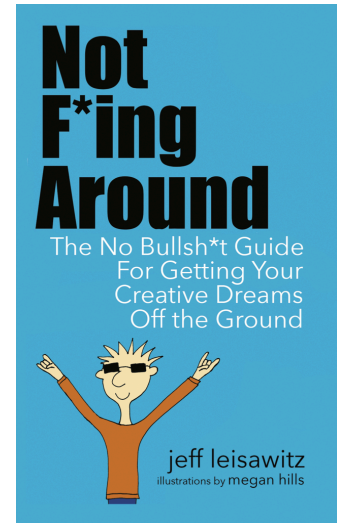


Declare Your Mission

If you wanna be NFA you gotta know some things about who you are. You need to know what you really value. The actions you take to demonstrate that value. And how those actions make you feel.

Once you dig in and figure this stuff out, you're gold. Then you can crank the NFA. Every step forward will be lit up, electrified, aligned, authentic, valuable and meaningful.

Cool cool? F* yeah!



Values

Circle (or jot down) any of the words or phrases below that resonate with you in any way. These may be things that you like, want or feel. Or things that are already a part of who you are.

achieving something
amazing yourself
breathing easy
bringing the logic
burning with courage
chillin'
connecting to your higher self
dabbling in curiosity
exploring the unknown
feeling independence
finding fame

getting psyched
getting real
healing yourself
helping humans
hitting the stage
imagining
keeping safe
kicking ass
learning new stuff
living freedom
mastering something

playing
rolling the dice
seeking pleasure
sharing something
tag teaming with other humans
taking responsibility
tapping intuition
teaching something
wandering through worlds

Awesome. Now stop thinking. Do this next part fast.

**Cross out as many of the things you circled above until you only have three left.
Go!**

Write down your three values from above.

Values

1. _____
 2. _____
 3. _____
-

Actions

Start with the first word or phrase from above.

How do you (want to) demonstrate this in your life?

Fill in the blanks. Here are a few of mine.

Dabbling in curiosity

I demonstrate dabbling in curiosity by binging on library books. And ending up with substantial late fees.

Helping humans

I demonstrate helping humans by teaching workshops on how to tap into your heart and kick some ass with your creativity.

Burning with courage

I demonstrated burning with courage by doing six hour and half workshops with 175 rowdy freshmen at an arts high school in Tacoma.

I demonstrate/d _____ by

_____.

I demonstrate/d _____ by

_____.

I demonstrate/d _____ by

Inner Experience

Same deal. Use the same words or phrases from before.

How do you feel when you demonstrate this or take these actions?

When I burn with courage I feel like I'm breaking boundaries within myself and becoming a bigger person.

When I help humans I feel a sense of connection that is special, deep and transcendent.

When I _____
I feel _____.

When I _____
I feel _____.

When I _____
I feel _____.

NFA Mission Statement

Okay, SuperStars. Time to put it all together.

Grab your answers from the exercises above, synthesize new answers from what you just learned about yourself, and/ or take a deep breath, feel your truth and write it down. Check out my examples.

Values

In my creative life I value tons of stuff but I really f*ing value burning with courage, helping humans and dabbling in curiosity.

In my creative life I value tons of stuff but I really f*ing value

Action

I step into this awesomeness by binging on library books and teaching workshops.

I step into this awesomeness by

Inner Experience

When I take bold action on the things that matter to me I feel like I'm breaking down boundaries within myself and becoming a bigger person, and connecting in deep, special and transcendent ways.

When I take bold action on the things that matter to me I feel like

F* yeah!

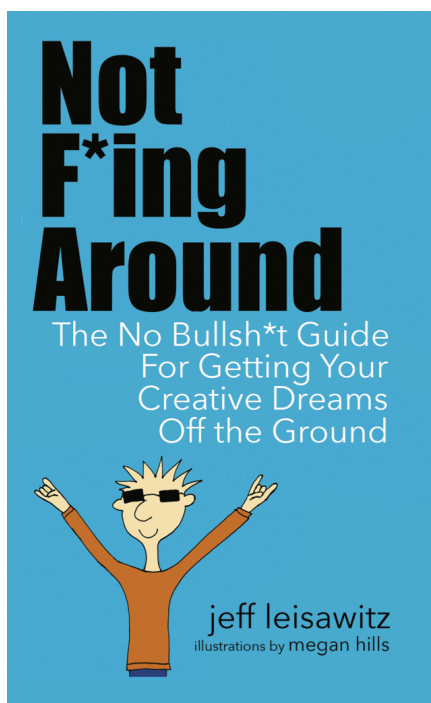
Great job. You just dug in deep and tuned into the core of your amazing. Congrats!

This is big stuff. Believe it or not, being conscious is an often overlooked aspect of modern life. Knowing your intentions and aligning your actions cranks you up to bring the NFA in whatever flavors and ways you choose.

You may want to copy and paste your [NFA Mission Statement](#) onto your desktop. Or print it out and hang it on your fridge or bathroom mirror. Maybe you wanna email it with a friend. Or blast it out on your social media. Or shout it out to the skies.

I would LOVE it if you'd take a sec to email it to me at jeff@JeffLeisawitz.com. Thanks. You rock!

You are NFA!



SHARE on social media.

EMAIL this worksheet to your pals who need a kick in the ass.

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