Stephen McGhee

Leadership

THE POWER OF

V3

VISION | VELOCITY | VICTORY

THE LIFE EXCELLENCE PLAN

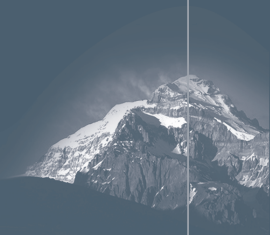
THIS LIFE EXCELLENCE PLAN BELONGS TO:

.....

NAME

.....

PHONE NUMBER



STEPHEN MCGHEE

LEADERSHIP

WELCOME!

This Life Excellence Plan is for men and women in search of purpose and direction beyond the boundaries that society has created for them. It's for everyone who wants to find and expand their passion and to pursue it with gusto and assurance; and to enter a quest for integrity, inner commitment, and unveiling the truth of who they really are.

There are very few people who believe their lives, their businesses, and their relationships are extraordinary. Rediscovering the truth of who you really are is a matter of vigorous self-examination and powerful choices. It takes a huge commitment on your part to be fearless and dedicated. It also takes a solid plan that consistently, systematically, and easily helps keep you on track. Above all it takes Applied Vision.

The plan is the summation of 23 years of my Applied Visionary work with world and business leaders. It is a replication of the process I use with all my clients. This plan, when adhered to with vigilance and commitment, will take your vision from possibility to reality through steady application of the action steps you create. Everything you need is contained right here. You are holding a tool that can be the key to your success.

Yes, it will be hard work. And you have my assurance that this is a proven plan that has taken hundreds of clients to a life of success and excellence. Now, let's get started with your path to Excellence!

