



Life Mentorship

Full Course Tracking Sheet

The core essence of this Life Mentorship program by Success Viking is to help **IDENTIFY, PLAN** and **ACHIEVE DREAMS STRESS FREE**. As per Success Viking's study of **MORE THAN 1000S OF CASES**, we've established that Dreams have a relationship with four things - **TIME, MONEY/CAREER, PEOPLE AND SELF**.

We've defined a methodical approach with the help of videos, exercises, stories and examples to understand the same. The program is mainly divided into 6 steps, and each step has subcategories. The six steps are listed below:

Step 1 - Importance of Fearless Dreams

Step 2 - Time Management - Balancing all areas of Life

Step 3 - Career/Money - Attracting them Stress-Free

Step 4 - Self Focus - Ever Excited and Ignited

Step 5 - People Skills and Relationship Management

Step 6 - Designing Life's Larger Picture

Note: Each topic could have either a video or a worksheet or both.

Topics	Video	Worksheets
Step 1 - Importance of Fearless Dreams		
1 Life Mentorship by Nirav Shah	<input type="checkbox"/>	<input type="checkbox"/>
2 The Power of Fearless Dreams	<input type="checkbox"/>	<input type="checkbox"/>
3 The Journey of The Greats	<input type="checkbox"/>	<input type="checkbox"/>
4 The Power of Gratitude	<input type="checkbox"/>	<input type="checkbox"/>
5 Making a list of Problems/issues in life	<input type="checkbox"/>	<input type="checkbox"/>
6 Personal SWOT Analysis	<input type="checkbox"/>	<input type="checkbox"/>
7 Identifying Fearless Dreams	<input type="checkbox"/>	<input type="checkbox"/>
8 Importance of Right Mentors for Your Dreams	<input type="checkbox"/>	<input type="checkbox"/>
Step 2 - Time Management - Balancing all areas of Life		
1 Dividing Dreams into Time and/or Money based ones	<input type="checkbox"/>	<input type="checkbox"/>
2 Time Management over a 168 hours/week	<input type="checkbox"/>	<input type="checkbox"/>
3 Priority setting for Time-based Dreams	<input type="checkbox"/>	<input type="checkbox"/>
Step 3 - Career/Money - Attracting them Stress-Free		
1 Get your Dream Job	<input type="checkbox"/>	<input type="checkbox"/>
2 How to Choose & Build the Right Career	<input type="checkbox"/>	<input type="checkbox"/>
3 The Power of being Consistent	<input type="checkbox"/>	<input type="checkbox"/>
4 What really is a Business?	<input type="checkbox"/>	<input type="checkbox"/>



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5	Converting Career Dreams Into Landmarks	<input type="checkbox"/>	<input type="checkbox"/>
6	Why be the Right Human Being	<input type="checkbox"/>	<input type="checkbox"/>
7	Estimates for Monthly Expenses	<input type="checkbox"/>	<input type="checkbox"/>
8	Priority setting for Money based Dream	<input type="checkbox"/>	<input type="checkbox"/>
Step 4 - Self Focus - Ever Excited and Ignited			
1	How to be Self-focused? (Atmosphere, Association, Inputs)	<input type="checkbox"/>	<input type="checkbox"/>
2	Importance of Visualisation	<input type="checkbox"/>	<input type="checkbox"/>
3	Importance Self-talk	<input type="checkbox"/>	<input type="checkbox"/>
4	Meditative state - Part 1/3	<input type="checkbox"/>	<input type="checkbox"/>
5	Meditative state - Part 2/3	<input type="checkbox"/>	<input type="checkbox"/>
6	Meditative state - Part 3/3	<input type="checkbox"/>	<input type="checkbox"/>
7	How to handle Fear?	<input type="checkbox"/>	<input type="checkbox"/>
8	The No looking back approach	<input type="checkbox"/>	<input type="checkbox"/>
Step 5 - People Skills and Relationship Management			
1	What is the Art of Handling People - Orientation	<input type="checkbox"/>	<input type="checkbox"/>
2	People who impact our lives	<input type="checkbox"/>	<input type="checkbox"/>
3	How to Handle People with SALTTI Theory	<input type="checkbox"/>	<input type="checkbox"/>
4	Art of Listening - SPONGE Theory	<input type="checkbox"/>	<input type="checkbox"/>
5	How to Handle Objections - Art of Handling People	<input type="checkbox"/>	<input type="checkbox"/>
6	Orbit theory of Letting BE	<input type="checkbox"/>	<input type="checkbox"/>
7	The Power of Sharing	<input type="checkbox"/>	<input type="checkbox"/>
Step 6 - Designing Life's Larger Picture			
1	Converting other Dreams into Goals i.e. Landmarks	<input type="checkbox"/>	<input type="checkbox"/>
2	Confirm if each of your Goals are IMPRESSive	<input type="checkbox"/>	<input type="checkbox"/>
3	Making of a Scripted & Visual Life MAP	<input type="checkbox"/>	<input type="checkbox"/>