

The Journey to  
**LIVE YOUR  
MAGIC!**<sup>TM</sup>



**The Truth About You**  
WORKBOOK SERIES

**YOU ARE POWERFUL**

*How to Make Empowering Choices*

*Larry Anderson with Sarah Janzen*



Book Title: Journey to Live Your MAGIC!<sup>TM</sup>  
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**Journey to Live Your MAGIC!<sup>TM</sup>**  
*Workbook Series*

**The Truth About You Series**

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

**The Six Tools Series**

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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# YOU ARE POWERFUL

Your power is in your choices. The choices you make will create the life experience you have. This can, at first, seem frightening, but ultimately you will realize that making these choices is the only way you can create the life you want. Embrace your power.

In this workbook we will introduce you to five sets of choices we all make, either consciously or unconsciously, that have a significant impact on our lives. These five choices spell the word MAGIC.

**M-MOTIVATION** - *The power of self acceptance.*

**A-ATTITUDE** - *The power of beliefs.*

**G-GOALS** - *The power of focus.*

**I-INITIATIVE** - *The power of action.*

**C-CONVICTION** - *The power of perseverance.*

The exercises in this workbook will help you to understand how to make the choices that will create the life you want.



# M- MOTIVATION

Motivation is the power of self-acceptance. It is the choice to accept yourself exactly as you are, to accept responsibility to discover and develop your gifts, and to accept accountability for your choices. You may not yet know all of who you are, but your choices help to shape the person you become. Figuring out who you are is a life-long journey, and just because you don't know where you're headed doesn't matter.

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## *Activity 1.1: Your Talents and Abilities*

Your talents and abilities are like flowers in your garden: you have the seeds to enable your talents and abilities to flourish, but you must give them the proper care to nurture them. Without fertilization, sunshine, and water, the flowers will die; without the motivation to discover and develop your gifts, your talents and abilities will remain inactive.

Your talents and abilities are unique to you. If you try to be somebody you're not, this will lead to frustration. Everyone has a unique set of talents and abilities and this makes all people important in their own way.

**TALENTS** are usually immediately recognized and valued, by you, and others. We call them the obvious gifts. Some examples are the natural aptitude:

- to sing, to draw, to dance
- for eye-hand coordination, flexibility or balance
- for exceptional memory or academic understanding

**ABILITIES** are typically not immediately recognized or valued, by you, or others. We call them the subtle gifts. These can become among the most valued of all gifts. Some examples are the natural aptitude:

- to sense the feelings of, and connect with, other people or animals
- to understand how mechanical things go together
- to be able to easily solve problems that others find difficult

**Pick a talent and ability that are aptitudes within you. Write a brief plan to improve this talent and ability. If you are still unsure what talents and abilities are, refer to the Five Gifts Workbook Series.**

**My Talent is:**  
\_\_\_\_\_

I will develop my talent by ...

**My Ability is:**  
\_\_\_\_\_

I will develop my ability by ...



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## Activity 1.2

**Think of someone you idolize. They can be famous or somebody you know. Why do you idolize them? What are they good at? How does this person inspire you?**

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**Now answer the questions above a second time, but instead of writing about someone you idolize, answer the questions about yourself. In other words, answer the questions as someone who idolizes you would answer them.**

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## Activity 1.3

**Ask yourself and your friends what your unique abilities are. First record what you think your unique abilities are, then ask your friends what they think your unique abilities are.**

I think my unique abilities are...	My friends think my unique abilities are...



**Reflect: Compare what you wrote about yourself and what your friends told you. What were the similarities and differences between what you wrote and what your friends told you? Did your friends point out any abilities that you didn't realize you had?**

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# A-ATTITUDE

Attitude is the power of beliefs. It is the choice to believe in yourself, value the people and relationships in your life, and choose your personal values. Your self-concept defines your possibilities and evolves as you learn, grow, and develop. Your attitude is shaped by three different components:

**1. SELF-CONCEPT:** Do you have doubts in your abilities? How does this affect how you perform? Your self-concept defines your possibilities and evolves as you learn, grow, and develop.

**2. RELATIONSHIP VALUES:** How should a friend treat you? Is there mutual respect and trust in your friendships? Your relationship values are what you believe to be important in each and every relationship you have.

**3. PERSONAL VALUES:** How do you balance your priorities? Your personal values define your priorities and what you believe is important. If you want to know where your personal values are, evaluate where you spend your time and money.

