FOLLOW THE LEADER



Dear Reader,

I was privileged to attend Jason's
SM LEGACY MASTERMIND in Vegas
and created this guide from my personal notes.

Jason had the extraordinary opportunity to be personally mentored by ***Bob Proctor***, learning this life-changing material ***directly from him***.

Together with his fiancé, Jason sat in Bob's home office, working alongside Bob and his wife, Linda. Today he continues to share Bob's teachings, blending it with his own ***real-life experience***, practical insight, and a level of ***certainty*** that comes from living it himself.

Thank you for everything Jason and I hope you touch as many lives as you see in your mind. 🙏

With gratitude,

Andrea Tsen

Author of
Skinny Pretty Outgoing & Rich



ANDREA TSEN

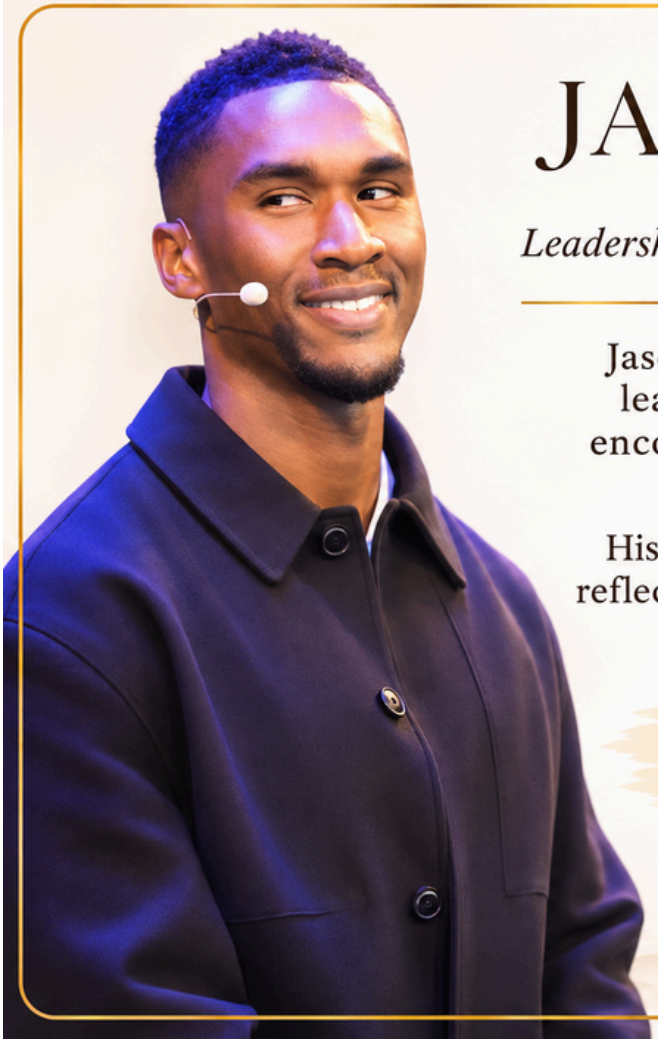
Writer • Wife • Mother • Certified Rapid Transformational Therapy Practitioner

I believe journaling is one of the simplest ways to reconnect with yourself. Through thoughtful writing prompts and honest self-reflection, I help you explore the beliefs, emotions, and experiences shaping your life—and get clearer about who you want to become.

On my blog, I share guided journaling exercises, self-reflection questions, and practical encouragement to help you understand yourself, challenge old patterns, and make intentional choices.

You don't need all the answers to begin.
Just a little curiosity, a pen, and a willingness
to be honest with yourself.

Explore the journal prompts at
andreatsen.com/blog



JASON SOLOMON

Leadership • Mastermind Experiences • Personal Growth

Jason Solomon brings people together through leadership-focused experiences designed to encourage reflection, meaningful conversation, and intentional growth.

His SM Legacy Mastermind Leadership Invitational reflects a commitment to creating space for connection, fresh perspectives, and purposeful action.

Leadership begins with the choices
we make and the example we set.