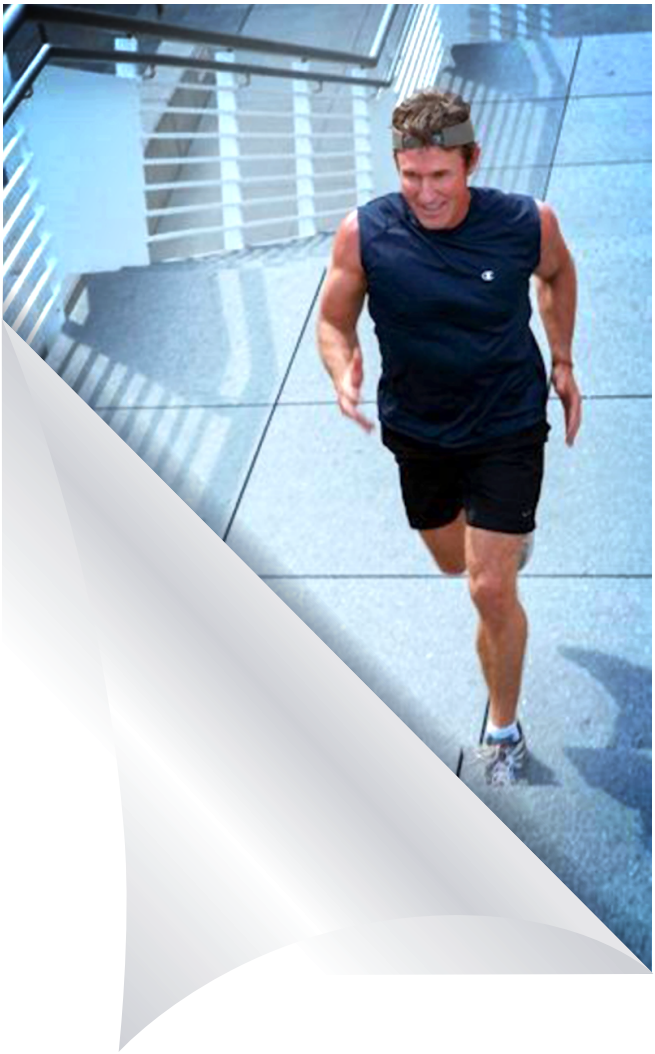
To your success,

Stephen McGhee
303-887-8404

Stephen McGhee

Leadership

THE LIFE EXCELLENCE PLAN



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LIVING EXCELLENCE

At any moment, you have a choice about who you are being. You are not limited in any way to the person you would like to become. You can change your entire life through the choices you make and the actions you boldly take to bring those choices to life. For most people, they assume that their life is just the way that it is and there tends to be a deep fear to make positive changes. As you begin to realign yourself to your authentic desires, goals, and dreams – a life of excellence starts to unfold.

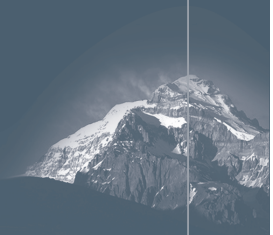
Another word for authenticity is alignment. Alignment occurs when our "inner" authentic journey is driving our "outer" journey. The outer journey represents the things you wish to create out in the world. Examples would be a type of career, relationship, or a weight release goal. Your inner journey answers the question, "Why do I truly want to pursue that goal? What's my inspiration and motivation behind this goal?" In a path of excellence, the pursuit of an outer goal without inner alignment doesn't work. If your inner journey sources from expectations, fear, or a "should" your motivation is all out of whack. Even if you achieve your goal you will end up feeling empty inside.

> Most likely, no one ever said, "Your legacy lives on without you, so make sure it's the legacy you want."

A life of excellence says to you, "Look inside. Find out what you truly want. Embrace being an individual. Trust yourself." Not many people will ever tell you, "Make sure you take some big risks in your life, because living on the edge of excellence will reap rewards on the inner and outer levels of life." Most likely, no one ever said, "Your legacy lives on without you, so make sure it's the legacy you want."

Excellence is clearly not achieved by listening to the chatter of society. To live a life of excellence you explore your authentic self. You make yourself feel uncomfortable by stepping into uncharted territory. You allow yourself to rise up.

Excellence takes you into the field of mastery. It is one thing to understand something, but it is quite another to have mastered something. When you live into your excellence, meaning you experience life as series of unforgettable events, the more powerful and sound your alignment grows, both inner and outer. As you move forward in this Life Excellence Plan, I am going to challenge you to gain clarity about what moves you and explore it. Forget what others think of you. Claim your alignment and take the first steps towards the summit of your excellence.



BEING EXCELLENCE

A Being Statement is a written expression of how you are going to show up in the world. It does not speak to what it is that you are going to do or create. It focuses on the qualities of being that you are going to demonstrate regardless of what you are doing. Qualities such as:

The process of creating a Being Statement inspires you to deeply explore what you authentically value and the qualities you admire, respect and consciously choose to display in the world. A commanding Being Statement clarifies what is allowable in your life. It helps you to say "yes" to the qualities you are embracing and "no way" to the qualities you wish to vanquish from your life.

Having a Being Statement is visible evidence of your commitment to move fearlessly into a way of being that will impact the world. It expresses who you want to become and, more importantly, how you are willing to behave differently to become that person.

Take a moment to reflect on the following questions to begin creating your Being Statement:

What three qualities do you desire to bring forth in your life?

.....
1
.....
2
.....
3

If these three qualities were fully integrated, name three ways your life would benefit:

.....
1
.....
2
.....
3

List three ways these qualities would serve the world at large:

.....
1
.....
2
.....
3

PERSONAL BEING STATEMENT

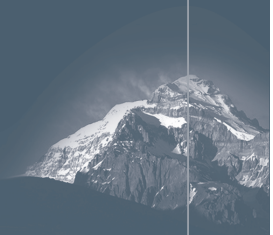
EXAMPLE

Below is an example of a few Being Statements. Notice they are succinct and filled with emotion and clarity.

