



FOCUS LIFE FAMILY LEGACY WORKBOOK



Time - Love - Commitment

First Name:

Last Name:

Focus Life Institute
<https://www.FocusLifeInstitute.com>

Activating Your Family's Destiny: A Guide to Empowering Purpose and Fulfillment

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Introduction

The Focus on Activation Course was designed to help families ignite their potential, enhance their excellence, expand their influence, and mobilize the unique strengths of each family member. Every individual in the family has been given a purpose (their reason for being) and a vision (the direction they are meant to follow).

Our number one objective in this course is to help families get activated. This course includes an understanding of self and others with a personalized DISC Behavioral Profile, equipping on the top 3 essential soft skills, identifying what spheres of influence you are called to impact in society, and discovering your spiritual gifts. In addition, we provide a profile to help you get equipped with the 6 virtues of the HEROES Principles of Honor, Excellence, Responsibility, Order, Expectation, and Servanthood producing great favor and increase in your life.

The Focus On Activation Focusing on specific areas that can help your children fulfill their life's purpose and destiny involves nurturing their character, talents, and dreams while guiding them in a supportive environment. Here are key areas to focus on:

1. Spiritual Foundation and Faith

Nurture their spiritual relationship: Help your child develop a personal relationship with God or a higher power. Encourage prayer, meditation, and reflection on values that guide their actions.

Teach core values: Emphasize values such as integrity, love, honesty, kindness, and forgiveness.

Provide spiritual mentorship: Ensure they have positive role models (family, community leaders, mentors) who model strong spiritual practices.

2. Self-Discovery and Identity

Encourage self-awareness: Help your child understand who they are, their unique gifts, talents, and strengths. This involves recognizing what excites and energizes them.

Explore passions and interests: Expose your child to various activities to discover what they are passionate about (e.g., music, sports, art, science).

Affirm their individuality: Support their uniqueness and help them resist the pressures of comparison or conformity.

3. Emotional Intelligence and Mental Health

Teach emotional regulation: Help your child understand and manage their emotions, building resilience against stress and challenges.

Encourage open communication: Foster an environment where they feel safe to express themselves and talk about their feelings.

Provide emotional support: Be there to listen, offer guidance, and comfort during challenging times to help them navigate life's ups and downs.

4. Educational Development and Skills

Promote a love for learning: Help them view education as a lifelong journey rather than just schoolwork. Encourage curiosity and critical thinking.

Support their academic goals: Ensure they have the tools, resources, and encouragement to succeed in school and pursue their interests.

Focus on life skills: Teach practical skills like time management, problem-solving, financial literacy, and communication, all of which contribute to success.

5. Purpose and Career Exploration

Help them explore their talents: Engage in conversations about their future aspirations, exploring different career options, and what aligns with their passions and gifts.

Expose them to opportunities: Provide opportunities for internships, volunteer work, and real-world experiences to help them understand different professions.

Set goals and expectations: Help them set realistic, progressive goals for their academic and career paths, aligned with their strengths and interests.

6. Relationship Building and Social Skills

Model healthy relationships: Teach the importance of building strong, supportive friendships and learning how to resolve conflicts respectfully.

Encourage empathy and compassion: Help your child develop empathy by encouraging them to understand other people's perspectives.

Provide community connections: Help them engage in community activities, whether it's volunteering or joining clubs, to build a sense of social responsibility.

7. Confidence and Self-Esteem

Celebrate their efforts: Praise their hard work, not just results. Recognize the value of perseverance, learning from failure, and resilience.

Encourage independence: Allow your child to make decisions and take ownership of their actions, fostering self-confidence and responsibility.

Affirm their worth: Reinforce that they are enough just as they are, and help them see their intrinsic value.

8. Vision and Goal Setting

Encourage goal setting: Teach your child how to set both short-term and long-term goals and the steps needed to achieve them.

Create vision boards: Help them visualize their future by creating vision boards or writing down their dreams and aspirations.

Instill perseverance: Help your child understand that setbacks are part of the journey, and perseverance will keep them on track to fulfill their purpose.

