

# 15 MINUTE DISCOVER YOUR FINANCIAL SUPERPOWERS GUIDE

THE ULTIMATE SYSTEM TO OVERCOME  
YOUR FINANCIAL PARALYSIS

HOW ANY HUMAN CAN ACCELERATE TOUGH  
MONEY DECISIONS BY APPLYING THEIR  
SUPERPOWERS TO THEIR MONEY.



IM Wealth

Meaningful Journeys



# “MONEY AND SUCCESS DON’T CHANGE PEOPLE, THEY MERELY AMPLIFY WHAT’S ALREADY THERE.”

W I L L S M I T H

Ever been caught in a little place I like to call In-decision Land? The devils on one shoulder, the angel on the other? Trust me I have been there MANY A TIMES! My goal for you with this guide is to get you to a little place I like to call Epiphany City, AKA Nirvana, or that place you are when you’re the most present & content.

Sunsets, lakes, and mountain top for me.

And let’s be real it’s not just about the money or finances or stocks or investments...money drives a majority of our daily decisions big and small and also our LIFE decisions.

Think with me for a second... how many decisions do you make with your money every day?

How many times do you use your money every day?

Did your money drive your decisions about the city you currently live?

If not money, how about your employment contract?

When was the last time you used your money to create a memory?

A vacation?

Make a loved one smile?

Bring someone to tears of joy?



**IT’S NOT HARD TO  
MAKE DECISIONS  
ONCE YOU KNOW  
WHAT YOUR  
VALUES ARE**

R O Y D I S N E Y

Whether we like it or not, money is involved in **EVERYTHING** we do. However, what 99% of humans miss is how understanding their behaviors, values, definition of success, and upbringing all have an influence on how they live each day.

99% go through their day sleep walking on autopilot without ever uncovering what a life well lived is for them. They follow cookie cutter solutions like 'live like a resident' and sure, may save money or pay down their loans, but end up lonely, lacking meaning, or unfulfilled.

Sure on paper or Instagram they look like they have it made, but do they? How many people who looked like they've had it all have really been empty inside? Robyn Williams, Avicii, Marilyn Monroe, etc

**There's a reason why 73% of Americans report money as their #1 cause of stress.**

*What I am going to do for you in this guide is this:*

Help you identify and define your **3 CORE VALUES** in life and identify how they can be used as a decision filter- **aka leverage your superpowers.**

It's simple, though not easy. Typically the simple things in life are the easiest not to do (think exercise, nutrition, planning, tracking goals, making a financial plan) and human nature naturally resists them. So let's play some defense against the nature of your being as a human so you never have to struggle with ANY decision in life again.

**[IF YOU HAVEN'T ALREADY PLEASE WATCH MY 5 MINUTE TUTORIAL ON CORE VALUES HERE:](#)**



**Core values are simply the values or principles in life that make us who we are.** Whether you believe it or not you likely already have your three core values and use them from time to time but you haven't walked through an exercise like this to narrow them down to three to bring them to your awareness.

Once aware, they can become your guideposts in life that you travel with every single day.

I was lucky. At the young, vulnerable, insecure age of 22 my aunt Kathy introduced me to the world of self help and personal development, mainly through Darren Hardy's work. This provided me a space to better learn and understand why I am the way I am and how my upbringing made me who I am.

I first defined my personal 3 core values, which I still have today, at the tender age of 24. Reflecting back now at age 29, I am EXTREMELY grateful to have defined my core values so much earlier than most.

With that being said, I do not want you to feel like you are late to the game! There's never a wrong time to define your core values because all we can do in life is learn from the past (not change it), live in the moment, and look forward. As I'm sure you know, you make plans, God laughs, so let's focus on the here and now.

**My personal core values are *GROWTH, IMPACT, and EXPERIENCES.***

**Growth** to me means a constant and never ending pursuit to become a better version of me. I truly believe if you aren't growing you're dying or falling behind. This for me looks like learning new skills or leveraging existing skills- skills like leadership, communication, relationship skills, emotional intelligence, understanding personality styles, marketing, business enterprise building, writing, etc.

I typically grow via books, podcasts, mentors, and training programs. It also means trying new things in life (hiking, mountain biking, wake surfing, cross country skiing etc).

**Impact** to me means positively impacting the lives of humans who want and need my help! That means you and all of IM Wealth's family. Impact also means my loved ones, Steph, close family and friends. Quality over quantity all day.

