



CONNECT WITH
YOUR HEROES

Worksheet



BlueChipMINDS

How to Connect with your Heroes

and bring amazing mentors into your life

An amazing mentor can change your life. And imagine if that mentor could be someone you admire as a hero. This workshop sheet will help you identify a path to success that incorporates drawing amazing people into your life while also spotlighting those who stabilise your foundations.

Language

You have the power to wield the language you feel is most appropriate for this process.

Your 'Heroes' may be your 'Guides', 'Legends', 'Idols' etc.

For me I call these people 'Frothers' because it is the language I use on a daily basis and holds a special meaning for me.

Terrence Mckenna said,

"The real magic is that the world is made of words and if you know what words the world is made of you can make of it what you wish."

You can stick with Heroes or utilise Frothers etc. but if something else is coming to mind. Feel free to enter it below:

Signposting your dreams

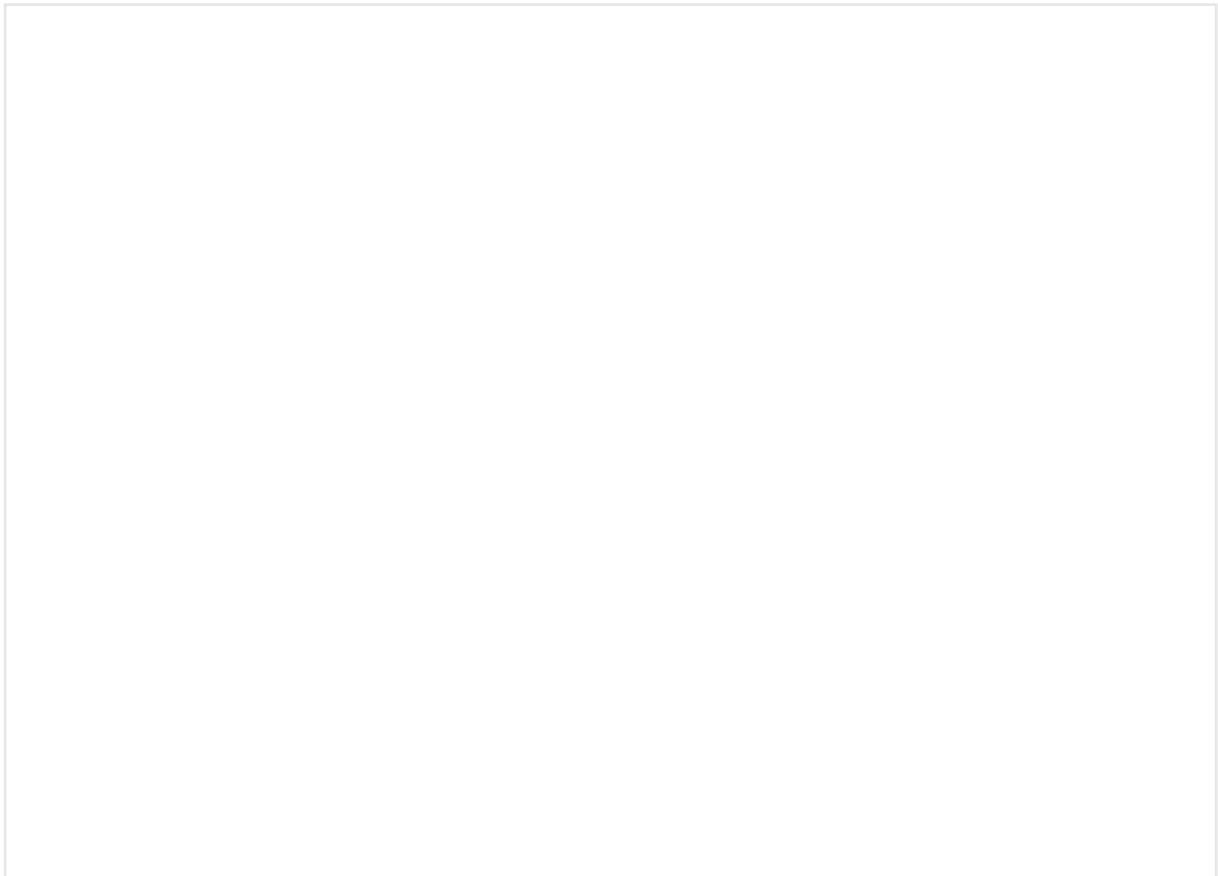
For us to see the future we want to arrive at, or at least a destination we'd like to land in the vicinity of, signposting is a beautiful way to ease the pressure of goals while still holding the aspirational quality of them.