9. Health and Well-being

Promote physical health: Encourage exercise, a balanced diet, and good sleep habits to ensure they have the energy to pursue their goals.

Mental well-being: Teach your child the importance of taking care of their mental health, whether through hobbies, relaxation, or seeking help when needed.

Balance work and rest: Guide them in understanding the importance of balancing hard work with rest and relaxation for sustained success and fulfillment.

10. Legacy and Family Values

Instill a sense of legacy: Help your child understand that they are part of something bigger than themselves. Teach them about their family history, values, and traditions.

Promote service and contribution: Encourage your child to serve others, contribute to society, and make a positive impact on the world.

By focusing on these areas, you can create an environment where your child is empowered to pursue their life's purpose with confidence, passion, and resilience. Each area helps to foster a holistic approach to growth—spiritually, emotionally, mentally, and physically—ensuring they have the tools and support needed to reach their fullest potential.



Please review the following pages and fill out the information regarding your family to create a legacy and activate every member of your family.

The Power of Family Legacy – Father’s Bio

Full Name:

Personality Profile:

Occupations Past to Present/Passions:

Spiritual Gifts Profile (Top 5 Gifts), Passions and Interests

Life Journey Highlights (significant milestones, achievements, struggles):

Core Values and Beliefs:

The Power of Family Legacy – Mother’s Bio

Full Name:

Personality Profile:

Occupations Past to Present/Passions:

Spiritual Gifts Profile (Top 5 Gifts), Passions and Interests

Life Journey Highlights (significant milestones, achievements, struggles):

Core Values and Beliefs:

Child Profiles

Child 1 Personality Style
Strengths and Greatest Fears

Spiritual Gifts

Child 2 Personality Style
Strengths and Greatest Fears

Spiritual Gifts

Child 3 Personality Style
Strengths and Greatest Fears

Spiritual Gifts

Child 4 Personality Style
Strengths and Greatest Fears

Spiritual Gifts

Child 5 Personality Style
Strengths and Greatest Fears

Spiritual Gifts

7 Sphere Profile Recap

Father's Spheres (Top 3)

Mother's Spheres (Top 3)

Child 1 Spheres (Top 3)

Child 2 Spheres (Top 3)

Child 3 Spheres (Top 3)

Child 4 Spheres (Top 3)

Child 5 Spheres (Top 3)

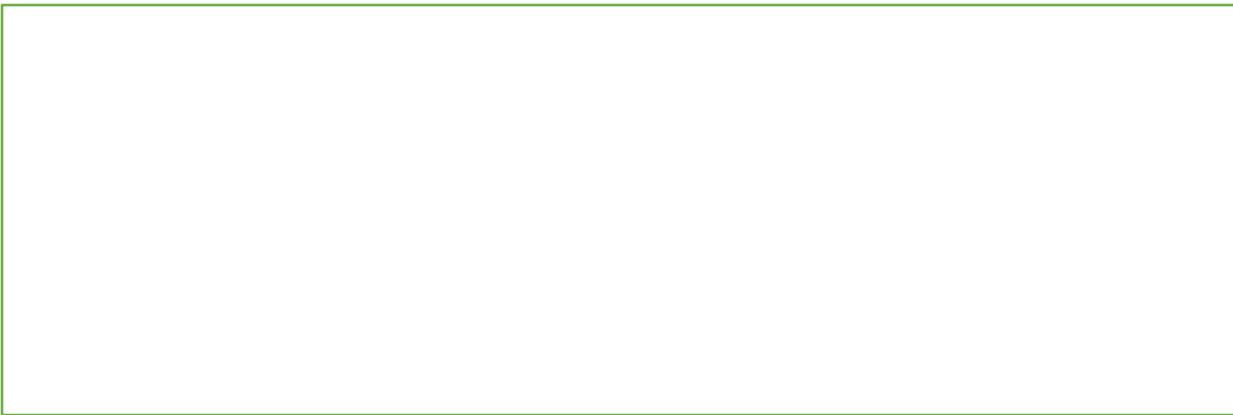
Family Focus – What Spheres Are the Family Called to?

