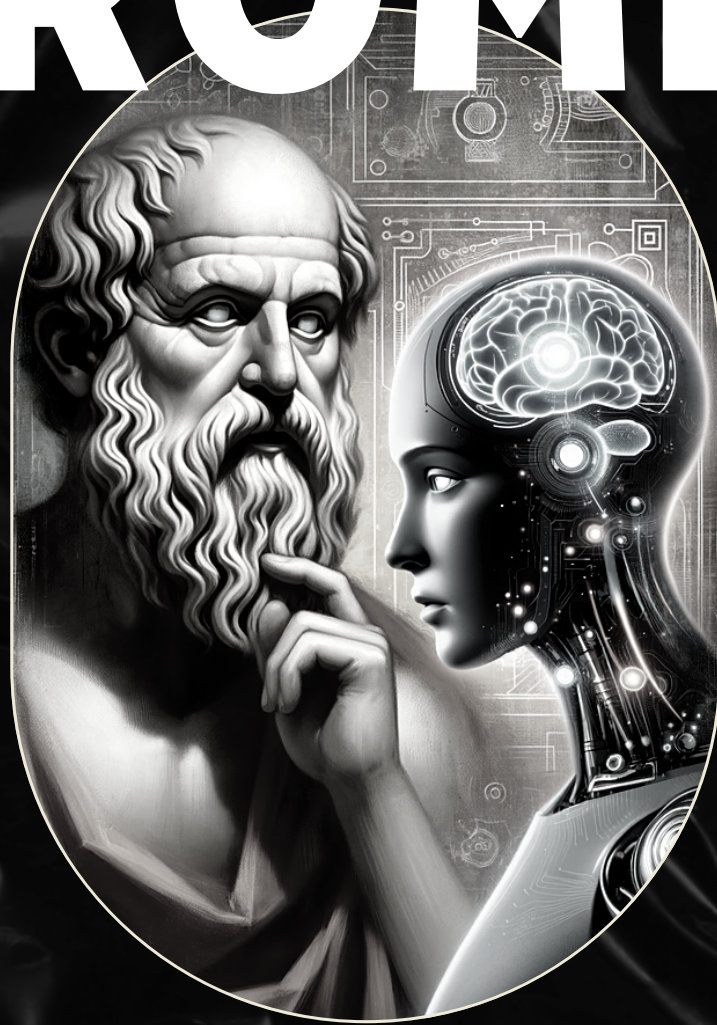


# COACHING PROMPT

LIFESPIDER ACADEMY



BIRGITTA GRANSTROM

A Message from Your Higher Self



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“The best way to predict your future is to create it.” – Unknown

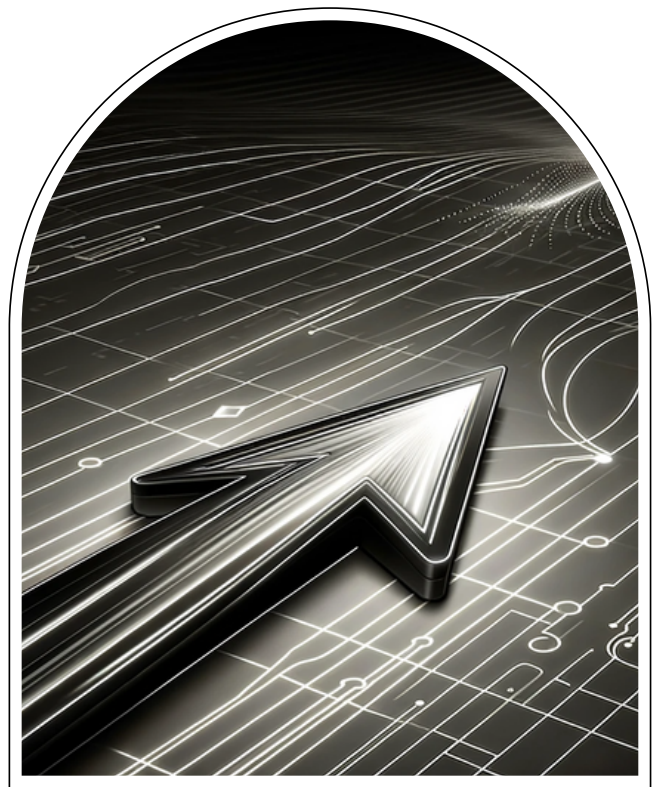
# WELCOME

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Welcome to a unique and transformative experience where you'll embark on a journey of self-discovery and vision creation. This exercise is designed to help you gain clarity about your past year's experiences and leverage them to build a vivid and compelling vision for your future.