A signpost is a signifier (notice the words) that you're heading in a direction and in this instance I'd like you to select something you would like to learn more about or achieve over the next 12 months...

You can simply list it or you add a little more detail. It's up to you.

Examples: It can be dirt bike riding, writing poetry, becoming a better parent, rediscovering nature. Or winning an award in your field or a trophy in sports.

What is your signpost for realising your dreams?



Your Circle

Now you have your signpost, we're going to look at the folks who are going to support you on this journey. This is intention setting.

I've found it very powerful to draw your own circles and add the people into it. There's something about physically writing and or drawing that adds extra magic to the process. Otherwise, it's also great to fill in the boxes below ;)

Anchor: Select two Anchors, these are people you can contact right now and most likely are a rock for you in your life. You may have disconnected from them as we are living in strange times. But this is an opportunity to sure up the connection. They may be in your office, a best-friend, family member etc. Although it helps a little bit, they don't 'have' to be directly related to your signpost either.

E.g. my Mum probably won't help me too much with my aspirations to become a free-diver, but she could provide that super-important ear for emotional support when training gets tough..

Boundary: Select three people who are on your boundary at the moment. Perhaps you've followed them on social media but haven't DM'd or spoken in person yet. These should feel within reach. Perhaps they offer something slightly different in regards to your signpost. But, I want you to start believing that they're in your field or vision - because you set your signpost - they are.

Universal: Pick two people who would be the ultimate to connect with. But just like the boundary, they need to relate to your signpost. Because when you meet them, ideally there is some mutual resonance.

I recommend a book called 'The Third Door' to anyone searching for confidence and strategies for reaching out to people at the Universal level.

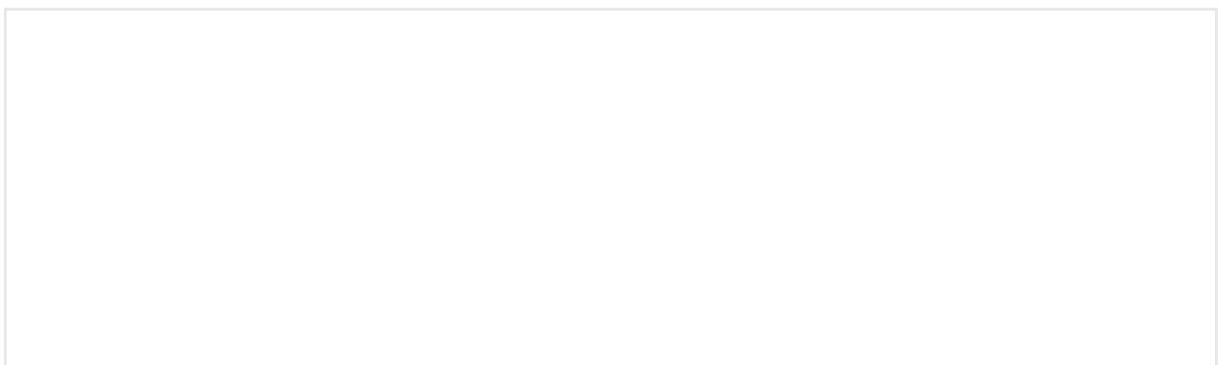


Note: Those three are the core part of the workshop. The next two are new additions and may not come to you straight away, so try to answer them but don't worry if they take some more inquiry into your family and elsewhere before they drop in :)

Known Ancestral: Have a think about who in your known family lineage could have something to teach you about who you are and where you're going. In many cultures it is said that we have a destiny to fulfill (or is that most Disney films). Your signpost will inevitably be part of this and perhaps your family members could lead you to some place you didn't expect..

My place to start would be where did your family gather, mine spent a lot of time by the water, so I think about my Grandma and how she showed up in the world as a guiding light to me connecting with my heroes / frothers.

What do you know about your ancestry that you could explore more?