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## *Activity 2.1- Making the Right Choices*

**Read the stories on the following pages. The person in each story has the power to choose what they think is best for them in each scenario. The stories below illustrate two sides of the choice each person can make. Read both stories and then decide what choice you think is the right one to make.**

## LINDSAY'S SCENARIO:

When Mr. Zalasky wrote on the board "Math Test Thursday" I knew that the first thing I would do when I got home would be to study for it. When I got home, I was starving so I thought I would make myself a sandwich. I don't like to study and eat at the same time so I flicked on the TV to watch a show. I finished my sandwich and my show and just as I was opening my math textbook, my best friend called. She was so excited! She had scored two free movies tickets to a big premiere tonight.

**Choice 1:** I couldn't possibly skip out on such an opportunity and I could always study tomorrow, I told myself. I took a shower and did my hair and make-up and then my friend showed up to hang out a little bit before the movie. The movie started at 10:00 pm and didn't end until 11:45. I wasn't surprised when I was super exhausted for school the next day. In math class, I looked up at the board only to be reminded of the math test scheduled for the following day. I would study all night, I told myself. When I got home, I felt so tired that I couldn't keep my eyes open. "I'll just lie down for an hour," I said to myself.

It turns out that I was more tired than I thought. I slept all through the night and didn't wake up until morning. Although I was well rested, I knew that a good sleep wouldn't be enough to help me pass my math test. And unfortunately, I was right.

**Choice 2:** I really wanted to go, but I knew that I needed to study for my test that was in two days. I told her that I was really sorry to miss out on such a fun night, but that she would have to ask someone else. I studied for three hours and was happy with my progress. I rewarded myself with watching my favorite show and didn't feel guilty about taking a break as I had already done so much work. I went to bed right after my show ended and felt less stressed about my test in two days.

The next day I came home and studied for another three hours. I completed the practice assignment Mr. Zalasky gave us and didn't get even one answer wrong. I felt almost excited to write the test because I knew I was prepared. Turns out that all my studying paid off; I aced my test!

I think choice number \_\_\_ was the right choice for Lindsay because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

## DERRICK'S SCENARIO:

When I was in middle school, I could never understand why my mom would always worry about me going into high school. She would always say "High school is a really hard place to be in. There are all these pressures from your teachers to do well and all these pressures from your peers to fit in." I could never see how it would be that much different from middle school. It wasn't until I actually got to high school that I could see why she had been worried. My teachers did encourage every student to do well but it wasn't the pressures from my teachers that had me worried. It was my friends. They were trying so hard to fit in with everyone that I felt as though they had made bad choices. For example, this one guy in grade 11 offered my friends a cigarette to try. I was shocked that most of my friends didn't even think about it and tried it right away. .

**Choice 1:** When they offered it to me I just said "No thanks" and they didn't seem to mind. When we went back inside from break, one of my friends said, "Man, that was so gross," and the others agreed. I was happy to hear that smoking wouldn't be an issue any longer.

The next day on break, I went outside to meet up with my friends only to see them standing with the same guy who offered them a cigarette the day before. I was speechless. I saw my other friends from my soccer team kicking around a hacky sack and decided to go join them instead.

In the weeks that followed, I found myself hanging out more and more often with my soccer friends. I watched from afar as my one friend gradually become addicted to cigarettes.

**Choice 2:** When they gestured for me to take the cigarette next, I didn't want to disappoint them so I took it and held it to my mouth. I coughed like crazy and felt embarrassed about it while my friends chuckled at my coughing. When we went back inside from break, one of my friends said, "Man, that was so gross" and the others agreed. I was happy to hear that I wouldn't have to worry about coughing in front of everyone again.

The next day on break, I went outside to meet up with my friends only to see them standing with the same guy who offered them a cigarette the day before. I was speechless. One of them had saw me and called me over. He said, "Here, Derrick, let's try it again. Maybe this time you'll have better luck." I felt annoyed that I had walked over in the first place to join them, but sucked it up and took the cigarette.

Because I didn't want to risk my friendship, I found myself continuously hanging out with the same people. Every day we would share a cigarette until one day I had to take regular breaks to enjoy a cigarette. It started off with one a day and soon turned into five or six a day. I couldn't believe that I had become addicted to this thing that had tasted to gross so me the first time.

I think choice number \_\_\_ was the right choice for Derrick because \_\_\_\_\_

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## TAVON'S SCENARIO:

I wanted to ensure that I left all my options open for what I wanted to do after high school. I worked hard in all my classes and had very high expectations for myself. I knew that I would be able to get into any college, university, or technical institute that I wanted to. The problem was that my dad was the vice president at the local technical institute and had always assumed that I would go there. "Your tuition will be free because of my status," he would say. I was open-minded to find a program that I would enjoy so I wanted to explore other options as well.