SELF MASTERY

FROM PURPOSE TO ACTION

A 5-DAY SELF-REFLECTION WORKBOOK

PURPOSE • VISION • PICTURES • GOALS • ACTION

Clarify what matters. Envision what you want. Take the next step.



Based on the teachings of Jason Solomon and Bob Proctor

THE HIGHER FACULTIES

*In Bob Proctor's teaching, the **five senses** help you notice the world around you. The **higher faculties** help you think about what you notice and choose how to respond.*

THE FIVE SENSES

- **Sight:** what you see
- **Hearing:** what you hear
- **Smell:** what you smell
- **Taste:** what you taste
- **Touch:** what you feel physically

THE SIX HIGHER FACULTIES

- **Imagination:** picturing possibilities that aren't happening yet
- **Will:** choosing what to focus on and staying with that choice
- **Reason:** thinking something through and asking whether it's true or useful
- **Perception:** the way you interpret what's happening
- **Memory:** recalling what you've experienced or learned
- **Intuition:** an inner sense or hunch about what may be right for you

WHAT'S THE DIFFERENCE?

Proctor says people often let what they can see and hear right now determine what they believe is possible. They react to current circumstances and repeat familiar patterns. He teaches using the higher faculties to imagine a different possibility, question old assumptions, choose a direction, and keep focused on it. In his framework, that can lead to different decisions and actions—and, over time, different results.

The senses still matter: he describes them as useful for noticing what's happening and getting feedback, while the higher faculties help guide your choices.

For example, your senses might tell you,

"I'm in a job I don't enjoy, and changing careers feels hard."

Your higher faculties can help you imagine another path, remember skills you already have, reason through possible next steps, and choose one action to try.



In Proctor's teaching, this is a way to create from a chosen vision instead of only reacting to present circumstances. It's his personal-development framework; it doesn't mean that visualization alone guarantees an outcome.

A CONVERSATION ABOUT PURPOSE

PURPOSE & MEANING

UNDERSTANDING THE REASON YOU'RE HERE.

ANDREA

How does Bob Proctor define purpose?

CHATGPT

Bob Proctor describes your purpose as **the reason you're here**—something you discover through your natural talents, gifts, and the work you love doing. He says purpose gives meaning to why you do what you do and can guide your ambitions, vision, and goals.

IN SHORT:

Your purpose is using what comes naturally to you to do meaningful work you love.



TALENTS • GIFTS • MEANING • DIRECTION

DAY 1

IDENTIFY YOUR PURPOSE

A SELF-REFLECTION WORKSHEET

A simple way to think about purpose

Purpose is your reason for being here - the meaningful way you use what you love and the gifts that come naturally to you to contribute to others.

01 **What do I genuinely love doing?**

02 **What am I naturally good at, or what talents and gifts come easily to me?**

03 **How could I use what I love and do well to help or benefit others?**

A NOTE ON THE INSPIRATION

Based on the notes from Jason and the teachings of Bob Proctor.

Take your time. There are no wrong answers - only clues to what matters to you.

A CONVERSATION ABOUT VISION

THE POWER OF VISION

WHY IT MATTERS & HOW IT GUIDES YOU FORWARD.

