

Exercise sheet for chapter 10: Develop your potential pragmatically

Set and visualize an idealistic goal: Write down a big, idealistic goal that you want to achieve. Visualize this goal, e.g. with a vision board, using clippings from magazines, or write down everything about it in a free-writing exercise until the sheet is full.

Build pragmatically relevant skills: Choose a skill that is important for realizing your goals. Practice this skill regularly, e.g. through books or online courses. Offer your help to others free of charge to gain practical experience. This helps you to further improve the skill and is an opportunity to learn without the pressure of must-expectations.

Have an inner dialog: Find two different voices within you, one cautious and one dreamy. Let them both talk about a problem and together develop a pragmatic path towards your ideals. Record the most important considerations and use them to develop a behavioral plan.

Experiment and learn pragmatically: Resolve to try something new every day that could bring you closer to your goal. If an attempt fails, consider it a valuable learning experience and try another method. Accept failure as part of the process and use the findings for future steps.

If my team and I can help you, contact us for a free introductory call and find out what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)