I am a courageous man of integrity.
I am a powerful, loving and integral woman and I demonstrate it daily.
I am living my life boldly and taking action moment to moment based on my love of God
I am honest, even when challenged by others opinions.
I am inspired by the way I move through my days. I am clear.

YOUR PERSONAL BEING STATEMENT

Referring back to Page 6 and the examples above, take some quality time to reflect and write a draft of your Being Statement. Keep in mind there is no right or wrong way to write this statement. Trust you Inner Knowing and write from your heart and wisdom. Create a vision that you feel in every ounce of your being. This becomes the foundation of your Life Excellence Plan.



STEPHEN MCGHEE

LEADERSHIP

YOUR ONE YEAR PLAN

THE LIFE EXCELLENCE PLAN

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SETTING YOUR ONE YEAR GOALS

Now that you have written your Being Statement, it's time to create a powerful plan for manifesting your Life of Excellence. Success begins with clarity about what it is that you want to change in your life. In this plan, you will select three important life goals you will achieve in the next twelve months. These goals must be clear and measurable. They must stretch you out of your comfort zone. They must be goals that you are willing to take on with fearless resolve and determination. To assist you in determining your goals, please take sufficient time to answer the following questions.

Questions:

What three things would you most want to change about your life?

1

2

3

What three things would you most want to change about your career?

1

2

3

What three things would you most want to experience in your life?

1

2

3

What one thing would you be willing to die for if you had to?

1

SETTING YOUR ONE YEAR GOALS

What inspires you most?

1

2

3

What are you most afraid of?

1

2

3

If money were not an obstacle, how would you spend your time?

1

2

3

What goals or dreams have you given up on or placed on hold?

1

2

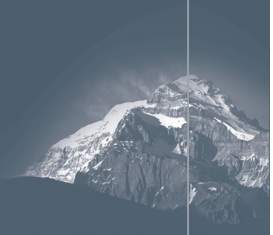
3

Your Life Excellence Goals: Taking everything into consideration that you have explored in the questions, boldly and clearly state below three life goals that you are committed to doing "all that's required" to achieve them within the next 12 months:

GOAL 1

GOAL 2

GOAL 3



MEASURING YOUR GOALS

One of barriers to success in achieving a goal is the absence of a good solid measurement to know when a goal is achieved. Excellence always demands clear, concise measurements. For example – I will touch the lives of 1 Million people in five years through the Aconcagua Business Partnership is a very measureable goal. Take a moment to set measurements for each of the goals you are taking on.

Goal Number 1

List three ways you could measure this goal:

.....
1
.....
2
.....
3

Now create a final measure for the goal: I know this goal is achieved when…

.....

.....

I will achieve this goal by: .....

Goal Number 2

List three ways you could measure this goal:

.....
1
.....
2
.....
3

Now create a final measure for the goal: I know this goal is achieved when…

.....

.....

I will achieve this goal by: .....

Goal Number 3

List three ways you could measure this goal:

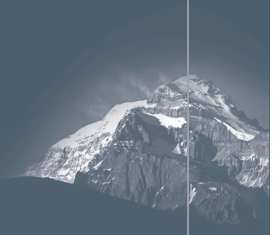
.....
1
.....
2
.....
3

Now create a final measure for the goal: I know this goal is achieved when…

.....

.....

I will achieve this goal by: .....



PAUSE TO REVIEW

Before we move ahead, let's recap your Life Excellence Goals for the upcoming year:

Goal Number 1

.....

.....
Goal Description

.....

.....
Goal Measurement

Goal completed by: .....

Goal Number 2

.....

.....
Goal Description

.....

.....
Goal Measurement

Goal completed by: .....

Goal Number 3

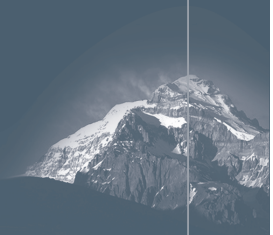
.....

.....
Goal Description

.....