1.3 Generational Traits

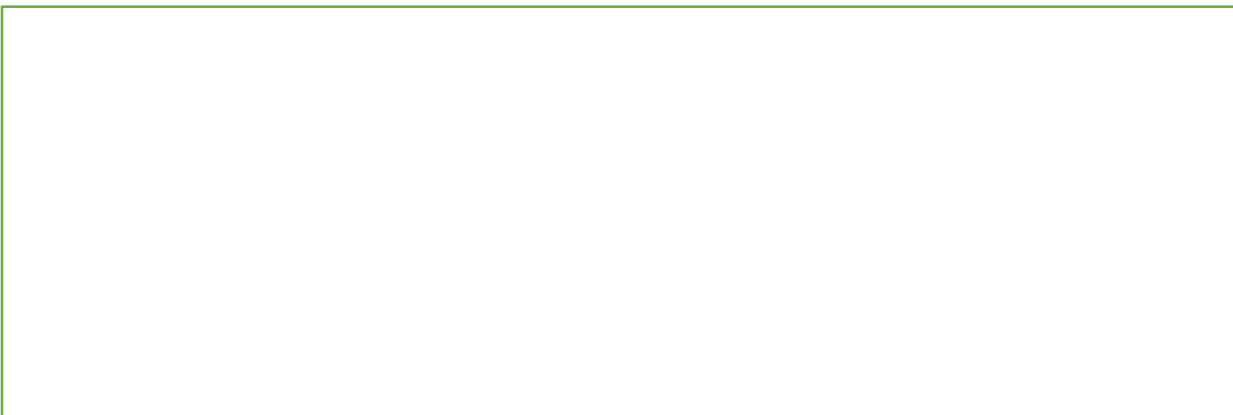
Positive Traits: (Examples: resilience, compassion, leadership, creativity)



Negative Traits: (Examples: anger, fear, self-doubt, addiction)



Reflection: How can we honor the positive traits and break the cycles of the negative ones?



1.4 Prophetic Words Over the Family (Overview)

Prophetic Words for the Father:

Prophetic Word for the Mother:

Prophetic Words Over the Children:

Include any significant words, promises, or guidance received through prayer, mentors, or prophecy.

Section 2: Identifying Current Family Life Issues

2.1 Current Family Struggles & Challenges

Family's Current Challenges: (e.g., financial, emotional, health issues, relational conflicts)

Personal Challenges: (specific struggles each member faces)

How These Issues Affect Destiny: Discuss how unresolved issues may hinder fulfilling each member's potential.

2.2 Opportunities for Growth and Change


What positive changes can be made?

What areas do we need to focus on for healing and restoration?

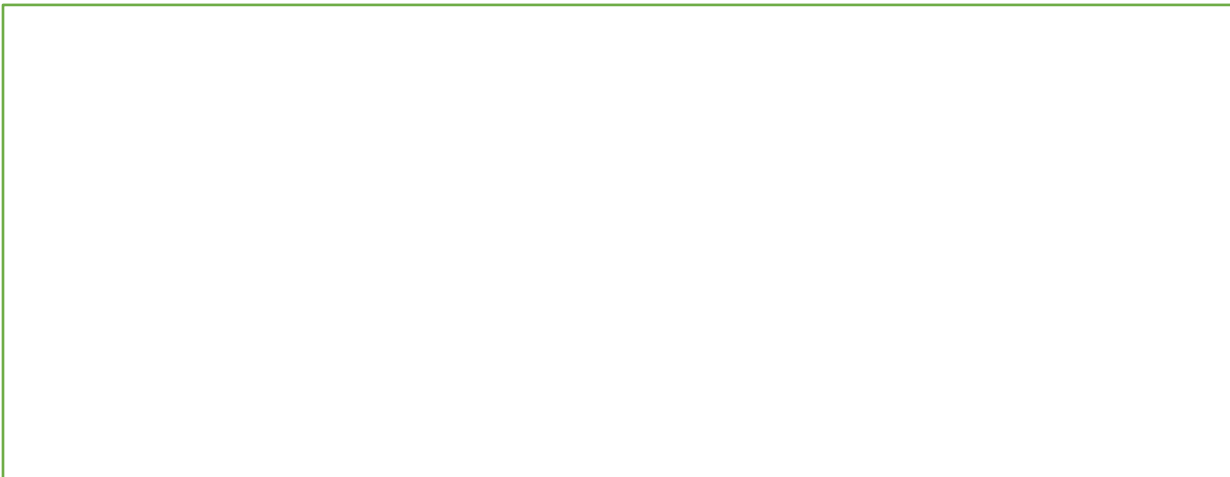
What support or resources are needed for breakthrough?