As part of this process, you'll engage in a series of thought-provoking "Countdown Questions." These questions are not just queries; they are keys to unlocking a deeper understanding of yourself and your journey. By reflecting on these questions, you'll gather invaluable insights that will serve as the foundation for your vivid vision.

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# INTEGRATE

## INTERGRATING THE CHATGPT EXERCISE

But that's not all. To make this journey even more engaging and insightful, I have integrated an innovative exercise involving ChatGPT, your AI companion. Here's how it works:

## ANSWER THE COUNTDOWN QUESTIONS

As you progress through the questions, remember that your answers don't have to be perfectly formulated. ChatGPT excels at understanding context, even from keywords or brief responses. The most crucial aspect is creating clarity for yourself in these answers.

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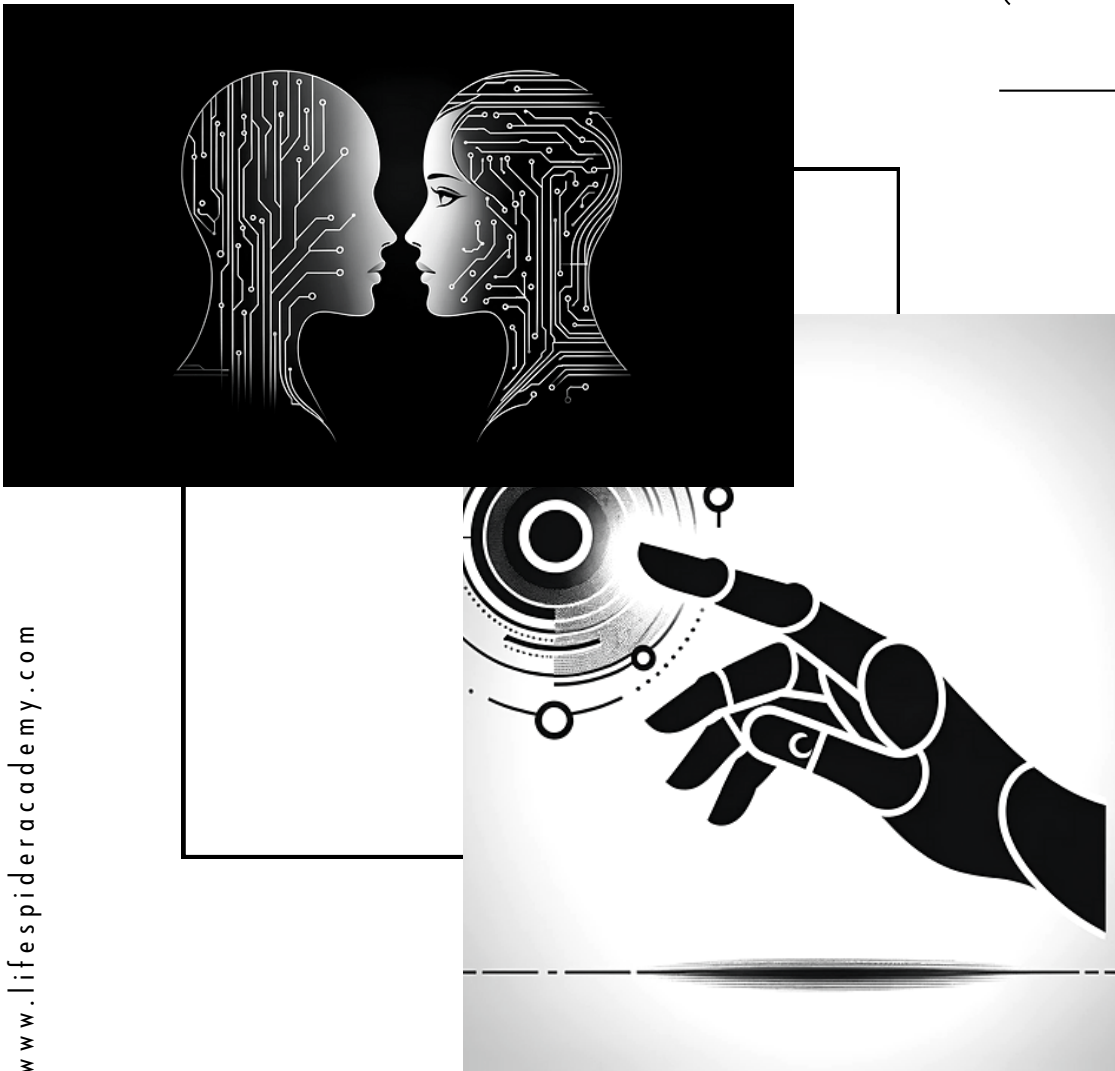


