

CREATE YOUR CAMELOT

You need a timer and an un-interrupted 45 minutes for this exercise. Find a quiet room, switch off the phone, close your email. Download the "My Camelot" workbook by clicking the "Journal" button below and print it out.

Have you ever made time to think about what the perfect life would be? I mean really sit down and take time to visualize that life in detail. You can't get to Camelot unless you know what it looks like.

We are all so caught up in our day-to-day lives of managing our relationships, working or running our business, paying the bills, looking after the home and the children. We forget to ask ourselves what all this "getting through the day" is about. What are we headed towards? Are we living our lives on an upward trajectory or are we just hanging on that nice, comfy plateau.

One of the problems is that every one of us is trapped within the confines of our world-view and personal experiences. We only imagine for ourselves that which we believe it is possible to achieve. Every one of us has limiting beliefs that are keeping us from imagining that ideal life –and if we can't imagine what it looks like, forget about planning how to get there.

Let's see if we can find elements of your Camelot to get you started. Your Roundtable Peeps and the other Galahads will help you find the rest once you get inside the castle walls.

Find a nice clear, uncluttered space on your desk or table. Uncluttered spaces equal uncluttered minds. Take out your favorite pen. Place your workbook on the space in front of you. For the next 15 minutes you will put your pen to paper and write. You won't stop writing until your time is up.

Right now set that timer again - this writing time is a little longer. Forget about everything that we have done so far. This is adventure time. Write about a picture perfect life and put yourself in it. Remember this is not the life that you can imagine for yourself, not the life you hope to have one day, just your definition of a perfect life. Who are you? What does your day look like? What kind of work do you do? Who are your relationships with? How do you play? What does your bucket list look like? There are no rules here. Write a list write a story write a poem or song – just get it out of yourself. Close your laptop (don't even think about typing this!) Go!

Re-read your visualization of Camelot. Is it right? Is this your visual of a perfect life?

Go through and cross out anything that doesn't belong. Do NOT cross out things that you think are impossible, just cross out things that don't feel right for you now that you have had the opportunity to get some distance.

Now pull out five elements of that perfect life that don't exist in your life right now and enter them in the "Camelot Goals" section of the worksheet. Keep this worksheet – you will need it for your Galahad application.

JUSTFORFUN...

Now go back to your "Stock of your Surroundings" list. Put a check in Column C when that activity either supports an element of your Camelot story (meaning that you may have already achieved some of your elements of Camelot) OR that activity is in line with one of your Camelot Goals.

How many things are you doing right now that are in line with your Camelot goals? How far is your journey to Camelot? What do you need to change today to just shift your gaze to the direction of that castle on the hill.

Apply...

Your quest is over. You are ready to embark on that journey to Camelot. Can you hear us? We are calling you.

Kick-ass women know who they are!

They know what they have accomplished and they own those accomplishments like shining silver armor.

They know that they are capable of true magic if they learn from failing forward – and they have their Book Of Spells to prove it.

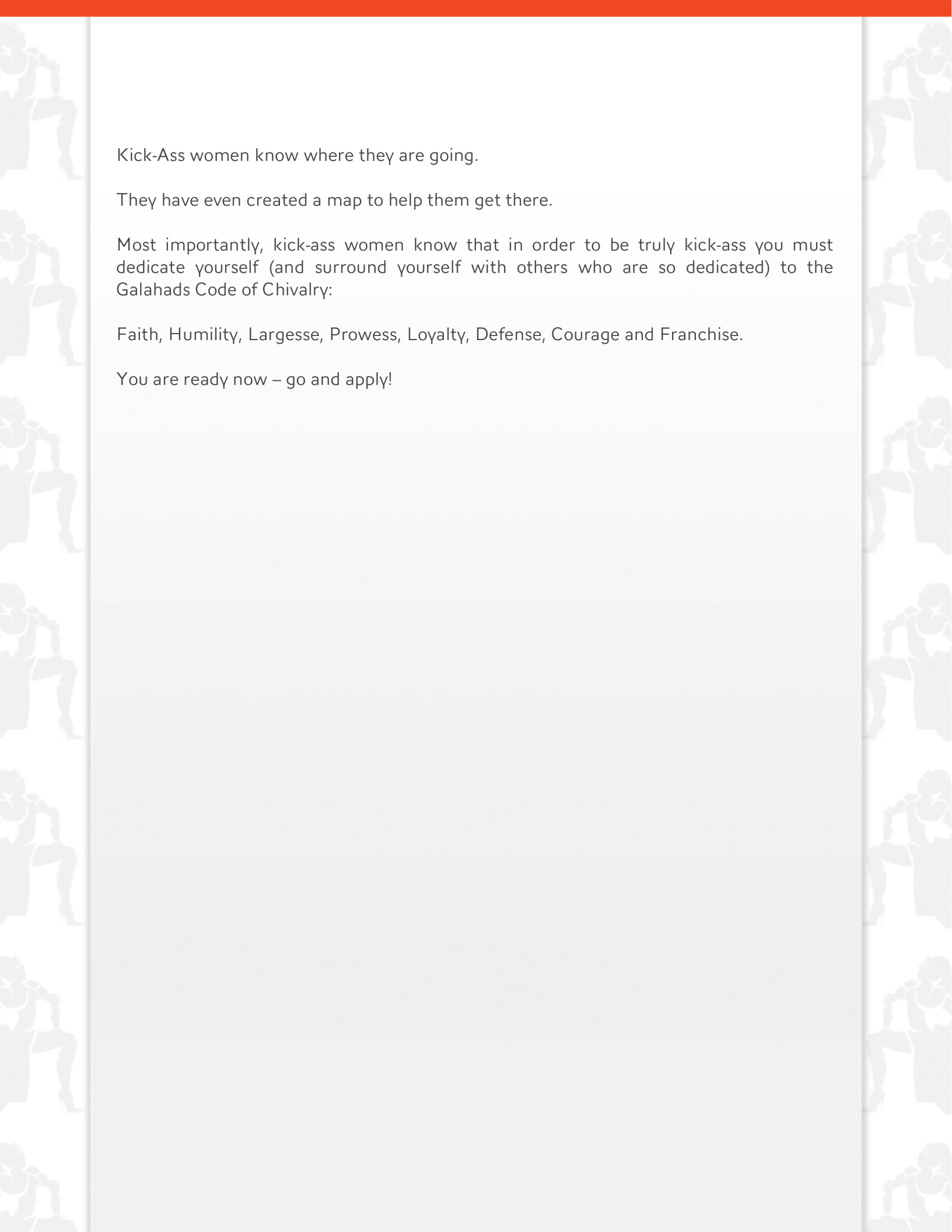
They have armed themselves with all of the equipment they need to venture out in to a world filled with dragons and long journeys in search of truth (they also know that you can never be fully armed and they constantly strive for more).

They know where they are at all times.

They know what they want and more importantly, what they don't want in their lives.

They know what they are striving for.

They have a clear picture of their future and every quest leads them closer to their own personal Camelot.



Kick-Ass women know where they are going.

They have even created a map to help them get there.

Most importantly, kick-ass women know that in order to be truly kick-ass you must dedicate yourself (and surround yourself with others who are so dedicated) to the Galahads Code of Chivalry:

Faith, Humility, Largesse, Prowess, Loyalty, Defense, Courage and Franchise.

You are ready now – go and apply!