Section 3: Creating Your Family Vision Plan

3.1 Family Mission Statement



Purpose of the Family: Write a statement that reflects the core calling of your family, including what you want to be known for and how you want to impact the world.



3.3 Long-Term Vision for Each Family Member

What are the dreams, goals, and aspirations for each family member?

Father's Vision for Himself:

Mother's Vision for Herself:

Child 1's Vision/Dream:

Child 2's Vision/Dream: (etc., for each child)

Child 3's Vision/Dream: (etc., for each child)

Child 4's Vision/Dream: (etc., for each child)

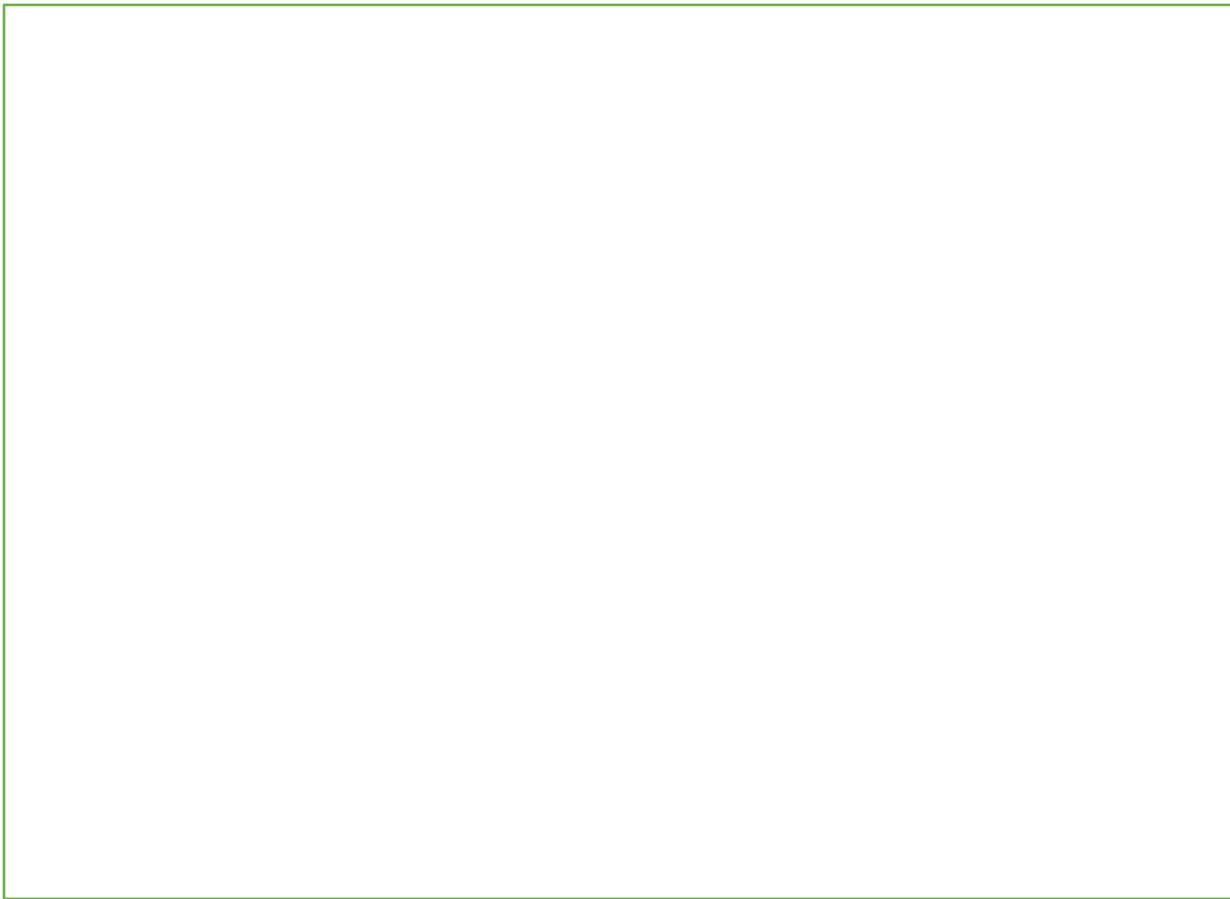
Child 5's Vision/Dream: (etc., for each child)

