

Steps2Take

WRITE YOUR  
LIFE AND  
CONTROL  
THE THINGS  
YOU CAN!

What's Your Story



**Control the things you can, and have faith that the things you can't will be handled. If you haven't choked or croaked, you can chew it and live...KenBIGblake**

# My Life: Past Present Future

**This guide will begin in assisting you with a quick overview of the history of YOU. In it YOU will find things that YOU had total control over and things good and bad that took YOU by surprise. After YOU have completed your past and present you can start designing in that moment the future you seek.**

## Past:

You don't have to be detailed in your past life, just take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Ages 1 – 10

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 1 - 10**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How do you believe those first formative years ( 1 – 10 ) shaped who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your first 10 years?**

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Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

**Ages 11 – 18**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How do you believe those second formative years ( 11 – 18 ) shaped who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your first 10 years?**

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### Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Present:

If you are currently in this age group what is your age now? \_\_\_\_\_. We will now start to think **BIG!**  
**Begin Intentional Growth!**

Choose an area that you will place your present age in. What is the last significant event you have had up this day?

### Future:

We will only focus now on CONTROLLABLES. Create a significant event you would like to experience and the age you want this by. It is time to write your life.

#### Ages 19 – 30

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 19 - 30**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How has the third set of formative years ( 19 – 30 ) shaped or is shaping who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your third set of 10 years?**

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### Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Present:

If you are currently in this age group what is your age now? \_\_\_\_\_. We will now start to think**BIG!**  
**Begin Intentional Growth!**

Choose an area that you will place your present age in. What is the last significant event you have had up this day?

### Future:

We will only focus now on CONTROLLABLES. Create a significant event you would like to experience and the age you want this by. It is time to write your life.

#### Ages 31 – 40

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 31 - 40**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How has the fourth set of formative years ( 31 – 40 ) shaped or is shaping who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your fourth set of 10 years?**

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### Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Present:

If you are currently in this age group what is your age now? \_\_\_\_\_. We will now start to think **BIG!**  
**Begin Intentional Growth!**

Choose an area that you will place your present age in. What is the last significant event you have had up this day?

### Future:

We will only focus now on CONTROLLABLES. Create a significant event you would like to experience and the age you want this by. It is time to write your life.

#### Ages 41 – 50

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 41 - 50**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How has the fifth set of formative years ( 41 – 50 ) shaped or is shaping who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your fifth set of 10 years?**

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### Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Present:

If you are currently in this age group what is your age now? \_\_\_\_\_. We will now start to think**BIG!**  
**Begin Intentional Growth!**

Choose an area that you will place your present age in. What is the last significant event you have had up this day?

### Future:

We will only focus now on CONTROLLABLES. Create a significant event you would like to experience and the age you want this by. It is time to write your life.

#### Ages 51 – 60

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 51 - 60**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How has the sixth set of formative years ( 51 – 60 ) shaped or is shaping who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your sixth set of 10 years?**

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### Past:

You don't have to be detailed in your past life, just within the time line take note of three or four significant events and how YOU believe if it was something you could of controlled or not.

### Present:

If you are currently in this age group what is your age now? \_\_\_\_\_. We will now start to think **BIG!**  
**Begin Intentional Growth!**

Choose an area that you will place your present age in. What is the last significant event you have had up this day?

### Future:

We will only focus now on CONTROLLABLES. Create a significant event you would like to experience and the age you want this by. It is time to write your life.

#### Ages 61 – 70

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**Ages 61 - 70**

Age \_\_\_\_\_ Controllable \_\_\_\_\_ Significant Event - \_\_\_\_\_

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**How has the sixth set of formative years ( 61 – 70 ) shaped or is shaping who you are today?**

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**What was the most controllable moment you had that made you feel good?**

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**What was the most unexpected or uncontrollable moment that caused you grief?**

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**What would you say you learned the most during your seventh set of 10 years?**

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I hope this G.U.I.D.E. has found you well, ambitious and in great spirits.

I believe that to an extent YOU have the power to write your life and experience that life through faith and actions!

Some of you may be over 70 and still full of dreams and ideas. Age, income, and your present situation will have no bearing on what you define as success.

Success is mastering the choices *you can control* and being intentional in the path that leads you to your goal.

I look forward to also assisting you with your business ideas, plans and pointing out ways you can streamline your definition of success.



I also would like to remain first in your mind when it comes to real estate. I can solve any challenge whether you are looking to buy a home or keep an existing one.

I and the team I work with can buy land, residential, commercial and industrial property cash as well as take over payments.

If you would like to know more about me, you can download my online business card by visiting [www.thisguyimet.com](http://www.thisguyimet.com)

Success is a planned event, and you are the designer...KenBIGblake