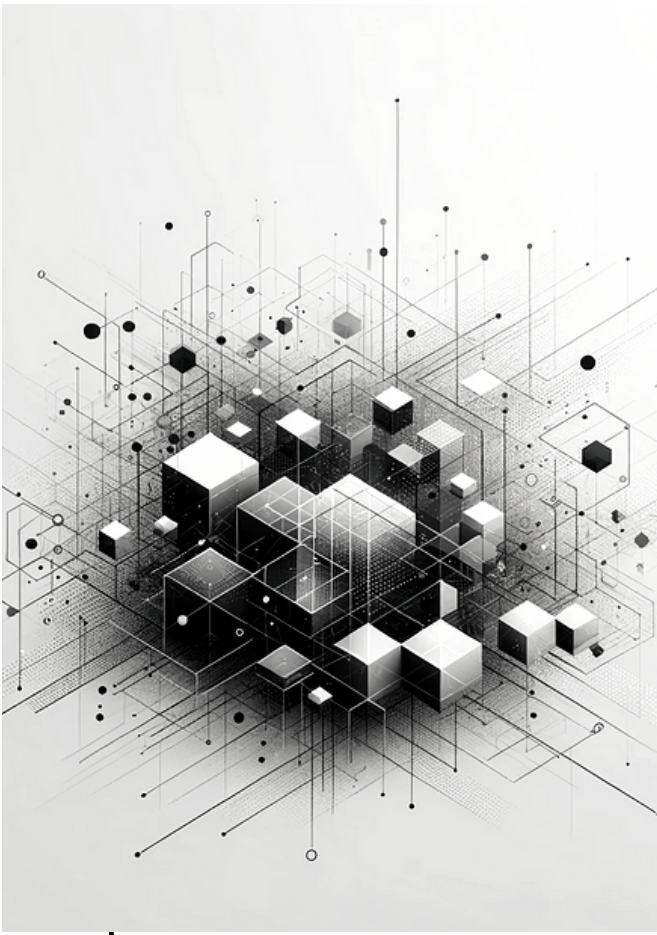


## INTERACT WITH CHATGPT

After you've answered the questions, you'll have an opportunity to interact directly with ChatGPT. You'll provide your responses along with specific keywords, and ChatGPT will craft a personalized letter that highlights your character, achievements, and potential. This letter will be an empowering reflection of your growth and a beacon for your future vision.

INTERACT





# IMPERFECTION

## EMBRACE IMPERFECTION

Keep in mind that this exercise isn't about perfection. It's about honesty, introspection, and growth. Even if your thoughts aren't fully polished, they are valuable. ChatGPT is designed to understand and interpret your responses, turning even the simplest answers into profound insights.



## YOUR VISION

Through this exercise, you're not just answering questions; you're actively participating in the creation of your future vision. Each response is a step towards a clearer, more vivid picture of who you are and who you aspire to be.

VISION



## THE PURPOSE

The purpose of those Countdown Questions is to give you time to define your platform before you create your vivid vision. This is a crucial step to generating a successful vivid vision.

Defining your platform is like making a yearly financial statement. You'll compile all events to see the closing balance, which is the new year's opening balance.

Your circumstances and conditions are different from 12 months ago. Clarity about your opening balance is essential since your mind is a habit machine. Your brain likes to think in old-fashioned paths and patterns if you don't supply new information and new conditions.

The power of a vivid vision is not in itself but in the platform, it stands on.

PURPOSE



# THE STAGE

So, as we begin this journey, I encourage you to embrace openness, curiosity, and a willingness to explore. Each question is an invitation to dive deeper into your experiences, beliefs, and aspirations. Remember, the journey toward a vivid vision is as important as the vision itself. Let's embark on this journey together and discover the power of reflection, clarity, and vision.

Let's begin with your Count Down Questions.