3.4 The Family's Shared Goals

What do we want to accomplish together as a family?



Set 3-5 family-wide goals, such as financial stability, spiritual growth, educational pursuits, or community service.

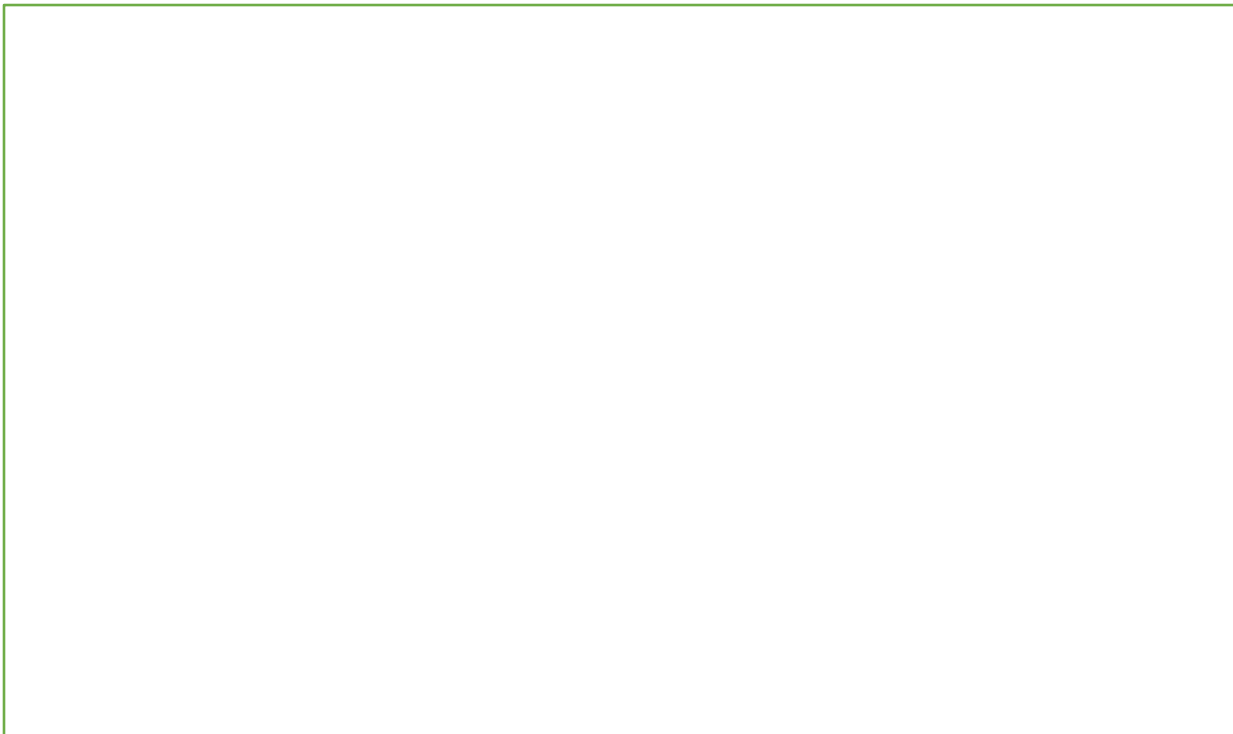


Section 4: Family Action Plan for Fulfilling Destiny
4.1 Action Steps for Parents

Short-Term Goals for Parents: Example: Improve family communication, etc.