.....
Goal Measurement

Goal completed by: .....



STRATEGIES

Now that you have your three Life Excellence goals clearly defined with measurements and timelines, the next step is to devise Strategies that will propel you to your goal.

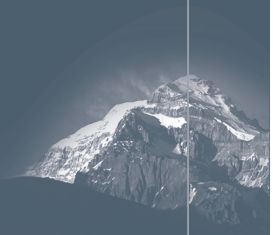
Strategy – a plan for how you are going to deploy your time, money and resources to accomplish your goals.

Example: Let's say your goal is to write and publish a book as one of your One Year Goals. Three strategies could be:

1. Create a writing space in my home
2. Hire a writing coach
3. Set up a writing schedule that I am committed to adhering to.

On the following three pages you are going to come up with three Strategies that will assist you with each Goal.

Have fun!



Life Excellence Goal 1 - Strategies

Strategies – what are your three main strategies for this goal?

1

2

3

Life Excellence Goal 2 - Strategies

Strategies – what are your three main strategies for this goal?

1

2

3

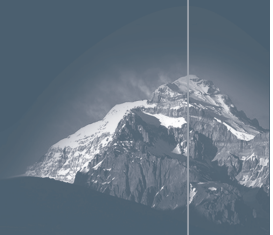
Life Excellence Goal 3 - Strategies

Strategies – what are your three main strategies for this goal?

1

2

3



STRATEGIC NEXT ACTIONS

Strategic Next Actions - these are actions that are the **very next action required** to propel your goal forward. A Strategic Next Action has no dependencies. Meaning there are no other actions that must occur prior to it. It IS the very next action you must take to move the goal forward.

Let's say you needed to fix the brakes on your car. If I were to ask you what you needed to do to get your brakes fixed, the Strategic Next Action would be:

- Look up the phone number for the dealership.

Below list the Strategic Next Action for each of the Strategies you created for your three Life Excellence Goals. Enjoy!

Life Goal 1 – Strategic Next Actions

Strategy 1 SNA

Strategy 2 SNA

Strategy 3 SNA

Life Goal 2 – Strategic Next Actions

Strategy 1 SNA

Strategy 2 SNA

Strategy 3 SNA

Life Goal 3 – Strategic Next Actions

Strategy 1 SNA

Strategy 2 SNA

Strategy 3 SNA

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MAKING YOUR COMMITMENT

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COMMITTING TO EXCELLENCE

Commitment is the means by which you measure your intention and focus. It is a declaration by which you move yourself forward in the world. It is an announcement to the world what it is you intend to accomplish. You then alter yourself and your actions to match what is required to get the intended result you are after.

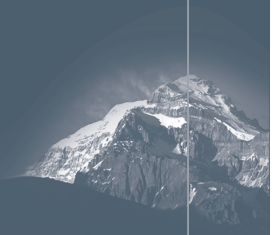
When one is living a life of excellence, performance and results are what matters. Performance is the capacity to generate results. Commitment is demonstrated by doing "all that's required" to get the results you are after. It is important to note that there is a vital distinction between doing everything you know to get the desired result and "doing what's required." True commitment is nothing less than 100%. It isn't about how much time you spend doing things. It means doing whatever it takes, not just what you know how to do, but whatever it takes. Commitment occurs the moment you close all of your back doors and devote your entire being to whatever it is that you are committed to.

What matters is that you drive yourself to be aware of where in your life you have just been going through the motions and confronting if you are really committed to doing something about those areas of your life where you are falling short. If you decide to be fully committed, then you must define the "necessary required actions" to be engaged and the timelines for completion.

Commitment Inventory – utilize the Life Excellent Plan to reflect:

- What are you willing to do, to reach every goal on the list?
- If you are not 100% committed to a goal, then select another one to which you are.
- Close all the back doors from this point forward.