After answering 14 questions, you can copy and paste them into ChatGPT using the provided "Copy version of the questions" for ease of use.

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## 14

Which were your last 12 months' four most significant achievements, accomplishments, or realizations?

Write down what immediately comes to mind, but do not force yourself to remember anything. Let the "right" answer find you. Often, when you ask a question and try to construct an answer – where the brain or your immediate logic wants to come up with a solution – it's natural that you only repeat responses you have received many times before.

If you rest and disconnect the logic – what achievements you think you should remember – you will be surprised by how easily the answers will come.

It's a fascinating part of the process when you discover that the answers that fall over you are the answers that will create insights and unexpected realizations. As you never know when the answers will appear, it's a playful way to deal with challenging, complex, and demanding situations.

13

What skills have you learned in the last 11 months?

And yes, you heard right. It's 11 months, not 10, not 12. Why such a specific timeframe? The reason is simple yet profound: it's about triggering your brain to think differently, to step outside the usual patterns of reflection.

Typically, when we look back over a year, our minds naturally gravitate towards a 12-month cycle, aligning with the calendar year. This period is so ingrained in our thinking that our reflections can sometimes become automatic, almost reflexive.

By choosing 11 months, we disrupt this automatic process. Your brain can't simply rely on its standard year-end summary. Instead, you're compelled to think more actively and selectively about your experiences. This slight shift in timeframe nudges you to consider your achievements and learning experiences with fresh eyes.





# 12.

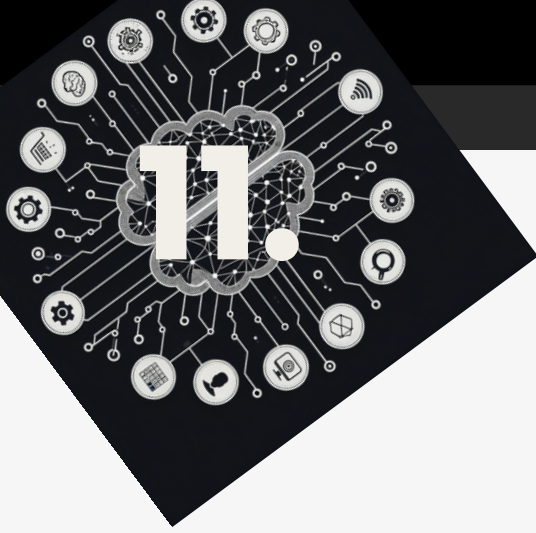
Which were the two most significant obstacles you overcame last year?

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Looking at how you have overcome obstacles is rewarding because it moves you forward. You deepen your understanding that reacting to unexpected situations increases your life confidence.

Each obstacle reminds you to see everything that's happened as a lesson you need to learn to grow.

You are growing when you know that you can choose to perceive darkness and light as a combination of possibilities that look different, depending on what side you choose to see them from.



In what way have you grown as a person during this year?

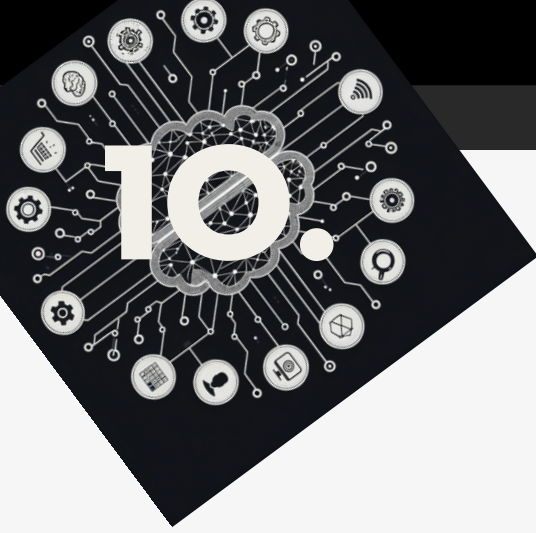
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The majority of people don't like their routines to be interrupted. They are programmed with reflexes and are seldom aware that they are continuously changing. Instead, they get into a stressful struggle to keep everything as it always has been.

Paying attention to how you have developed gives you the courage to move beyond what you thought was impossible only a few months ago.

Learning how much you have grown inspires you to actively challenge yourself to break barriers. You get excited about replacing limitations with festive activities that move you forward in new directions.

