

10

11

12

13

14

15

16

17

18

19

20

21



Magic Tip: Don't overwhelm yourself by trying to do too much at any one time. Try to adopt only one or two new habits at a time to increase your chances of success!

Now your turn...

Habit 1

1. The new habit I want to adopt is:

2. This will help me achieve my goal to:

3. Date I will start creating my new habit is:

4.

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	

Habit 2

1. The new habit I want to adopt is:

2. This will help me achieve my goal to:

3. Date I will start creating my new habit is:

4.

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	

Habit 3

1. The new habit I want to adopt is:

2. This will help me achieve my goal to:

3. Date I will start creating my new habit is:

4.

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	



Magic Tip: When you've created a new habit, record it on your MagicMap™ under your Magic Achievements!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Hour™

Magic Action #24 Create some great new habits for success

“Never begin your day until its finished on paper.”

-Jim Rohn

Have a rewarding day by planning it before you start it – avoid the busyness taking over!

Your Magic Hour™ is an hour that you take at the beginning of each day (and for most people it is much less than an hour) that will make you feel better about your progress. It helps you to take control of the day ahead and it results in you achieving so much more than if you don't do it.

The first thing you need to do is choose the time for your Magic Hour™. It's then a simple four step process:

1. Review the MagicMap
2. Write down the things I'm grateful for
3. Review my diary for the day ahead
4. Use my magic attitude activator.

Write down the things I am grateful for right now:

01

02

03

04

05



Magic Tip: Make protecting your Magic Hour your first new habit to adopt!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Independence Day

Magic Action #25 Have your own independence day!

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

-Buddha

Each year America celebrates Independence Day. I recommend that you have your own personal independence day once every 90 days.

Firstly, schedule your independence days in advance. Secondly, remember, it's YOUR independence day and should be spent focusing on you!

Schedule your next 4 independence days- ideally 90 days apart

1 st 90 days	2 nd 90 days	3 rd 90 days	4 th 90 days

The first half of your own independence day should be spent reviewing focusing on your goals, your progress so far and what you want to achieve next:

- Review your MagicMap™ and your www.magicfuture.com account if you've taken advantage of the code contained in this audio.
- Review your goals and the progress you've made over the last 90 days.
- Note your achievements and what you've learned in the past 90 days.
- Set your objectives for the next 90 days to ensure that you stay on track to achieving your longer term goals.
- Review your MagicVision™ - making updates and changes as your vision for the future develops.

The second half of the day should be spent doing something you really enjoy doing – remember, its your

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



CD6

Community

Achieve more and love life!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Community™

Magic Action #26 Identify your community!

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.”

-Chief Seattle

Adopting an independence mindset is key to your success. However, at times, we all need the help of others. Surround yourself with the right people and they will help you transform your success and your happiness!

Your community takes three forms:

1. Your physical community – the people with whom you have direct personal contact, ie, people that you meet and spend time with. For example friends, family, work colleagues, neighbours, fellow club members and other people who you meet regularly in your day to day life.
2. Your virtual community – people with whom you are in contact via the web or other technology. For example, Twitter followers, friends on Facebook, LinkedIn networks, online forums or groups that you belong to.
3. Your potential community – people you would like to have in either your physical or virtual community. These are people that you would like to connect with who can help you to your direction of travel.

Using the following exercise, identify the most important members of your physical, virtual and potential community.

- Firstly, in column 1 write down the name of the top five people in your community.
- Next, in column 2, write down why you value each member of your community.
- Then in column 3, write down a way in which you can add value to each member of your community
- Next, in column 4, write down the next action you will take with each community member.
- Finally, list your community in the space provided in your MagicMap™

For example:

1 Magic community member	2 Why I value this member of my physical community	3 The value I can add to this member of my physical community	4 My next Magic Action with this community member
John Smith	He is a great personal trainer who I respect and knows how to get the best out of me.	I am a loyal customer who has recommended other clients to him.	Tell John how much I appreciate and respect him. Also, speak to my friend Joe and suggest that he too becomes one of John's clients.