Long-Term Goals for Parents: Example: Build a legacy fund for children's education, establish a family foundation.

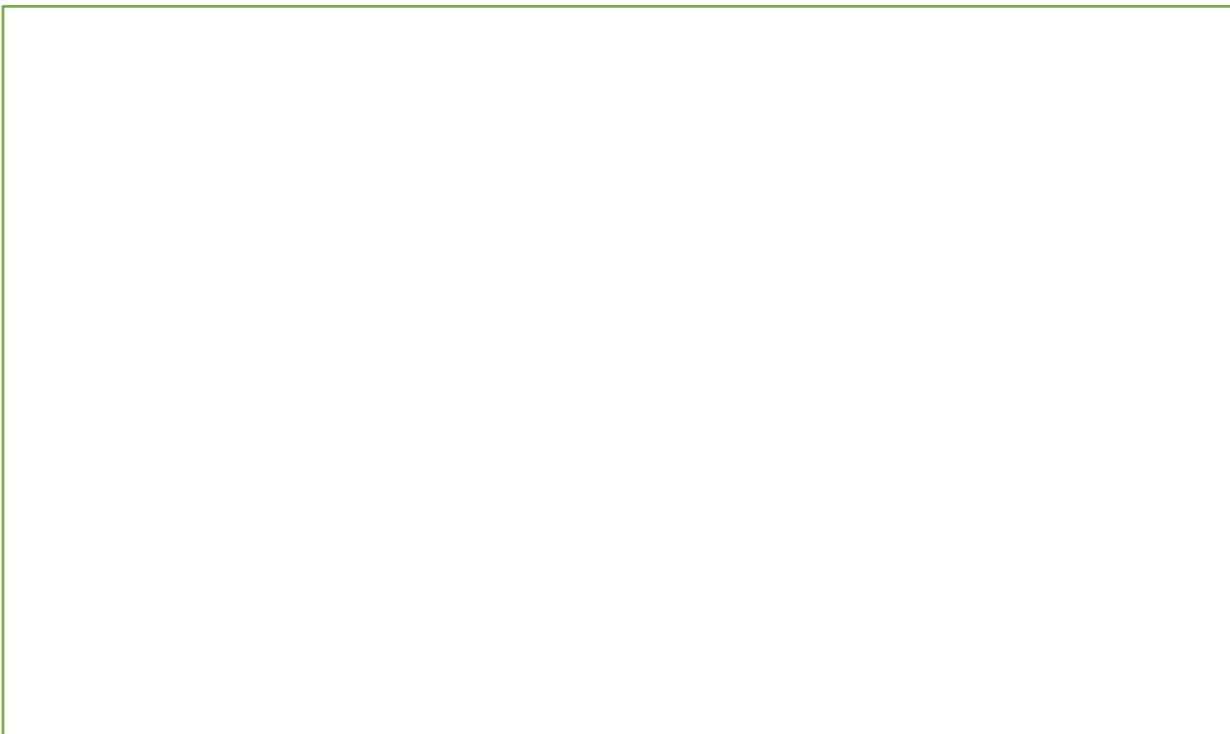


4.2 Action Steps for Children

Short-Term Goals for Children: Example: Improve grades, develop new skills, serve in the community.



Long-Term Goals for Children: Example: Prepare for college, discover a passion, grow in leadership.

