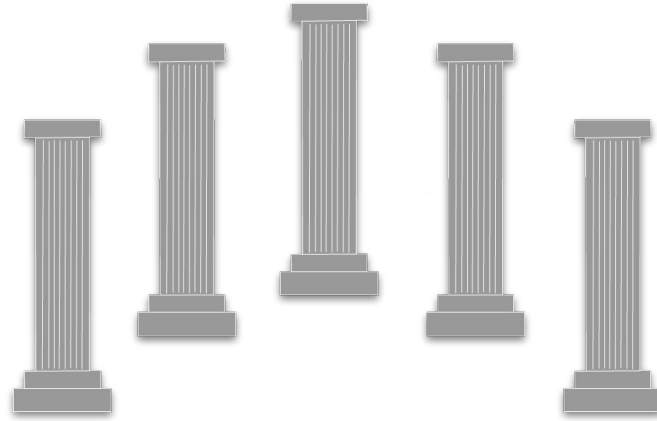


Five Pillars of Success

Path to Passion, Purpose & Profit



Mini-Workbook

Created by: Nhat Pham



Pham's Five Pillars of Success Mini-Workbook

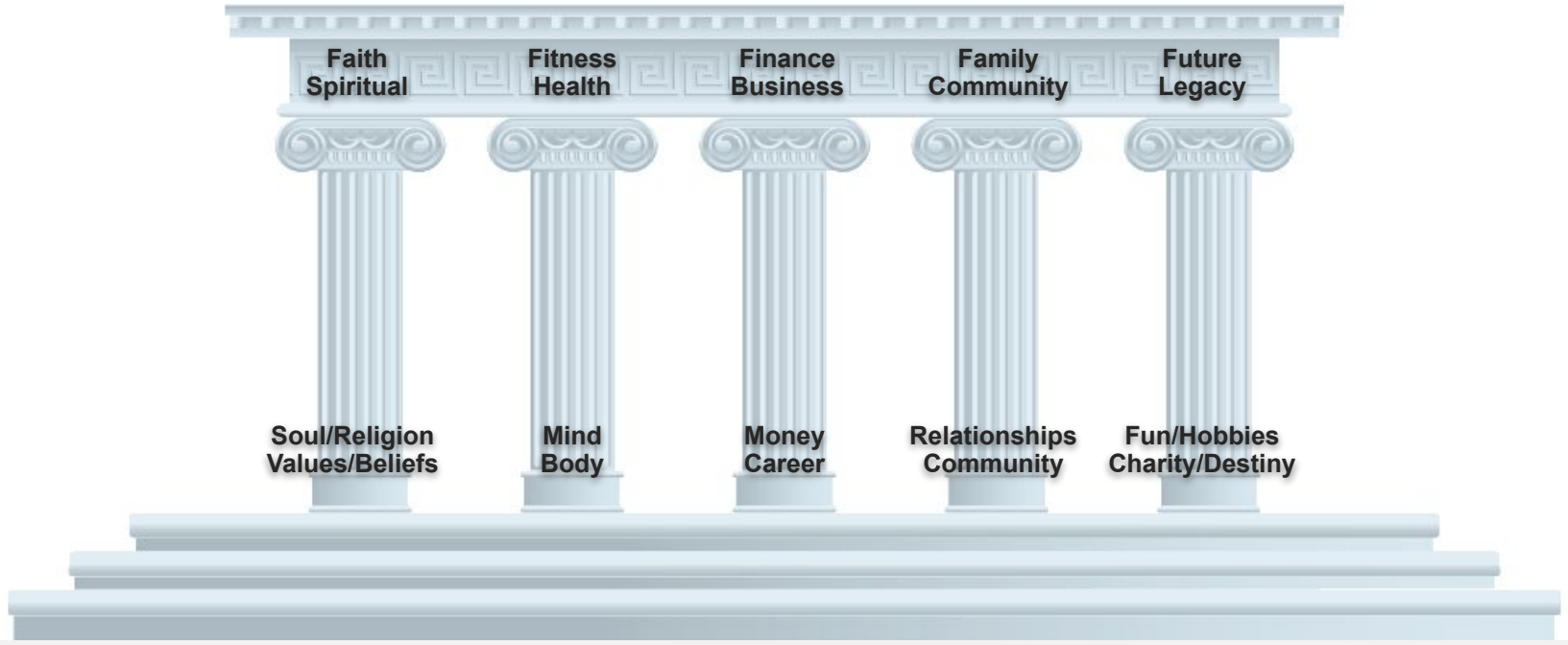
Congratulations on taking the first step of crafting your life's vision through Nhat Pham's Five Pillars of Success!