Magic Tip: Tell people who are in your community why you value them!

My physical community

1 Magic community member	2 Why I value this member of my physical community	3 The value I can add to this member of my physical community	4 My next Magic Action with this community member

My virtual community:

1 Magic community member	2 Why I value this member of my physical community	3 The value I can add to this member of my virtual community	4 My next Magic Action with this community member

My potential community

1 Magic community member	2 Why I value this member of my physical community	3 The value I can add to this member of my potential community	4 My next Magic Action with this community member



Magic Tip: Remember to transfer the names of your key community members to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Mentor™

Magic Action #27 Engage a magic mentor™

“ A single conversation with a wise man is better than ten years of study. ”

-Chinese proverb

There are two essential elements of a successful mentoring relationship. The first is your willingness to embrace change, listen and learn. The second is the other person's willingness to engage with you.

Having applied my Magic Formula, you will be exactly the type of person a great mentor will want to engage with – because you have vision, clarity and purpose – meaning your mentor can focus on sharing the benefit of their experience, knowledge and wisdom.

Identifying your mentor

Complete the table on page 112 to help you identify your ideal mentor. This is a simple four step process:

1. First, consider the area(s) of your life where you feel you could benefit from engaging with a mentor.
2. Then think about the particular areas of expertise your ideal mentor would possess that could help you achieve your objectives.
3. Next, write a list of all the people (whether they are known to you personally or not) that you feel would be a good mentor to fulfill this role.
4. Review your shortlist and then think about who your favoured mentor would be and why.

For example:

1 The area of my life where I feel a mentor could help me:	2 The expertise my mentor needs to possess to help me	3 My shortlist potential people who could provide this expertise	4 My favoured mentor and why
<p>Start my own business</p>	<p>Someone who has started their own business from scratch</p> <p>A successful business owner who operates with integrity</p> <p>Marketing expertise</p>	<p>John Smith Sandy Jones Ella Patrick Sarah Styles</p>	<p>Ella Patrick - she started her business 5 years ago and it's thriving. She has recruited great people, has great clients and her marketing material is very engaging - exactly what I'm looking to achieve!</p>

1 The area of my life where I feel a mentor could help me:	2 The expertise my mentor needs to possess to help me	3 My shortlist potential people who could provide this expertise	4 My favoured mentor and why



Engaging your mentor

Having identified your ideal mentor, the next thing you need to do is start the engagement process.

Approach your ideal mentor in writing (or, if the individual is known to you personally, you may wish to do this face to face) and provide them with the following information:

1. Some background on you and your experience
2. An overview of why you seeking a mentor
3. Your objectives for the future
4. Why you think they are the right mentor for you.
5. Amount of time you're expecting from them.

Detailed overleaf is an example approach letter/email:

Dear

I am currently going through a process of self-improvement and to help me, I have recently purchased an audio program titled *Your Magic Future: A Proven Magic Formula for Making Work Optional*. One of key concepts in this program is that of engaging a mentor to help me achieve my objectives. The purpose of my letter/email (delete as appropriate) is to establish whether you would consider the possibility of acting as my mentor. To provide some further context:

My background

Insert a few lines about you and the area in your life where you would like to mentor to assist referring to the notes you made in columns 1 and 2 above.

Why I feel you can assist me

Please refer to the notes you made in column 4 above.

I would love the opportunity of speaking with you regarding my request in further detail to establish if this is an area that you would be happy to assist me with and agree how we may be able to work together.

My contact details are as follows

Insert your name, address, email and telephone number(s).

I am absolutely committed to ensuring that I take full advantage the assistance, support and guidance I hope you will be happy to provide me so that the mentoring relationship is as rewarding for you as it will be for me.

I very much look forward to hearing from you.