**Experiences** to me is simply through a combination of all my growth, and in impacting all those I want to impact, experiencing each moment of each day and living life to the max. Traveling, getting outside, quality time with quality people, being with nature, loving all I do, loving all those who are important to me, laughing my face off, etc. Life is meant to be lived yo!

**There can be a lot of ego, temptation and greed with money (remember the devil on your shoulder) and thus here is an example of using core values to make make a decision that's tempting.**

If I were offered the opportunity to invest in a fast food restaurant that had the upside of earning me \$1,000,000 a year (a lot more than I make now), dang that sure is tempting!! However let's use my core values to make this decision.

**Impact:** is bringing more cheeseburgers, obesity, and diabetes to the world the impact I want to make?

No, okay cool, decision is made. MOVE ON!

No indecision land, back to serving you and living life, Epiphany City. Most end up chasing the shiny object or temptation and sure, make a shit ton of money, but typically end up unfulfilled. Psychologists always say that one of the leading causes of depression and feeling unfulfilled is when who you are on the inside is not in alignment with who you are and what you're doing on the outside.

That's exactly what this exercise will do for you:

1. Help define who you truly are on the inside.
2. Create harmony in who you are on the inside and how you make all decisions on the outside going forward. Eazzzyyy peeazzzy.

One other thing I'll share before I guide you through this exercise is that success cannot be copied. It can only be studied. Sure I believe that there really are no new ideas but just because those are my core values doesn't mean they need to be yours. You shouldn't try to live your life like someone else you admire. What you should do is study those you admire, and their behaviors that made them successful, but then carve your own path based on what you've learned!



**OKAY, OKAY I JUST GAVE YOU A LOT SO LET'S  
NOW WALK THROUGH THE EXERCISE.**

What is the example you want to be to your family, friends, peers, and patients? \_\_\_\_\_

Who are the three people in your life that you admire most? (Parents, mentors, siblings, grand parents, relatives, teachers, mentors, coaches).

What values do they possess that make you admire them?

Who are the three people you don't know that you admire most in your life? (Athletes, presidents, leaders, celebrities etc).

What values do they possess that make you admire them?

Who are the most successful people In the world and what are their attributes? \_\_\_\_\_

Who are the heroes you look up to and how do you better want to show up?

If you had to give a presentation to a class of elementary students, what three values would you try to teach them?



What do you want said about you at your funeral? What is read in your eulogy? One of the best ways to change or begin living how you want to is to reflect on what you want others to say about you after you die.

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What values would you want to pass along to your kids? (Future kids)

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What businesses do you like & interact with the most? What are there core values? (use google)

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Who in your industry do you look up to & what are there values?

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What at your place of employment do you admire & what are their values?

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What do you VALUE most in this life? If you had to guess, make a list of your most important core values?

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What other values do you care about?

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Okay now take EVERYTHING from above, circle, star or highlight your top 10-15.

Next, cut cut cut again down to 5.

Lastly pick your TOP 3!

Pretend you had to narrow it to 3, don't over think them they can always change, just pick them.

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

If you're having trouble, use the list of core values on the next page to help you.

Now go out and slay the dragons, or today, with your new core values.

Don't throw away your list yet, let these bask for about a month. Put a reminder on your calendar for a month from now to revisit your core values to make sure they feel right! Now use these values that are most near and dear to who you are as a human being as your guideposts and decision filters with every decision you make in life.

Facing a tough choice, ask yourself, does this align with, or conflict with, core value #1? What about #2? What about #3?

See how this can take you to EPIPHANY CITY ASAP.



# MEMORY JOGGER OF VALUES

ABUNDANCE  
ACCEPTANCE  
ACCOUNTABILITY  
ACCOMPLISHMENT  
ACCURACY  
ACHIEVEMENT  
ACKNOWLEDGMENT  
ADAPTABILITY  
ADVENTURE  
AFFECTION  
AGGRESSIVENESS  
AGILITY  
ALERTNESS  
AMBITION  
ANTICIPATION  
APPRECIATION  
ASSERTIVENESS  
ATTENTIVENESS  
AUDACITY  
AWARENESS  
BALANCE  
BEAUTY  
BELONGING  
BLISSFULNESS  
BOLDNESS  
BRAVERY  
BRILLIANCE  
CALM  
CANDOR  
CAREFULNESS  
CARING  
CERTAINTY  
CHALLENGE  
CHANGE  
CHARITY  
CHEERFULNESS  
CLARITY  
CLEANLINESS  
COLLABORATION