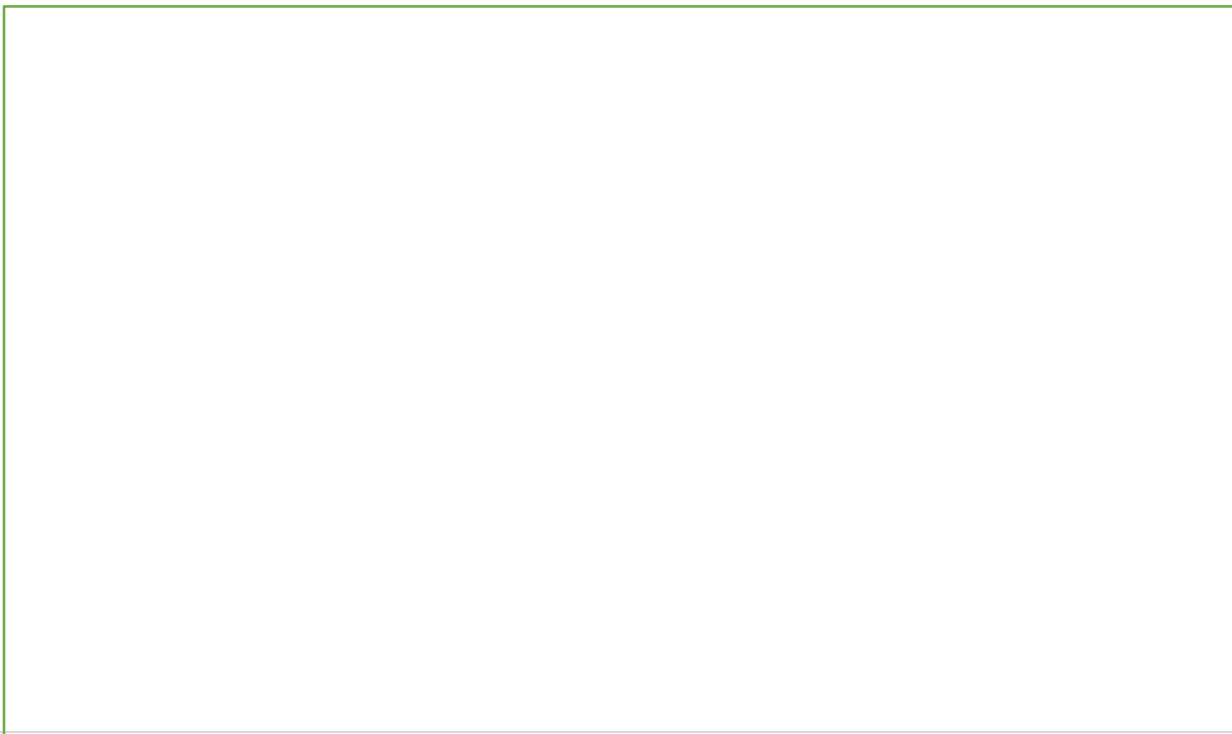


4.3 Monthly Check-In for Accountability

How will we hold each other accountable for fulfilling our goals? Example: Regular family meetings to discuss progress.



4.4 Celebrating Milestones -How will we celebrate achievements as a family? (e.g., recognition ceremonies, special outings)