The summer I graduated, I started to really look into the different programs each post-secondary institute had to offer. I was very interested in a biology program that a university offered and seriously considered enrolling there.

**Choice 1:** I talked with my dad about my options and he ended up talking me into a different course than the biology program I wanted, one that was offered at the institute where he worked. After all, I would save a ton of money on tuition so I would graduate debt-free and with a reputable diploma.

I went through all four years of the program and always had a feeling that I was missing out on the opportunity I once had to enroll in the biology program at the university. I finished the course and was very proud to be on the honour roll. What I didn't anticipate was my continued desire to enroll in the biology program. Instead of looking for a job involving the course I had just completed, I had decided to enroll in the biology program. It was another four years of school but I was able to finish this program as well.

Looking back, I really wish I had gone with my heart and had taken the biology program from the beginning. I wasted four years of my life in a course that I didn't really want to be in. At least I found my way towards my destiny eventually.

**Choice 2:** I talked with my dad about my options and he really encouraged me to enroll at his technical institution. I told him that there were many good programs at his place of work, but I was really passionate about enrolling in the biology program at the university.

I went through all four years of the biology and course loved every minute of it. I found myself excited to complete assignments and exams and couldn't wait to get into the lab. I ended up on the honour roll and was able to find a job immediately after graduating. It has been two years since I accepted a job in a lab and am so thrilled to be doing this type of work. I am sure glad that I didn't miss out on following my passion for biology.

I think choice number \_\_\_ was the right choice for Tavon because \_\_\_\_\_

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**REFLECT:** Which choice was the better choice for you? Why? \_\_\_\_\_

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**REFLECT:** What are the priorities you have in life right now? How will they change as you grow?

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# G-GOALS

Goals are the power of focus. Clarity of your goals provides the focus you need to reach your destination. Confidence in your ability to achieve your goal provides focus for the action you will take towards reaching your goal. Conviction in your goal and your plan provides you with the understanding of on what actions you should focus your life and energy. Goals are what you want in life, not what somebody else wants for your life.

In order for a goal to become a reality, you must act and learn. Don't debate and wait!

But what if you act, and fail? Well, keep in mind that failure is not a bad thing. The lessons that have the most impact are those based on our own experiences, and failures are what power success. When you try something and it doesn't work, stop doing it. When you try something and it does work, do more of it. If you try something and it works spectacularly, you may have found the key to realizing your dream – whatever that dream is.

Try. Fail. Learn. Try something else. Fail differently. Learn more. Try another way that turns out to be better. Learn even more. Try. Succeed. Celebrate.

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## *Activity 3.1*

Read the story below and see how Brandon was able to achieve his goal.

I need to start to save up for tuition to attend college next fall. My parents are giving me a little money to help me out, but they don't have a lot themselves, so the pressure is on me to make my goal of attending college a reality. The first thing I had to do was create a resume. I took a whole hour on the computer and wrote about all of my academic successes and volunteer experience. When I was finished, I felt as if I had made the perfect resume. I started applying at many businesses and figured I would get a call for an interview right away. I waited two weeks for a call and was shocked that I hadn't received any. I went back through my resume and still felt it was strong, but I thought maybe I could get my English teacher to take a look at it. When I got it back, I was amazed at how many red pen markings my teacher made on my resume. I guess I can't be too upset when I was the one who asked for his suggestions in the first place. I edited my resume and started to hand it out to more businesses around the city. Within a day of applying for jobs this time, I got a call for an interview at the local grocery store. I was totally excited about the interview, until I realized I had never had a formal interview before. I was nervous. While being interviewed, I began to feel more and more nervous. At one point, I couldn't even answer a question they had asked: I had frozen. I walked out of the store knowing that the interview hadn't gone quite the way I had wanted it to, and I felt discouraged. I didn't get called back, and I knew that someone else had gotten the position I wanted. I felt pretty discouraged for a week, but felt my luck turn around when I received another call from a sports store in the mall. This time, I would be ready for the interview. I didn't want to repeat what had just happened. I searched "common questions asked in an interview" online and printed out a list. I asked my mom to ask me questions and I pretended as if this was the real interview I would go through the following day. During the actual interview, I felt confident. I am even happy to report that the manager asked me some of the same questions I had practiced the day before. I walked out of the store at the end of the interview and knew I had nailed it! I got a call from the manager the next day and was offered the job. I couldn't wait to receive my first paycheck!

## REFLECT:

1. Brandon had a harder time getting a job than he thought he would. List two barriers Brandon had to overcome.

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2. How did Brandon overcome these two barriers in order to move closer to achieving his goal?

