



A Personal Note from John A. Brodie

My intention in creating these materials is simple: to give you a companion for the journey of living with greater awareness and joy. The *Adventure of a Lifetime* Daily Planning Worksheet and the Transformational Suite reflection course are not about adding more to your to-do list—they are about giving shape and direction to the story you truly want to live.

Each page, each reflection, and each song is meant to remind you that life is not something happening to you, but something unfolding through you. My hope is that these tools will encourage you to pause, set intentions, and notice the choices that open doors to a brighter, more fulfilling reality.

With appreciation and anticipation for the adventures ahead,
John A. Brodie

A Journey with the Map in Your Hands

Maureen sat down at the kitchen table, pen in hand, staring at the blank spaces of the **Daily Planning Worksheet**. At first, it looked like any other planner—boxes, lines, checklists. But Maureen remembered what the guide had said: *This isn't just about tracking tasks. It's about designing reality.*

Instead of rushing into to-do lists, Maureen paused. Closing your eyes, recall the frame of mind of the “Club Tropical” **video in the Transformational Suite**: *How does this moment feel in your body?* Releasing the tension in your shoulders, Maureen wrote: *“Today I choose to move lightly, with ease”* – how will you move through today?

The worksheet became a compass. In the “Intention for the Day” box, Maureen wrote: **Joy**. Under priorities, they asked: *Which actions today move me closer to the life I want to live?*

Later, Maureen reflected on handling a tough conversation. Instead of defensiveness, she planned to ask a question and seek common ground.

To complete the process, it can be useful to listen to the encouraging message of the **third video...** Maureen’s worksheet wasn’t just filled with plans—it was filled with possibility. Daily intentions were becoming habits, reflections into choices, and choices into the story of a new life.

Maureen smiled. A map was in available, and the journey itself was the only game in town, The Adventure of a Lifetime. Check out the Adventure of a Lifetime Podcast for more info.



Adventure of a Lifetime

Daily Planning Worksheet

#1 - Something or Someone You Always Feel Good About

Take a moment to think about something or someone that consistently brings positivity into your life. Reflect on why this person or thing makes you feel good.

Notes:

#2 Vision for Today

Notes: (Write your vision for today here)

What I will do today

-
-
-
-
-

What I would like Source to handle

-
-
-
-
-



Adventure of a Lifetime Daily Planning Worksheet

1

Part 1 — Crown the Clown

Confronting chaos and manipulation; feeling clearly without being consumed.



What this section is about

The song caricatures authoritarian spectacle. Let it surface your feelings honestly—fear, anger, grief, even dark humor—then alchemize them into constructive resolve. The goal isn't more division; it's clarity that empowers connection and courageous action.

How did this song make you feel in your body—what sensations or emotions arose?

Type your response here...

What response feels both honest and non-violent? (e.g., a conversation, boundary, creative act)

Type your response here...

What could you do or say to help others see new possibilities beyond fear or cynicism?

Type your response here...

How might you reduce conflict here—name common ground, shared interests, or mutual care?



Adventure of a Lifetime Daily Planning Worksheet



2

Part 2 — Chillin' at Club Tropical

Restoration in the inner sanctuary; remembering your limitless source.



What this section is about

Step away from the noise. Turn inward to the quiet radiance of your 'Aumākua—the higher soul that holds you in wisdom and love. From this center, agitation dissolves; perspective returns; creativity rekindles. This is not escape—it's renewal for the work ahead.

What images, memories, or sensations of peace did this song evoke for you?

Type your response here...

How do you personally access your inner sanctuary (breath, prayer, nature, movement)?

Type your response here...

What simple daily ritual (2–5 minutes) will you adopt to reconnect with your higher Self?

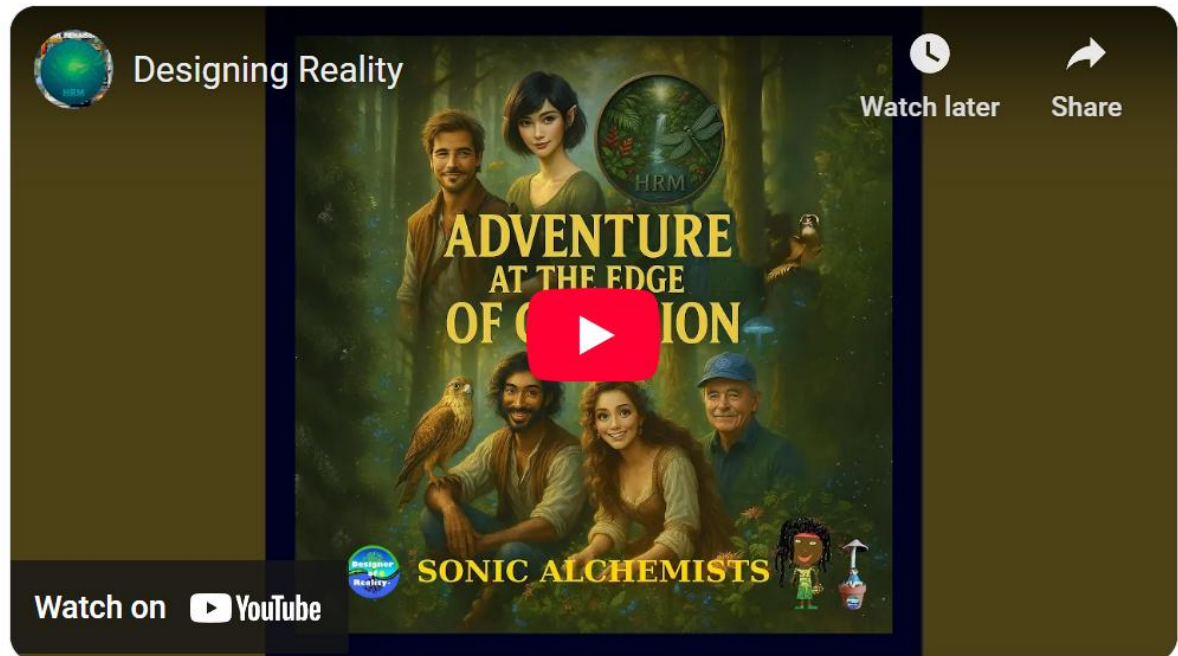
After renewing, what compassionate action feels ready to emerge?

Adventure of a Lifetime Daily Planning Worksheet

3

Part 3 — Designer of Reality

Integration and forward pathway; living as a conscious creator.



What this section is about

With shadow acknowledged and soul restored, this song invites committed, joyful agency. You are a Designer of Reality—shaping culture with attention, imagination, and loving action. Start small, stay consistent, build with others.

Which guiding belief or intention will you choose to live from this week?

Type your response here...

Name one concrete action (next 72 hours) that expresses this intention.

Type your response here...

Who will you invite into this with you (ally, friend, group)? How will you ask them?

Type your response here...

How will you reduce conflict and build common ground as you act?

Type your response here...