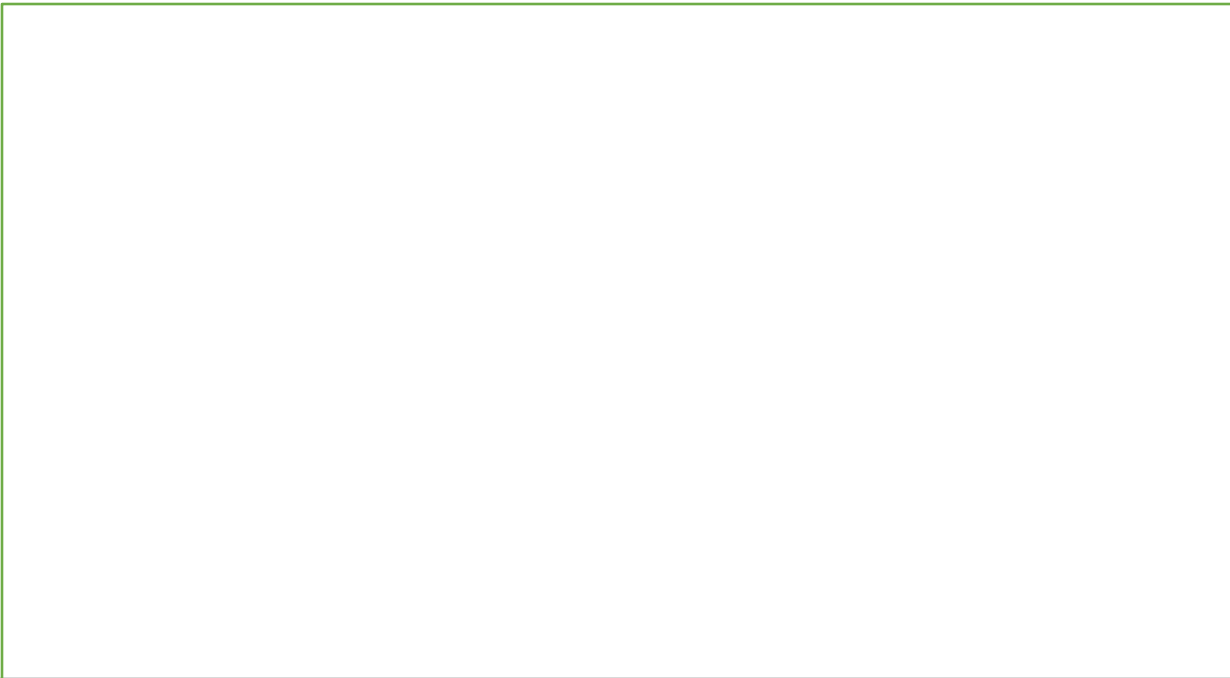


Section 5: Prophetic Vision for Each Family Member
5.1 The Parent's Vision for Their Children

Father's Vision for Each Child: Write out a prophetic or inspiring statement about each child's future.



Mother's Vision for Each Child: Write out a prophetic or inspiring statement about each child's future.



5.2 Encouraging Each Child's Unique Purpose

What are the unique gifts, talents, and strengths of each child? How can we nurture and encourage those strengths?

Child 1

Child 2

Child 3

Child 4

Child 5

5.3 NOW PAGE

In this session, please have each child create a NOW Page that will keep them focused on their future.

Please have your child list the top 25 goals that they want to accomplish. Then circle the top 5 goals and write a NOW List of focusing on these 5 areas and let the other areas go away.



Conclusion: Passing Down the Legacy

Reflect on the family legacy you want to build and pass down to future generations.

Discuss the role of faith, prayer, and belief in fulfilling each family member's purpose.

Commit to walking in alignment with the vision and purpose God has set for the family, and trust that the journey is part of the divine plan.

ACTIVITIES

Reflection: Include space for journaling and notes throughout the workbook to encourage deeper reflection and self-discovery.

Activity Sheets: Add practical activities, such as vision board creation, goal-setting worksheets, and prayer guides for families.

Family Prayer: A section for family prayer commitments, where the family can pray together regularly, seeking guidance for their individual and collective destinies.

This workbook would serve as both a guide and a tool for the family to cultivate an environment of intentional growth, purpose-driven living, and mutual support for each member's destiny.

CONGRATULATIONS ON COMPLETING THIS COURSE!

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THE FOCUS Life PROGRESSION

FOCUS ON ENTREPRENEURSHIP
 Successful entrepreneurship can be a sure path to financial freedom, but only if you understand the basic principles and are willing to learn from those who have done it successfully. This course will equip you to be unstoppable—develop the behaviors of successful entrepreneurs, create a basic business plan, and use the ICES model (Innovation, Concepts, Execution, and Solutions) that will help you chart your course to entrepreneurial business success!

FOCUS ON SKILLS FOR SUCCESS
 LinkedIn's *Workplace Learning Report* shares that soft skills are the number one priority for talent development. Learn the top ten essential soft skills employers are most looking for. You can gain the edge and stand out in the sea of employees as your career skyrockets. Successful completion of this course and exam grants you a certificate.

FOCUS ON LIFE'S DIRECTION
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FOCUS ON HEROES PRINCIPLES FOR SUCCESS
 The HEROES Principles will help you identify the specific virtues you can develop to be successful and position yourself for promotion in the workplace. The course focuses on six principles underlining values and character development proven to produce favor and increase your opportunities for influence and advancement. It comes with the companion eBook, *HEROES EFFECT*, and successful course completion grants a certificate.

Your **FOCUS** Determines Your **FUTURE!**



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