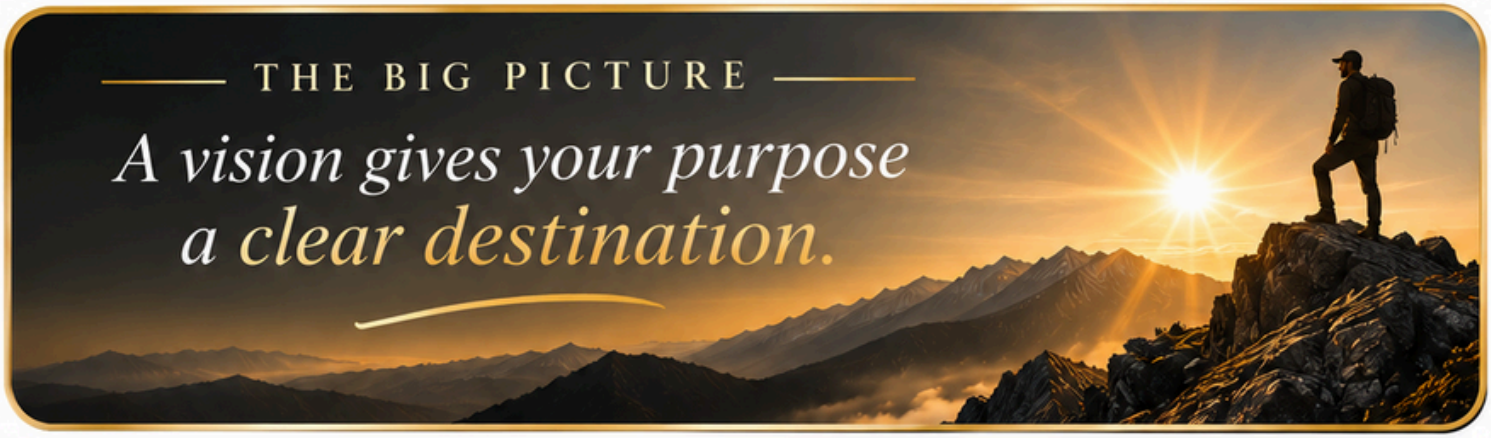
ANDREA

According to Bob, why is it important to have a vision?

CHATGPT

According to Bob Proctor, a vision is important because it gives your purpose a **clear destination.** It helps you decide what you're aiming for, guides your actions, and gives you a basis for setting goals. He describes vision as the bridge between your purpose—your "why"—and your goals—the steps for getting there.

He also says a written vision can help you refocus when you feel overwhelmed or lose direction.



PURPOSE • VISION • GOALS • ACTION • DIRECTION

DAY 2

WRITE THE VISIONS YOU HAVE FOR YOUR LIFE

A SELF-REFLECTION WORKSHEET

A simple way to think about vision

Your vision is a clear picture of the life you want – a destination that gives your goals direction.

SELF-REFLECTION

01 **Imagine the life you truly want. What does an ordinary day look and feel like?**

02 **What would you love to be, do, and have in your life? Consider your relationships, family, work, home, health, experiences, and contribution.**

03 **When you picture this life, what matters most to you, and why?**

A NOTE ON THE INSPIRATION

Based on the notes from Jason and the teachings of Bob Proctor.

Take your time. There are no wrong answers – only clues to what matters to you.

A CONVERSATION ABOUT VISION BOARDS

VISION, PICTURES & VISION BOARDS

WHAT THEY ARE, HOW THEY WORK, AND WHY THEY MATTER.

ANDREA

Can you explain, according to Bob, how pictures and a vision board are different from a vision and why it's important to visually see images of what you want?

CHATGPT

According to Bob Proctor's teachings, **a vision is the bigger picture you create in your imagination:** what you want your life to look like and what you want to be, do, or have. A **vision board is a physical collection of images** that can remind you of and help you focus on that vision. The board is a tool; the vision is the future you're picturing.

He taught that it helps to see images of what you want because a clear mental picture gives your imagination something specific to hold onto. He encouraged people to revisit that picture, add detail and feeling, and use it to guide their attention and actions. A vision board can support that practice, but simply looking at pictures isn't the same as defining a vision or taking steps toward it.

3 STEPS TO CREATE A VISION BOARD THAT MATCHES YOUR VISION



1. **Write your vision first.**
   Describe what you want your life to look and feel like, and what you want to be, do, or have. This gives you a clear guide for choosing images.
2. **Choose images that represent your vision.**
   Pick pictures, words, or symbols that feel personally meaningful and reflect the life you described. Include how you want to feel, not just things you want to own.
3. **Arrange the board, then use it as a reminder.**
   Put it somewhere you'll see it. Take a moment to imagine yourself living that vision, then choose small goals that can move you toward it.

In Bob Proctor's framework, the vision is the destination; the board is a visual tool to help you focus on it, and goals are steps toward it.

VISION • VISION BOARD • IMAGINATION • FOCUS • GOALS • ACTION

DAY 3

MAKE IT VISUAL WITH PICTURES

A SELF-REFLECTION WORKSHEET

A simple way to think about pictures

Pictures can help you imagine the life you want more clearly. Choose images that reflect your vision and how you want to feel.

