

The Empower*Mentorship* Institute

From Stagnancy and Isolation to Purpose and Connection in 5 Steps
with *Dale Thomas Vaughn*



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From Stagnancy and Isolation to Purpose and Connection in 5 Steps

Contents:

intrinsic ability: Get clear on your *Superpower*, start from a foundation of strength and creativity.

If you feel like something is missing, lacking, like you are a little out of touch with you.

- Name Your Superpower
- Time Travel Interview
- "Life is Opinion"
- Inherent Nature - Take off the Conditions
- Mind the Gap
- + Extra Credit Reading: Marcus Aurelius "Meditations," Michel de Montaigne "Essays"

intention: Boil it all down to *your unique purpose* and set *your daily mindset* to get moving forward through your fears.

If you feel a little bit lost, confused about who you should be or what you want to be.

To get the most out of life, it's vital to understand the power of intention. Habitual success begins with a successful mindset, so you will begin an intentional optimism practice.

- Living, On Purpose
- Growth Mindset
- Living and Surviving
- Mindset Mastery
- Name Your Fear
- Creative Thinking
- Big Why Workshop
- + Extra Credit Reading: The Alchemist, Way of the Superior Man

imagine: Plot a roadmap based on your Purpose and Strength. What do you want to envision for your life? For your year? Month? Week? Day?

If you are not sure what you want, but know you want something different because you're not being fulfilled.

- Vision and Life Planning
- Boiling Down Your Vision
- Project Road Map
- + Extra Credit Film: The Bucket List, The Secret Life of Walter Mitty

ignite: Learn *how to actually get moving*. Get out of your head and into your body. Take action! Immerse your unconsciousness in your project.

95% of Life is just about showing up consistently. Commit to moving forward and let momentum carry you.

- Human Being vs. Human Doing
- The Goal is not the Goal
- Unconscious Immersion
- The Breakout Principle
- Power Poses
- + Extra Credit Film: Yes Man, Rocky II

interconnection: Develop *your rowboat*. Get out of Isolation Mode, recruit a mentor.

If you have not had the encouragement and support you need to create the life you want instead of letting life just happen to you?

If you have always kept your mouth shut and tried to fly under the radar because you didn't want to get connected to anybody.

- Who is in your Rowboat?
- Team Concept
- Gratitude Visit
- Reverse Isolation Mode
- "Hello Brother" Exercise
- Strengthening your Weak Links
- Mentor Recruitment/Apprenticeship
- Bucket List
- Words to Live By
- + Extra Credit Film: I Heart Huckabee's, Remember the Titans, The Way

What's The Point?

“The aim of life is self-development.

To realize one's nature perfectly...

if ***one man*** were to live out his life fully and completely,
were to give form to every feeling, expression to every thought,
reality to every dream –

I believe that ***the world would gain such a fresh impulse of joy***
that we would forget all the maladies of mediaevalism,
and return to the Hellenic ideal...

but ***the bravest man among us is afraid of himself.***”

– Oscar Wilde

Setting the Stage for Success

What is the problem you're trying to solve in your life?

What do you expect to get from the EmpowerMentorship Institute?

Before we begin, please go to **AuthenticHappiness.org** and take the "Authentic Happiness Inventory Questionnaire"
- this should take you only ten minutes, and will give us a starting set point for your overall happiness score.

What is your Authentic Happiness Index? (1-5)

What percentile are you compared to your age group?
(0-100%)

What percentile are you compared to your zip code?
(0-100%)

The EmpowerMentorship Symbol: **The Wheel**



What does it mean to you?

Are You Ready
to live your life
fully and completely?





This is for you if... *you feel like something is missing, lacking, like you are a little out of touch with you.*

To get the most out of life, it's vital to answer the question "Why me?" This short yet complicated question can keep us from feeling valuable as a human being. You don't have to "do" anything to be valuable. You are intrinsically good.

In this workshop you will dive into who you are at your core. You will look back into your life and see the patterns that contain your authentic greatness and you will discover that you do have a reason to exist... even if it feels intangible right now.

This Life Vision Workshop is meant to help you glimpse your CORE AUTHENTIC GREATNESS, to stretch your understanding of yourself, and to help you identify your own resistance to your greatness. This will also create a foundation and a set point that we can build from as we go forward.

Answer the following Self-Evaluation with an open mind and try to get to the true YOU. You may be surprised about the ideas and thoughts that live in your "sleeping" mind. There are no right or wrong answers for this exercise. I encourage you to let the answers flow onto the page.

Your transparency is important, so be assured no person will see this document except for you and me in confidence.

Don't overthink any of this... the less polish on this the better. If you get stuck, just move on to the next question. This is not about being right, or getting something perfect... this is about seeing the clay. We'll mold and sculpt and perfect it all later.