COMFORT  
COMMITMENT  
COMMUNICATION  
COMMUNITY  
COMPASSION  
COMPETENCE  
COMPETITION  
CONCENTRATION  
CONFIDENCE  
CONNECTION  
CONSCIOUSNESS  
CONSISTENCY  
CONTENTMENT  
CONTENT OVER FLUFF  
CONTINUITY  
CONTINUOUS  
IMPROVEMENT  
CONTRIBUTION  
CONTROL  
CONVICTION  
CONVINCING  
COOPERATION  
COURAGE  
COURTESY  
CREATIVITY  
CURIOSITY  
DARING  
DECISIVENESS  
DELIGHT  
DEPENDABILITY  
DESIRE  
DETERMINATION  
DEVOTION  
DIGNITY  
DILIGENCE  
DISCIPLINE  
DISCOVERY  
DISCRETION  
DIVERSITY

DRIVE  
DUTY  
EAGERNESS  
EDUCATION  
EFFECTIVENESS  
EFFICIENCY  
ELATION  
ELEGANCE  
EMPATHY  
ENCOURAGEMENT  
ENDURANCE  
ENERGY  
ENJOYMENT  
ENTHUSIASM  
EQUALITY  
EXCELLENCE  
EXCITEMENT  
EXPERIENCE  
EXPERTISE  
EXPLORATION  
EXPRESSIVENESS  
FAIRNESS  
FAITH  
FAME  
FAMILY  
FIDELITY  
FLEXIBILITY  
FLOW  
FOCUS  
FORGIVENESS  
FORTITUDE  
FREEDOM  
FRIENDSHIP  
FRUGALITY  
FUN  
GENEROSITY  
GIVING  
GOING THE EXTRA MILE  
GOODNESS

GRACE  
GRATITUDE  
GROWTH  
GUIDANCE  
HAPPINESS  
HARMONY  
HARD WORK  
HEALTH  
HELPFULNESS  
HEROISM  
HOLINESS  
HONESTY  
HONOR  
HOPEFULNESS  
HOSPITALITY  
HUMILITY  
HUMOR  
IMAGINATION  
INDEPENDENCE  
INFLUENCE  
INGENUITY  
INNER PEACE  
INNOVATION  
INSIGHTFULNESS  
INSPIRATION  
INTEGRITY  
INTELLIGENCE  
INTENSITY  
INTIMACY  
INTUITIVENESS  
INVENTIVENESS  
INVESTING  
JOY  
JUSTICE  
KINDNESS  
KNOWLEDGE  
LEADERSHIP  
LEARNING  
LIBERTY  
LOGIC  
LONGEVITY  
LOVE  
LOYALTY  
LOVE

MAKING A DIFFERENCE  
MASTERY  
MATURITY  
MEANING  
MERIT  
MINDFULNESS  
MODESTY  
MONEY  
MOTIVATION  
NONVIOLENCE  
OPENNESS  
OPPORTUNITY  
OPTIMISM  
ORDER  
ORGANIZATION  
ORIGINALITY  
OUTCOME  
ORIENTATION  
OUTSTANDING SERVICE  
PASSION  
PEACE  
PERCEPTIVENESS  
PERSEVERANCE  
PERSISTENCE  
PERSONAL GROWTH  
PLEASURE  
POISE  
POSITIVE ATTITUDE  
POWER  
PRACTICALITY  
PRECISION  
PREPAREDNESS  
PRESENCE  
PRESERVATION  
PRIVACY  
PROACTIVITY  
PROGRESS  
PROSPERITY  
PUNCTUALITY  
QUALITY  
QUIET  
RATIONALITY  
RECOGNITION  
RELATIONSHIPS

RELIABILITY  
RELIGION  
RESOURCEFULNESS  
RESPECT  
RESPONSIBILITY  
RIGHTEOUSNESS  
RISK-TAKING  
ROMANCE  
SAFETY  
SECURITY  
SELFLESSNESS  
SELF-ESTEEM  
SERIOUSNESS  
SERVICE  
SIMPLICITY  
SINCERITY  
SKILL  
SPEED  
SPIRIT  
STABILITY  
STRENGTH  
STYLE  
SYSTEMIZATION  
TEAMWORK  
TIMELINESS  
TOLERANCE  
TRADITION  
TRANQUILITY  
TRUST  
TRUTH  
UNITY  
VARIETY  
WELL-BEING  
WISDOM