Yours sincerely

Working with your mentor

Having engaged your mentor, here are some Magic Tips to share with him/her to ensure that the relationship is mutually rewarding:

- Don't waste their time – provide them with regular, succinct updates on your progress
- Be open and honest at all times – remember, all progress starts with telling the truth!
- Don't withhold information – its really difficult for a mentor to help if they don't know the facts.
- Book meetings with your mentor in advance and, ahead of each meeting, let them know what you are looking what you'd like to cover in the time you have together.
- Be courteous – and remember to thank them when they give you their time.
- As you develop and grow you may outgrow your current mentor and be ready to move on. Great mentors will know this and you should be open about this at the start of your relationship. You should only both continue as long as the mentor is comfortable that they are prepared to spend time with you and you are gaining tremendous value.



Magic Tip: Don't be disheartened if your ideal mentor is not able to respond positively to your request – great mentors are often very busy people. Also, remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Goals buddies

Magic Action #28 Get accountable!

“My best friend is the one who brings out the best in me.”

-Henry Ford

Many of people start off with good intentions of making improvement in their lives but momentum often falls by the wayside. This is often because they are only accountable to themselves. Having a great goals buddy is a brilliant way to spur you on and help you stay on track – just like a great coach encourages a sportsperson. A little accountability goes a long way!

Look at each of your top five goals and pick a goals buddy or goals buddies to help you stay on track:

Goal	My chosen goals buddy/buddies to help me stay on track

The next step is to contact each of your chosen goals buddies and explain to them how they can help keep you on track by checking on your progress – and make you accountable!



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!

The magical happiness test™

Magic Action #29 Score your new levels of happiness

“Happiness is not something ready made. It comes from your own actions.”

-Dalai Lama

Having completed this audio and the exercises provided, take The Magical Happiness Test™ again. Look back at the results of the test you completed at the beginning of this program – and compare!

The magical happiness test™

1 Extremely unhappy	2 Very unhappy	3 Unhappy	4 Moderately unhappy	5 A little unhappy	6 A little happy	7 Moderately happy	8 happy	9 Very Happy	10 Extremely happy
----------------------------------	-----------------------------	---------------------	-----------------------------------	---------------------------------	-------------------------------	---------------------------------	-------------------	---------------------------	---------------------------------

Subject	Question	Scores		My insights/ next Magic Action
		Current 1-10	Desired 1-10	
1	2	3	4	5
Motivation	I am happy with my current level of motivation towards my life and improving it.			
Application	I apply myself well to everything I do so I achieve the best I can from the actions I take. I'm giving life 100%.			
Growth	I acknowledge my growth as an individual so far and invest enough time and energy on an ongoing basis in my future growth. I am confident in my ability to grow in future.			
Independence	I am responsible for my own future and confident in my ability to make really smart decisions about my life and what I need to do to make myself happier.			
Community	I have a supportive community (friends, family and contacts) that want me to be happier, want me to succeed and who provide greater mentorship, support and guidance.			
Appreciation	I operate with a gratitude mindset – I am grateful for who I am the life I have right now and the future potential that lies ahead.			
Learning	I consciously and continuously learn from life's experiences and am open to receiving feedback from others (praise or criticism) to help me learn more!			
Hope	I am hopeful about life – what it is now and what it will be in future. I have an expectation that things will get better.			
Achievements	I record my achievements and have a clear set of goals for what I want to achieve next.			