Pay attention to what you may judge as insignificant. Allow every single tiny improvement to be with you on your new platform.



Which memory would you take into the next phase of your life?

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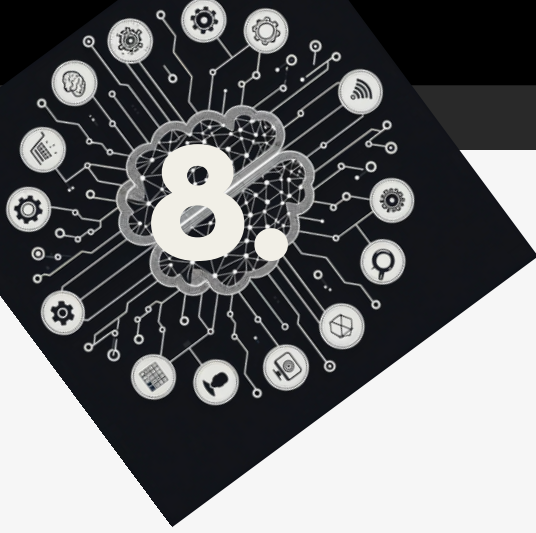
Your memories teach you to be aware of what is happening in the world around you. Your memories make you a magnificent observer who understands life. When you observe a historical event, you not only learn from the events themselves but also about the consequences.

Your brain loves to be in control, and feeding your mind with what it likes increases the probability that it will be on your side when you decide to do something outside your comfort zone.

Memories are a fantastic source of information. A side effect of digging into your memories is learning how to influence people and the circumstances in your surroundings. It's risk-free teaching about cause and effect.







## In what way is your capacity different?

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Before creating a new vision, assessing your capacity and how it has changed from the previous year is essential. Your capacity is a critical factor that can affect the feasibility and success of your goals and plans.

Capacity refers to your ability to take on and manage tasks and responsibilities regarding your resources and external factors. It can include your time, energy, skills, knowledge, financial resources, and support networks.

By assessing your capacity and how it has changed since the previous year, you can better understand what you are capable of achieving and what you may need to adjust in your plans and goals. You can take on more ambitious visions when you become aware of your new skill.

By understanding what you can achieve and your available resources, you can prioritize your goals and allocate your resources accordingly. Overall, assessing your capacity and how it has changed from the previous 12 months is essential in creating a new vision aligned with your resources.



## In what way has your readiness for new possibilities shifted?

Being aware of how your readiness for new opportunities has changed from the previous year can be beneficial. This awareness allows you to be more mindful of your personal growth and set goals that align with your current state of mind and readiness.

This question refers to your willingness and preparedness to take on new challenges and opportunities. Various factors, including your previous experiences, current circumstances, and personal goals and aspirations, can influence this.

Reflecting on your readiness can help you better understand your current mindset. This helps you to set challenging visions that align with your aspirations. You might have experienced significant personal growth and feel more confident and capable. In that case, you may be ready to step outside your comfort zone and helps you create an inspiring and achievable vision.



## How have your current beliefs about your situation changed?

It is essential to be aware of how your beliefs about your situation have changed since last year before you create new goals. Beliefs can significantly impact your actions, motivation, and mindset toward achieving those goals.

Beliefs refer to your perceptions and assumptions about yourself, others, and the world. These beliefs can –conscious or unconscious–significantly influence how you think, feel, and behave.

Reflecting on changes in your beliefs provides valuable insights into how they may impact your ability to achieve your vision. If you previously thought you couldn't reach a goal but now have a more optimistic and proactive mindset, you're more willing to take action. Being aware of your beliefs helps identify limiting or negative thought patterns that may hinder your progress. By addressing these beliefs, you can develop a more empowering and growth-oriented mindset that supports your efforts toward achieving your visions.

5.

## What do you consider your 3 biggest mistakes in the last 8 months?

Reflecting on your biggest mistakes provides valuable insights and learnings that expand your goals and actions.

Mistakes are an inevitable part of life, and while they can be challenging to confront, they are powerful catalysts for growth. By reflecting on your biggest mistakes, you can better understand what went wrong, why it happened, and what you can do differently in the future.

Reflecting on your experiences can help you identify patterns or behaviors that may be holding you back or causing you to repeat the same mistakes. It can also help you recognize areas where you need to improve your skills, knowledge, or habits.

Integrating these insights into your vision allows you to set more focused, intentional, and compelling goals. You can create strategies designed to help you avoid repeating past mistakes.