To reshape yourself to create a Life of Excellence your commitments must be absolute. You must first become highly accountable to yourself. It also helps to be accountable to others who genuinely will call you out when you are slipping in your commitment. By the time you complete this Life Excellence Plan it will be very clear what your three main Life Goals are for the next year. You will have three strategies toward each one, with an understanding of how Next Actions work to move that plan forward. You will also be asked to step into a path of commitment that is absolute. When you do…excellence will permeate your life.



THE ONE YEAR LETTER

When you commit to following this plan faithfully you will immediately begin to operate in a matrix of excellence. You will be capable of producing excellence with little or no preparation. You will live your life with V3: Vision – Velocity – Victory.

The way you will seal your commitment to this year long journey of Life Excellence is by writing a letter to yourself. In this letter you will time travel one year ahead and describe to the "you" in the present moment, everything that has unfolded as a result of a steadfast commitment to this plan that you never wavered from.

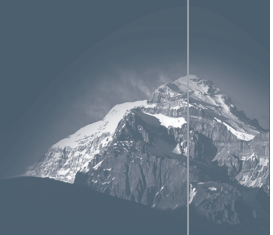
Below is a brief example of a One Year Letter. On the following page you will create your own One Year Letter. Of course, do not limit yourself to the space provided.

Date of Letter

Dear Bradley,
Twelve months ago I set out on a journey to create a Life of Excellence. I created the following goals:

1. *Write, Edit and Self Publish my Novel by the end of the year.*
2. *Release 30 pounds, decrease body fat to 20 percent by the end of year.*
3. *Increase investment asset portfolio by 272K by the end of this year.*

The past 12 months I have seen my focus, commitment and excitement for my business and life hit an all-time high. Old habits and patterns were broken and I am truly a man living his mission and purpose. Fear of my success has completely vanished and my level of serving others is continuing to grow and expand. I have never had a more positive, upbeat, and authentic year in my life. Each day was filled with joy and ease. I also started eating better and integrated a great exercise routine that fits well into my life style. My relationships are prospering and my life choices are quite clear and aligned with my life mission and purpose. This year was a 10 out of a 10. Label it as outstanding, brilliant, powerful, and fearless. I now know what Life Excellence feels like and I have the confidence to expand that feeling and action into every aspect of my life. What a year it was!



MY ONE YEAR COMMITMENT LETTER

Dear .....

Once your final letter is written do three things with it:

1. Seal the letter in an envelope with a date that is one year from now.
2. Give this letter to a trusted friend and confidant.
3. Set a date for one Year from now for coffee, lunch or dinner to open the letter and celebrate the accomplishment of your goals.

FREEDOM TO LIVE YOUR LIFE:

You were born spontaneous and free. Most of us can remember a time in our life where we felt like we could do and be anything we want. This short process has been a reminder that you are still free to create an excellent Life. This Life Excellence Plan is not the end of that journey, rather it is the beginning. Over time some of us have built up beliefs that we "should" just fall in line and live the life we already have. And there may be nothing wrong with that, except for the fact that the most joyful people on the planet, are those that are constantly learning, growing and producing results in their lives. It gives us juice. Imagine this: Your Life is a creation. You get to choose how you want to live your life, who you want to be and what you want to do. Let this powerful booklet be a call to action. Let it seep into your heart and Soul. Make up your mind, that this time, and on this day, you will engage the fullness and brilliance of who you really are.

ADDITIONAL SUPPORT AVAILABLE

For the past 23 years, Stephen McGhee has been supporting CEOs, CFOs, politicians, government agencies, celebrities and world-class athletes to reach deeply inside themselves to determine their greatness to the world. He is considered a Visionary and Global Leader in Applied Excellence.

Stephen will assist you in converting your ideas and theories into motion. He guides men and women, physically, emotionally, mentally and spiritually and challenges them into uncharted territories of self-mastery. His clients experience exponential results, more meaningful relationships with Self, Spirit, and the world at large.