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## NOW IT'S YOUR TURN:

### REFLECT:

1. Think of a time you made a goal but ran into roadblocks along the way. Did you think of a different way you could approach your goal? If so, what did you do differently? What did you learn from the roadblock you encountered? Explain your experience and how you felt when you reached your goal.

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## *Activity 3.2: Balancing Your Goals*

There are many aspects of your life that you must keep in balance and think about while setting your goals for the future. For example, it is up to you to balance your family, physical, mental, emotional/spiritual, social and education/career goals, and decide what you want for each area of your life. If one aspect of your life is taken out of the wheel, you won't be able to keep the balance; you'll have a flat tire.

The wheel below allows you to organize your goals for the future. Where do you picture yourself in each aspect below in ten years? Fill in the wheel below with at least one goal for each aspect.



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## *Activity 3.3: Goal Setting for the Future*

What goals do you have for the future? How will you go about turning these goals into reality?

**1. Decide on your goals. Your goals may be something you want to accomplish or a burning desire you have.**

My goals are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Develop an action plan in order to become closer to reaching your goals.**

I plan to reach my goals by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Commit to your plan. Actually follow the steps you have laid out for yourself.**

The first step to completing my goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I plan to take the first step of completing my goal on this date:

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The next steps I think I need to take are:

I. 

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II. 

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III. 

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**4. Write what you want the final result to be.**

- **Your plan may not be 100% initially correct, but you can change your plan over time. The plan you create will be the right plan to start with and as you encounter road blocks, you may wish to alter your plan.**

When I have taken all the steps necessary, my goals will become a reality. My reality will be:

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## I- INITIATIVE

Initiative is the power of action. Taking action has its own power because the worst thing that could happen is that you could learn something. Trying something new for the first time may be scary, but letting opportunities pass you by can be even scarier. Taking action means that you are committed to making something happen. You will feel your confidence start to develop as you learn.

The opposite side to initiative is procrastination. Why do people procrastinate? Sometimes it's because they are afraid to be wrong or to fail, or they fear that they will become embarrassed if they don't automatically succeed. In the face of procrastination, you must have courage to act despite your doubts. You are powerful. You have the power to choose between taking action, or procrastinating.

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## *Activity 4.1: Reflection Questions*

What is one thing in your life that you often put off until the last minute? Why do you procrastinate on this activity?

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What change could you make in order to stop the procrastination and encourage the initiative?

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If you make changes in your life to stop procrastinating, what aspects of your life do you see changing? How will taking initiative make your life easier?

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## *Activity 4.2: Challenge*

You developed an action plan to reach your goals in the previous section. Now, take the first step. Don't debate and wait!

**REFLECT:** What did it feel like to take the first step towards your goal? Is there a better action that you could take towards reaching your goal? If not, when will you take the second step towards reaching your goal?

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## C- COMMITMENT

Commitment is the power of perseverance. Commitment means that you won't give up on yourself if something doesn't work out easily. You will face challenges. You may have to alter your plan. You don't have to give up.

### **COMMITMENT MEANS THAT YOU:**

1. Are prepared to persevere
2. Realize that change in personal growth involves struggle
3. Are willing to continue your journey towards your goal and be proud of what you accomplish while attempting to achieve your goal. The pathway of your journey may not be obvious to you, but who you become by overcoming the challenges to achieve your goal may be a bigger benefit than achieving your goal.

### **LEARNING THROUGH EXAMPLE**

There are many well-known individuals who have made a commitment to themselves to make a difference. Although many have faced tragedies within their lifetimes, there are countless stories that demonstrate insurmountable courage. You can connect with the stories of many through Inspiration to Live Your MAGIC: 75 Inspiring Biographies found at [www.liveyourmagic.com/inspiration](http://www.liveyourmagic.com/inspiration)

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## *Activity 5.1: Reflecting*

Describe one time in your life where you persevered. What struggles did you have along the way? How did you make changes to overcome these struggles? Why did you continue to try, even though you weren't able to succeed in the first place?

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## *Activity 5.2: All About Me*

Fill in the web below to illustrate who you are. Share your web with a friend and compare how you are different but both gifted.

The diagram consists of a central text prompt, "My name is ...", surrounded by six colored circles, each containing a question. The circles are: a light blue circle at the top, a light green circle on the left, a light orange circle on the right, a light blue circle at the bottom-left, a light purple circle at the bottom, and a light red circle at the bottom-right.

I am good at ...

I am important because ...

People who support me are ...

My name is ...

Some things I have to work at are ...

In 10 years I would like to be ...

Some people I am close to are ...