Furthermore, reflecting on your mistakes cultivates a growth-oriented mindset that mistakes are a natural part of life.



## 4

What information and knowledge did you acquire between *May* and *October*?

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Reflecting on the information and knowledge acquired between *May* and *October* is better than reflecting on the entire year.

Focusing on this specific period can help you remember the experiences, challenges, and learnings and integrate them into your new vision. This period also covers the spring and summer months, which often bring increased activity and growth opportunities. By reflecting on the entire year, you may overlook some changes or underestimate their impact.

3.

## What thoughts have occupied your mind in the past six months?

Asking this question before creating a new vision is excellent because it reveals crucial insights into your current mindset, priorities, and concerns.

Your thoughts shape your attitudes and actions and can significantly impact your ability to achieve your goals. By reflecting on the thoughts that have occupied your mind in the past six months, you can better understand what is most important to you, what motivates and inspires you, and what may be holding you back.

By understanding what thoughts have occupied your mind in the past six months, you can identify any limiting beliefs or negative thought patterns hindering your progress. You can also recognize any areas where you need to focus your energy and attention.

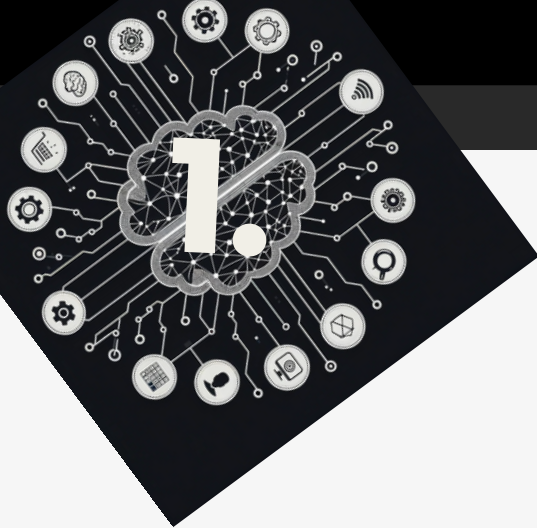
2

In what way to whom did you have a significant impact last year?

This is a good question because it allows you to reflect on the positive contributions you made in the past year and consider how you can continue to make a meaningful impact.

When you feel like you are positively impacting others, it can provide you with a sense of purpose and fulfillment and motivate you to continue to strive. Reflecting on your significant impact helps you identify your strengths, passions, and values. This reflection can guide you toward new opportunities for growth.

By considering the impact you had on others in the past year, you can develop a new vision grounded in our values of making a positive difference in the lives of others. This can help you cultivate a sense of purpose and give you the energy to live a meaningful and fulfilling life. Reflect on our past contributions, giving you the inspiration and power to create an impactful new vision for the future.



## What other important questions would you like to ask yourself?

Asking yourself this question prompts you to think critically about your goals, aspirations, and concerns. It helps you identify gaps or areas where you need additional clarity or insight. This question permits you to explore your thoughts and ideas more deeply. It helps you identify any critical questions or considerations that may need to be added to your current vision.

This process of self-inquiry can help you gain a deeper understanding of your values, motivations, and aspirations and can guide you toward new opportunities. It can help you identify limiting beliefs and negative thought patterns and provide new perspectives.

This question can help you develop a sense of ownership and agency over your vision as you actively seek new insights from within to inform you about your purposes, goals, and actions. It's a powerful tool for providing clarity for your new vision grounded in your inner knowing.

# PLATFORM



As we conclude our journey through the "Countdown Questions" series, we've embarked on a profound exploration of self-discovery and personal growth. By answering these questions, you've unearthed significant insights about your past year and laid a solid foundation for your upcoming Vivid Vision Quest.

Your responses to these questions are not just reflections but the building blocks of your future vision. Each answer has helped you clarify your platform, a critical step in creating a vivid and achievable vision.

Remember, your platform is the bedrock upon which your vivid vision will stand. It's the sum of your achievements, learning, challenges, and transformations. By understanding where you stand today, you're better equipped to chart a course for where you want to be tomorrow.

As we move towards the next phase of our journey, it's time to put these insights into action.

Move on to the next page and get the instructions on how you will receive a message from your higher self.