This free Mini-Workbook will give you a great start at the larger work towards holistic successes in your life that are found in Nhat's Five Pillars full workshops and coaching programs.

This workbook will help you understand the basics of the Five Pillars and fill out a personalized worksheet to start using the pillars.



Pham's Five Pillars of Success



Five Pillars of Success Overview

Pillar 1: Faith and Spiritual - Elevate your sense of purpose and connection through a vibrant Faith & Spiritual journey.

Pillar 2: Fitness and Health - Achieve holistic well-being by prioritizing Fitness & Health in your daily life.

Pillar 3: Finance and Business - Attain financial prosperity and business success with a strategic approach to Finance & Business.

Pillar 4: Family and Community - Cultivate strong relationships and contribute positively to your Family & Community.

Pillar 5: Future and Legacy - Shape a purpose-driven Future & Legacy by setting meaningful goals and leaving a lasting impact.



Applying the Five Pillars to Your Own Goals

Pillar 1: Faith and Spiritual

- Define your core beliefs and values.
- Detail your relationship with your spiritual community.
- Outline contributions to your faith institution.
- Describe your faith practices and rituals.
- Envision the ideal faith environment for yourself and your family.

Pillar 2: Fitness and Health

- Specify the mental state you aim to achieve.
- List activities for daily, weekly, or yearly mental well-being.
- Describe your desired nutrition and health practices.
- Identify resources essential for maintaining mental and emotional health.
- Visualize your ideal physical appearance and health.



Applying the Five Pillars to Your Own Goals

Pillar 3: Finance and Business

- Outline your financial goals, including monthly or yearly income.
- Detail your money resources, such as savings, investments, and stocks.
- Envision your assets, from homes to investments.
- Describe your ideal financial lifestyle, including vacations and work situations.
- List credentials, certifications, or achievements you aim to attain.

Pillar 4: Family and Community

- Envision the ideal relationships with your spouse/partner, children, and friends.
- Outline plans to overcome family challenges and strengthen connections.
- Specify activities and growth plans with individuals in your life.

Pillar 5: Future and Legacy

- Create a Bucket List encompassing personal goals and adventures.
- Envision fun plans, knowledge-sharing activities, and charitable work.
- Describe your approach to mentoring and philanthropic endeavors.




Your Personal Five Pillars Worksheet

Next up is your turn to take action!

The Five Pillars Worksheet challenges you to put your life vision and mission onto paper. To do this, *work through your focus for each of the Five Pillars first!*

- Identify the area within each of the Five Pillars that will be the cornerstones of your focus.
- Consider the areas of Vision, Health, Mindset, Relationships, and Purpose.
- List these focus areas in the designated spaces provided.



Personal Worksheet
Name: _____

VISION

Pillar Focus	3 Year Milestone
Vision Statement	Future Date: Income: Net Worth:
Mission Statement	Measurables: What does it look like? (Assets, Homes, Boats, Accomplishments, Awards, etc.)
Bucket List	



Using Your Focus Areas to Craft Your Vision & Mission

Once you've filled in each Pillar Focus, complete the worksheet!

Vision Statement:

- Craft a succinct and inspiring vision statement that encapsulates your desired future. Use the following formula to guide you: "In the next [timeframe], I see myself [achieving/doing/experiencing] [specific outcome] by [key actions or mindset shifts]."

Mission Statement:

- Formulate a concise mission statement that outlines your overarching purpose. Use the following formula: "My mission is to [action] for [target audience or purpose] by [how you will accomplish it]."