EXERCISE 1: ORIGINS OF OUR HERO

You were born Good.

Insert your favorite childhood photo of yourself (preferably as a baby)

This exercise is meant to:

Set the stage. Who is the protagonist in your life story? Let's meet the hero and find out his origin story.



[Your Photo Here:]

Describe any raw emotions when you look at a photo of yourself as a baby. If you can't name the emotions, then name where in your body you may be feeling something... (ex. *I feel tightness in my shoulders and numbness sort of behind my eyes*)

What is your favorite memory as a 7-year-old boy?

Where did you grow up? What was it like?

What did you do for fun, how did you play, what was your favorite game?

What were your favorite TV shows, movies, music.

Did you have father figures? What was your relationship like?



EXERCISE 2: SECRET SUPERPOWERS

What Strength is Hidden Inside You?

Our greatest strengths are often so normal to us that we can't see them in front of our noses. Like the fish who is asked, "How is the water today?" - He replies, "What is water?"

*This exercise is meant to:
Help you begin to realize your value and strengths.*

Your inherent superpower is where everything in your life comes from. It has woven itself through your life – keeping you going when times were tough. It showed itself early in your life, and it has been consistent as you've aged. You probably don't even recognize it as a strength... to you it just *is*. Right now, you're going to name it.

Name your hidden superpower:

(examples: The Mentorship Magician, I have an internal Adventure Compass, The Plant Whisperer)

Write a 600 Word Story about your Superpower (can be fiction or biographical or anything in between):

I want you to dig deep into your imagination. Tell me a story about you, our hero protagonist, who gets into a scrape with a big bad monster and just when we think the monster is going to win, the hero pulls out his ace-in-the-hole magic superpower and slays the monster. What is the superpower you'd like to pull out of your bag of tricks? It can be anything.

Davy Crockett "grinned" bears into submission... that's a superpower that consists of smiling with intent. You can come up with something. One of my guys is the "Master of Play." He helps people see the game and the fun in everything. This is helpful, since he's a science teacher by day. I have developed several superpowers including: "The Timeless One" - "The MasterMentor" - "Mister Leadership" and my newest one is "Mr. MoneyCreator." It's made up, but it's true as well.

You've got many. You have probably had the "Laugh of Destiny" since childhood. You could be "Mr. Positivity" or "Dr. Nerd and Mr. Suavé" or you could have a pair of magic shoes that guarantees you unbelievable good luck. The most important thing here is to pick a horse and ride it. You can change it later, but you'll never get going if you stand around just looking at horses all day.



EXERCISE 3: YOUR AUTHENTIC GREATNESS RIGHT NOW

Who Are You Really?

Answer these questions with as much quick-trigger brainstorming as you can. Write what comes to you until it stops coming out.

This exercise is meant to:

Inspire a presence-awareness, to start to put threads together that can become rope and make me stronger...

When you first introduce yourself to someone, what do you say you *do*?

How would you *actually* like to introduce yourself?

How do you want women/men (depending on your sexuality) to perceive you?

Name three fictional characters who you think represent your idealized self:

- 1.
- 2.
- 3.

Name three moments when you felt ultimate joy in your life:

- 1.
- 2.
- 3.

What do you love to do for fun?

What makes you feel euphoric? Be specific!

There are probably a few times in your life that feel like significant turning points or key decisions you made that have changed your life. What were they, and why did you make those decisions?

(Ex. Decided to Move – I wanted to see if I had the guts to make it in another town, away from my parents, etc.)

Tell me about the last time you felt direction?

If you had 3 minutes of full attention from the entire world, what would you tell everyone that seems so obvious to you and yet everyone else seems to get wrong. This is your soapbox sermon, what do you believe in? Go for it!

If you could erase anything in existence, what would you erase?

What kind of IMPACT do you want to make on the world?

What projects have made you feel the most ALIVE?

What projects have made you feel NUMB?

If you could create your perfect work experience EXACTLY the way you want it, what would it look like? Title? Hours? Organization? Pay? Product? Activity?



THE EMPOWERMENTORSHIP INSTITUTE

iNTRINSIC ABILITY – iNTENTION – iMAGINE – iGNITE – iNTERCONNECTION

Are you happy with who you really are?



EXERCISE 4: TIME TRAVEL INTERVIEW IN THE FUTURE

Imagine you get a chance to time travel forward to visit yourself as an 80-year-old man sitting on a porch swing. Write down the life story you want to hear from your 80-year-old self's perspective... Feel free to write this as a script if it feels easier for you. Have fun with this. Remember, you're the hero in this story, so you will win, you will get the girl, and you will live happily ever after. **(Between 600-900 words)**

This exercise is meant to:

Stimulate future hopes and dreams. Create a willingness to project hopes and dreams into your consciousness. Just to be able to think from an 80-year-old point of view helps objectify struggle and create optimism.

