



# IGNITE LIFE!

---

**Ignite your life with passion, meaning and fulfilled potential**



September 1, 2009

---

Ignition Workbook



## WHO AM I?

*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.*

***Helen Keller***

1. Before finding myself between jobs, what were some burning events I endured?

Professionally:

---

---

Personally:

---

---

2. In retrospect, did any good result from those challenges?

---

3. How could embracing my scars aid in furthering me as a leader?

---

4. What events, jobs, relationships, and dreams have I fought for in my past?

---

---

5. What am I fighting for today (professionally/spiritually/personally/relationally)?

---

---

6. What are obstacles today that are keeping me from more actively engaging in life?

---

---

7. What changes can be made to rise above those obstacles?

---

---

8. What is one action that I will take in order to begin embracing my past, rising above those obstacles, actively living my absolute advantages, and fulfilling my potential?

---

---



## WHERE AM I GOING?

*There is nothing like a dream to create a future.*

**Victor Hugo**

1. What are some accomplishments and successes that I am most proud of?

---

---

---

2. What are some things I'd like to still accomplish in my life?

Professionally: \_\_\_\_\_

Personally: \_\_\_\_\_

---

---

3. If there was one thing I could do, and I **KNEW** I wouldn't fail, I'd: (think BIG!!!)

---

---

4. What am I going to do about it? What do I commit to doing in order to take a step toward achieving this goal? (You have to fight for it!)

---

---

---

5. What are the goals of the people I care most about (family members / friends / etc)?

---

---

6. Have I asked them?

---

7. Knowing what they are, how can I help them realize those goals?

---

---

---

8. I commit to taking the following action in order to better understand the goals of individuals I care about:

---

---

---

John R. O'Leary | p: 314.276.6233 | f: 866.996.3232

330 Planthurst | St. Louis, MO | 63119 | [RisingAbove.com](http://RisingAbove.com)

RisingAbove partners with organizations to ignite passion, transform challenges and fulfill potential



## WHO IS GOING WITH ME?

*You can have anything in the world you want if you'll just help  
enough other people get what they want*

**Zig Ziglar**

1. Identify two teammates that I look up to and respect:

Personally:

1. \_\_\_\_\_
2. \_\_\_\_\_

Professionally/Educationally:

1. \_\_\_\_\_
2. \_\_\_\_\_

2. What characteristics do I value in these teammates?

---

---

3. Thinking of individuals for whom I have *little* respect, what characteristics do they model? Why don't I look up to them?

---

---

4. Why does my team consider me a leader?

---

---

5. What characteristics do they value in me?

---

---

6. What are my characteristics that they might they say.....um....need a little work?

---

---

7. How can I grow in spite of today's challenges and become an even better leader?

---

---

9. I commit to taking this one action in order to become a stronger, more effective leader:

---

---



## HOW AM I GOING TO GET THERE?

*You can't always choose the path you walk in life, but you can always choose the manner in which you walk it.*

**John O'Leary**

Strategies to living intentionally:

- Know thyself – the who's, where, and why's of my life!
- Make the choice to excitedly engage each day of my life
- Become accountable and responsible for my actions, attitude, behaviors and results in life; and encourage and inspire the same in others
- Choose to stretch (everyday!) toward my best life

1. Realizing how absolutely critical my own choices are in my results, what is one **negative** behavior / attitude / action that I am going to terminate today?

---

---

2. Understanding that I have removed something that was weighing me down from enjoying my full potential and maximum impact, what is one **positive** behavior / attitude / action that I am going to begin living today?

---

---

3. Most of us don't look forward to stretching. It hurts, it is painful and never fun. Ultimately, though, it is in stretching that we grow. Knowing that there are three potential areas where we can stretch and in doing so I'll be taking critical, difficult and rewarding steps toward my best life, I commit to stretching in these areas (be specific!)

- Professionally:

---

---

- Relationally:

---

---

- Personally:

---

---



## WHAT CAN I DO?

*When you know the WHY you can endure any How*  
**Friedrich Nietzsche**

### Professional Mission Statements:

- **Go! Network:** Empowering personal and professional growth through life, education and career opportunities.
- **Microsoft:** help people and businesses throughout the world realize their full potential.
- **Twitter:** a service for friends, family, and co-workers to communicate and stay connected through the exchange of quick, frequent answers to one simple question: What are you doing?
- **Rising Above:** partners with organizations to ignite passion, transform challenges and fulfill potential.

### Personal Ignition Statements:

- **John O’Leary:** to live each day passionately, celebrate the joy of life, share that joy with others, and empower others to achieve their dreams.
- **Grant Henderson:** To be a catalyst to allow people to really profit from their passion; where profit is the overwhelming contribution and impact they bring to themselves and others.
- **Eddie Varley:** To put a smile on God’s face each day.
- **My Ignition Statement:**

---

---

---