Bucket List:

- Embrace the spirit of possibility. In the provided 12 fields, jot down aspirations, dreams, and goals you wish to achieve. Don't limit yourself; let your imagination flow. These can be both big and small, from personal achievements to adventures you've always desired.

Three-Year Milestone:

- Envision your future three years from now. Fill in the future date, anticipated income, and projected net worth. In the "Measurables" section, detail what success looks like to you. This can encompass tangible assets, property, accomplishments, awards, or any other specific metrics that define your success.

Remember, this dashboard is your North Star, guiding you towards your goals. Be authentic, bold, and specific in your responses. This is your roadmap to success, so let your vision shine!



General Tips on Completing Your Five Pillars Worksheet

- Keep responses concise and focused on your aspirations.
- Be specific about what you want to achieve in each pillar.
- Allow yourself to dream big; there are no limits to your vision.
- This is a living document; feel free to revisit and revise as your vision evolves.

This exercise is your opportunity to lay the foundation for a life of purpose, passion, and everlasting excellence. Embrace the process and let your vision guide you toward a future that aligns with your deepest values and desires.





Personal Worksheet

Name:

VISION

Pillar Focus	1. <input type="text"/> 2. <input type="text"/> 3. <input type="text"/> 4. <input type="text"/> 5. <input type="text"/>	3 Year Milestone
Vision Statement	<input type="text"/>	
Mission Statement	<input type="text"/>	
Bucket List	• <input type="text"/>	• <input type="text"/>
	• <input type="text"/>	• <input type="text"/>
	• <input type="text"/>	• <input type="text"/>
	• <input type="text"/>	• <input type="text"/>
	• <input type="text"/>	• <input type="text"/>
	• <input type="text"/>	• <input type="text"/>
Future Date: <input type="text"/> Income: <input type="text"/> Net Worth: <input type="text"/> Measurables: <input type="text"/> What does it look like? (Assets, Homes, Boats, Accomplishments, Awards, etc.)		• <input type="text"/> • <input type="text"/> • <input type="text"/> • <input type="text"/> • <input type="text"/>



What Now?

You've completed your vision...*now what?*

Keep Your Dashboard in Front of You:

- Print or keep your dashboard easily accessible.
- Place it where you'll see it daily as a constant reminder.

Reflect Regularly:

- Schedule dedicated time each week for reflection.
- Review your vision and progress in each pillar.
- Consider what worked well and where adjustments may be needed.

Revisit and Fine-Tune:

- Life is dynamic, and so is your vision.
- Regularly revisit your goals and aspirations.
- Fine-tune your vision based on changing circumstances or new insights.

Take Action:

- Break down your vision into actionable steps.
- Create a plan for each pillar, starting with small, achievable tasks.
- Align your actions with your overall vision.



Keep Working At It...

Seek Accountability and Guidance:

- Share your vision with someone you trust.
- Reach out for accountability and support.
- Consider forming an accountability group or partnering with a mentor.

Celebrate Small Wins:

- Acknowledge and celebrate your achievements.
- Recognize progress in each pillar, regardless of size.
- Positive reinforcement will keep you motivated.

Stay Open to Adaptation:

- Life is unpredictable; be open to adaptation.
- Embrace change and adjust your vision as needed.
- Flexibility is key to navigating life's twists and turns.

Connect with Your Community:

- Engage with like-minded individuals.
- Share your journey, insights, and challenges.
- Seek inspiration from others who are on a similar path.



Contact Us

If you find yourself wanting more guidance or personalized support consider reaching out to a coach who specializes in personal development and goal achievement. As a coach, I'm here to help you navigate your journey, provide insights, and offer support tailored to your unique aspirations. Together, we can refine your vision, overcome challenges, and ensure you're on the path to everlasting excellence.

Remember, this process is about continuous growth, and you have the power to shape your future. Take intentional steps toward the life you envision and - if you're ready for personalized coaching - please connect with me.

Let's make your vision a reality.



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