SELF-REFLECTION

01 **What picture or scene helps me see my vision clearly? Why does it matter to me?**

02 **What images could represent what I want to be, do, have, and experience?**

03 **When I look at these pictures, how do I want to feel? What is one action that would bring that vision into my everyday life?**

A NOTE ON THE INSPIRATION

Based on the notes from Jason and the teachings of Bob Proctor.

Take your time. Choose pictures that feel meaningful to you.

A CONVERSATION ABOUT GOALS

GOALS & GROWTH

UNDERSTANDING THE STEPS THAT MOVE YOU TOWARD YOUR VISION.

ANDREA

Can you explain goals from Bob Proctor's perspective?

CHATGPT

From Bob Proctor's perspective, **a goal is a specific result you're moving toward.** Your vision is the destination; your goals are the stepping stones that help you get there. He describes purpose, vision, and goals as your **why, what, and how.**

A meaningful goal should connect to what you truly want and support your purpose. In his teaching, achieving goals matters not only for what you gain, but for the growth and new abilities you develop along the way.



PURPOSE • VISION • GOALS • GROWTH

DAY 4

SET GOALS - WHAT DO YOU HAVE TO DO TO MAKE IT REAL?

A SELF-REFLECTION WORKSHEET

A simple way to think about goals

Your vision is the destination. Goals are the steps that help you move toward it.

SELF-REFLECTION

01 **Which part of my vision am I ready to begin with? What goal would move me closer?**

02 **What specific result do I want to achieve, and why does it matter to me?**

03 **What actions, support, time, or resources will help me make it real? What is one small step I can take this week?**

A NOTE ON THE INSPIRATION

Based on the notes from Jason and the teachings of Bob Proctor.

Choose one goal to start. Small, steady steps count.

A CONVERSATION ABOUT ACTION

ACTION & PROGRESS

HOW THOUGHTS AND GOALS TURN INTO REAL RESULTS.

ANDREA

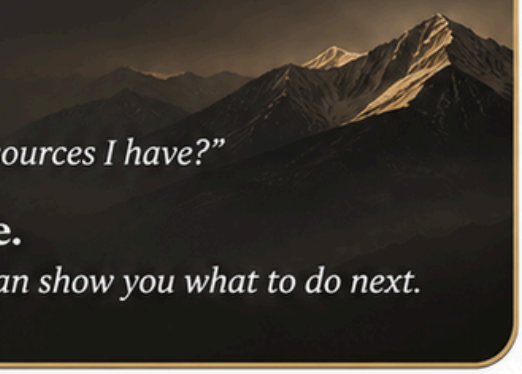
Can you explain Action from Bob Proctor's teaching?

CHATGPT

According to Bob Proctor, **action is how a goal moves from an idea toward a result.** In his teaching, thinking creates an image, the image stirs emotion, and emotion leads to action—which then produces a response. A goal stays a wish unless you act on it.

He encourages taking deliberate steps toward what you want, even if you can't see the entire path yet. As you act, you get new information and can decide on the next step. A written plan can help you stay focused and choose that first small action.

3 STEPS TO BEGIN MOVING TOWARD YOUR VISION



1. **Choose one goal that matters most right now.**
   Pick a small part of your vision to focus on first.
2. **Break it into a doable first step.**
   Ask, "What can I do this week with the time and resources I have?"
3. **Take that step, then choose the next one.**
   You don't need the whole path figured out; action can show you what to do next.

DAY 5

ACTION - WHAT ARE YOU DOING?

A SELF-REFLECTION WORKSHEET

A simple way to think about action

Action turns your goal into steps you can take. You do not have to see the whole path - start with the next step.

SELF-REFLECTION

01 **What goal am I taking action on, and why does it matter to me?**

02 **What are three actions that could move me toward this goal?**

03 **What is one small step I will take today or this week? When will I do it, and what support do I need?**

A NOTE ON THE INSPIRATION

Based on the notes from Jason and the teachings of Bob Proctor.

Progress comes from consistent steps. Make a plan and begin.

SM LEGACY MASTERMIND

CONNECT WITH JASON

@_jasons34