# COPY VERSION OF THE QUESTIONS

14. What are your four most significant achievements, accomplishments, or realizations during the last 12 months?

13. What skills have you learned in the last 10 months?

12. What were the two most significant obstacles you overcame this year?

11. In what way have you grown as a person during this year?

10. If you had to choose only one memory to carry with you into the next phase of your life, what would it be?

9. What are your five takeaways from the last 11 months?

8. In what way is your capacity different?

7. In what way has your readiness for new possibilities shifted?

6. How have your current beliefs about your situation changed?

5. What do you consider to be your biggest mistakes in the last 8 months?

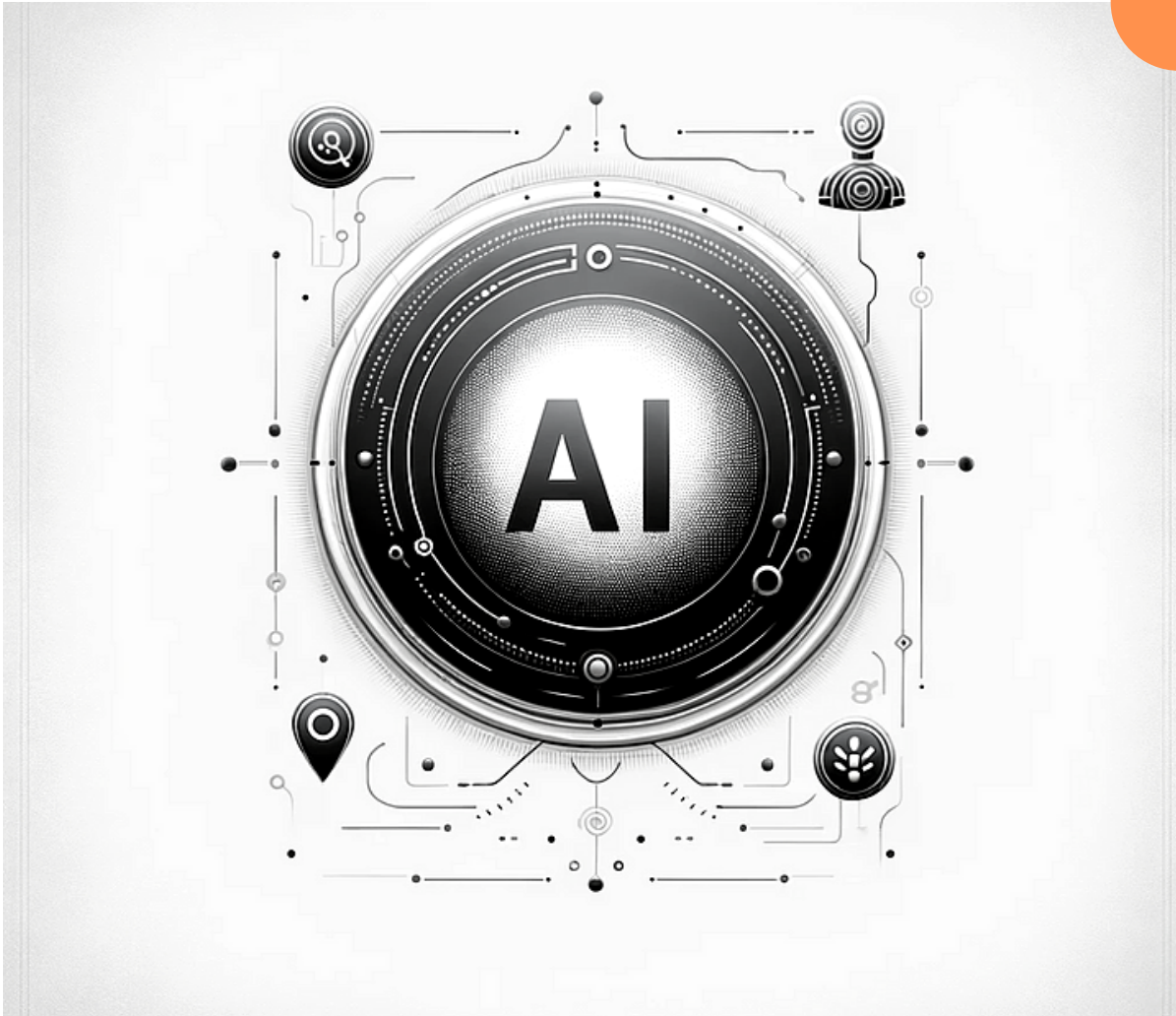
4. What information and knowledge did you acquire between May and October?