Subject	Question	Scores		My insights/ next Magic Action
		Current 1-10	Desired 1-10	
1	2	3	4	5
Positivity	I operate with a positive mindset – even when the going gets tough.			
Planning	I have a plan for my life, my finances and what I want to achieve so I feel fulfilled – and I use my plan to keep me on track.			
Influence	I feel in control of my own levels of happiness, my life and I am able to influence the direction it takes.			
Nurturing	I look after myself, I am supported and provide support to others around me.			
Envisioning	I have a clear vision of where my life is now and importantly, what I want it to be in future.			
Skills	I have (or know where to go to get) the skills, tools and knowledge necessary to help me make positive change in my life and improve my levels of happiness.			
Structuring	I am structuring my life to provide me with the time to plan and grow as a person.			
Tenacity	I am passionate about fulfilling my potential and I don't give up easily!			
Enjoyment	I enjoy life and having enough fun! I have plenty of reasons to smile every day!			
Strengths	I have absolute clarity on what my core strengths and values are – and I operate in an environment that utilizes them!			
Time	I have enough time for myself for reflect, planning, having fun and enjoy the things I love to do!			
TOTAL				

My deadline to get to my desired score is: _____



Magic Tip: Remember to transfer any key actions to your MagicMap™!

Magic Notes

Insights, inspirations and notes

My next Magic Action

By when



Magic Tip: Remember to transfer any key actions to your MagicMap™!



Feedback!

Magic Action #30 Share your success!

If you have success stories that you would like to share with me as a result of you applying what's in this program, please email me: stefan@stefanwissenbach.com. I'd be absolutely delighted to hear from you!

Further information regarding me can be found at www.stefanwissenbach.com.



Enhance Your Audio Learning Library with These Powerful Titles from Nightingale-Conant!

Pure Genius:

Dan Sullivan's Lifetime Focusing System for Total Self Mastery
By Dan Sullivan
22160CD

Piranha Marketing:

The Seven Success Multiplying Factors to Dominate Any Market You Enter
by Joe Polish and Tim Paulson
23871CD

The Top 2%:

How to Become the Highest Paid, Highest Profile Person In Your Industry
By Nightingale Learning Systems
26530CD

Creating Demand:

How to Attract Customers and Clients to Your Product or Service
By Rick Ott
26470CD

The Living Faith Series:

Life-Changing Tools for the Growing Christian
By Bill Hybels, Haddon Robinson and Luis Palau
20401CD

Channels of Profit:

12 Easy Ways to Make Millions for Yourself and Your Business
By MaryEllen Tribby
26320CD

All available from Nightingale-Conant at 1-800-525-9000 or visit our website at www.nightingale.com or for our UK clients 01803 666100 - nightingaleconant.co.uk

The framework for Magic Action #13 and Magic Action #19 have been reproduced with the kind permission of The Strategic Coach. If you would like further information about the Strategic Coach® Program or other Strategic Coach® services and products, please telephone 416.531.7399 or 1.800.387.3206. Fax: 416.531.1135. Email: info@strategiccoach.com or visit www.strategiccoach.com.



magicfuture.com®
take control • achieve more • love life!

MagicMap™

MagicNumber®

MY MAGIC NUMBER

AT AGE

10 Magical Things About Me

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

My Question

My Top 5 Magic Values

01.

02.

03.

04.

05.

What's Really Important to Me

01.

02.

03.

04.

05.

My Happiness

MY CURRENT SCORE

MY DESIRED SCORE

DATE:

BY DATE:

My Magic Community

MY CURRENT PHYSICAL COMMUNITY

01.

02.

03.

04.

05.

MY CURRENT VIRTUAL COMMUNITY

01.

02.

03.

04.

05.

MY POTENTIAL COMMUNITY

01.

02.

03.

04.

05.

My Unique Ability

Magic Attitude Activator

Magic Achievements This Quarter

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

Notes for my Magic Quarter



My Top 5 MagicGoals

My MagicGoal	My 3 Year Goal	My 1 Year Goal	My 90 Day Goals
01			
02			
03			
04			
05			



My Immediate Magic Actions (the next 90 days)

My 1 Month Actions (0-30 days)

My 2 Month Actions (31-60 days)

My 3 Month Actions (61-90 days)

Blank area for writing 1-month actions.

Blank area for writing 2-month actions.

Blank area for writing 3-month actions.