3. In the past six months, what thoughts have repeatedly occupied your mind?

2. In what or to whom did you significantly impact last year?

1. In light of your new skills, experiences, and knowledge, what are you now capable of that wasn't possible before?

# INSTRUCTIONS



For the second part of this exercise, you're going to interact directly with ChatGPT, your AI assistant.

# WHAT TO DO



## **1, Prepare Your Responses:**

Gather the answers you've written down for the Countdown Questions.

## **2, Use the Provided Prompt:**

I'll provide you with a specific prompt. This prompt is designed to help ChatGPT understand the context and assist you effectively.

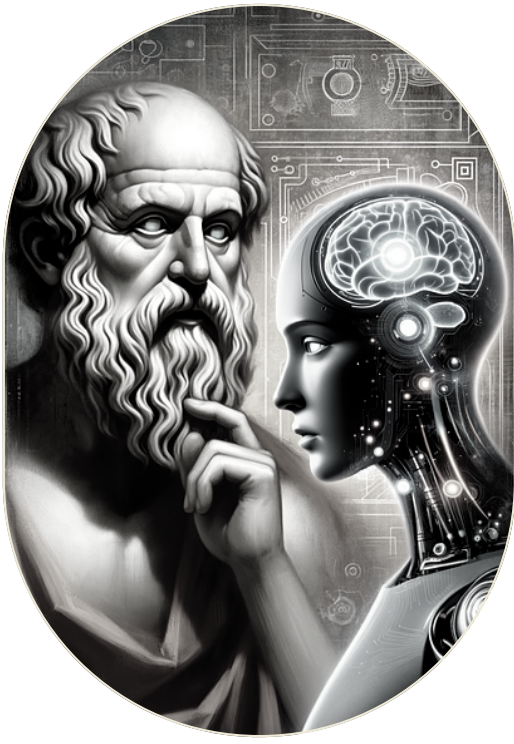
## **3. Copy and Paste:**

Copy both the questions and your answers, and then paste them into the chat with ChatGPT, followed by the provided prompt.

## **4. Engage with ChatGPT:**

ChatGPT will use your responses to create a personalized letter that highlights your character, skills, personality, and potential. This letter will be an empowering representation of your journey and achievements over the past year.

Use your prompt on the next page with detailed instructions how to move on and receive a powerful message from your higher self that will help you move forward toward your personal utopia.



# PROMPT

Provide the following details after your answers to the countdown questions to receive your personalized letter.

“I want you to be a world-class expert who excels in identifying people's strengths and presenting them in a way that everyone wants to meet, hire, and have in their life. I will provide you with some [keywords] of what a person has accomplished in the last 12 months, and you will use them to describe this person in an empowering, inspiring, and motivational way. You are the voice of their higher self, who clearly can see the potential and skills they have attained. The letter you write will describe [name]'s character, skills, personality, and potential. You will make sure to use language that highlights their strengths and accomplishments in a way that showcases their value and unique capabilities.

Keywords [Add the questions with your answers]

Name: [Your Name]

Gender [Male, Female]



# CONCLUSION

Remember, this exercise is not just a reflection—it's a celebration of your growth and a declaration of your potential. You've taken the time to look inward, recognize your achievements, and articulate the future you aspire to create. This isn't just about envisioning your future but seizing the power to shape it.





Embrace this opportunity to see yourself through a new lens, to acknowledge the strength you've cultivated and the wisdom you've gleaned from each experience. You are the architect of your destiny, sculpting your path with intention and foresight. Step confidently into your Vivid Vision Quest, armed with the knowledge that every step forward is a step towards realizing your potential.



Know that this journey continues if your spirit yearns for more—if you're ready to dive deeper into the vast ocean of your capabilities.



There are more revelations to uncover, strengths to harness, and greater heights to reach. If you want to continue your Vivid Vision Quest journey and unlock the next level of your evolution, [learn more here](#).

Your future is not just a tale to be told; it's a chronicle to be written. Write it with conviction, and let every sentence echo the fullness of your intent.

I wish you a glorious adventure of self-discovery and transformation. I'm honored to be your guide and companion along the way. I hope this exercise inspires you to take action and pursue your Vivid Vision with passion and purpose.

*Birgitta Granstrom*

Founder of LifeSpider System™

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