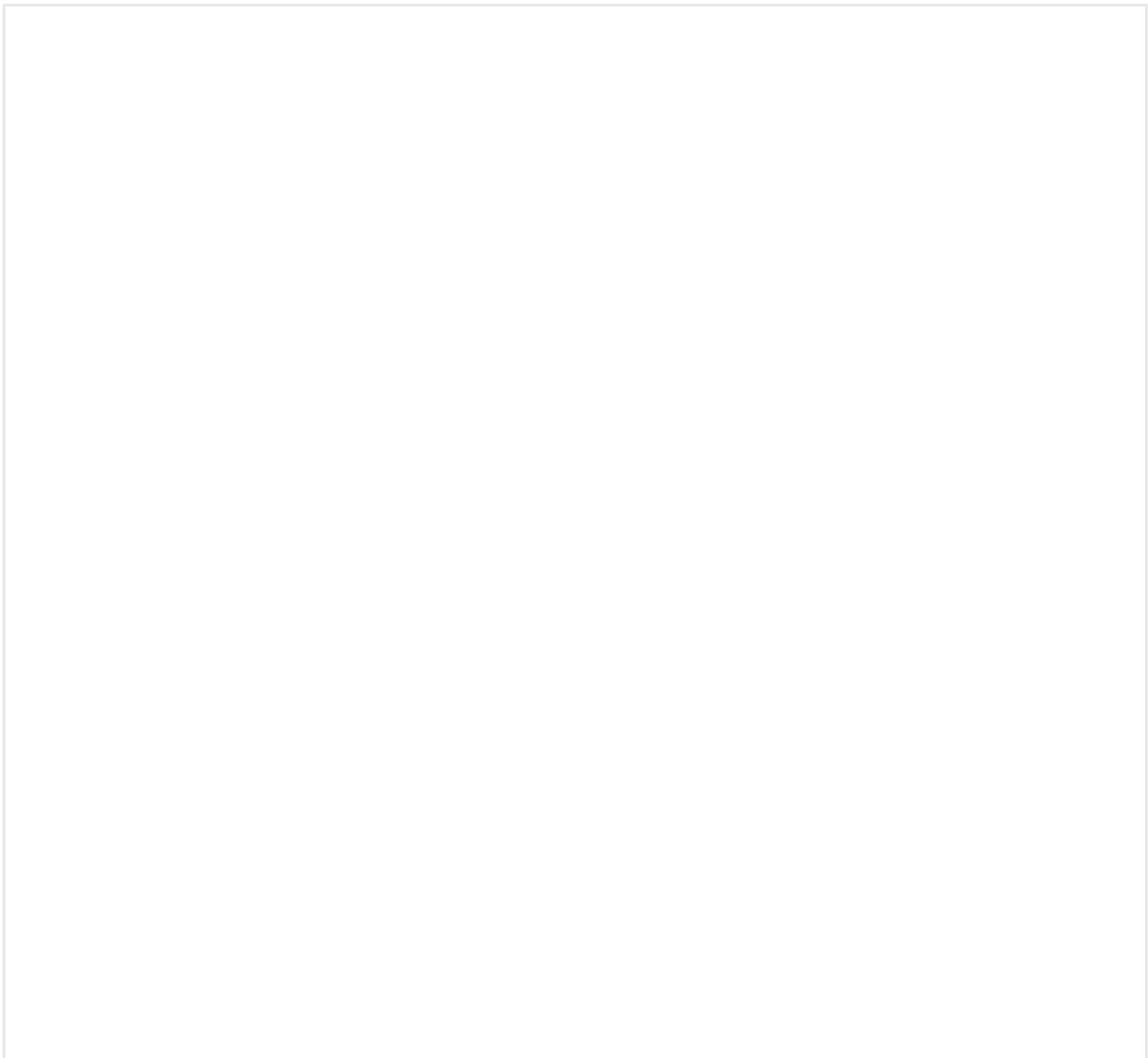
Mysterious Ancestral: There are several ways we can learn about our lineage. Asking elders in our families or communities. DNA testing or Ancestry websites. Even exploring places and simply listening.

Once you know a little bit about this, it can be fascinating to search back a little further and into the mystery.

In my opinion, and it's only mine, you have permission to play in this space.

I'm not 100% sure I'm from a lineage of Druids, first appearing in 600AD, but exploring the way they lived feels resonant with the way I want to live. So I'm going to keep exploring.

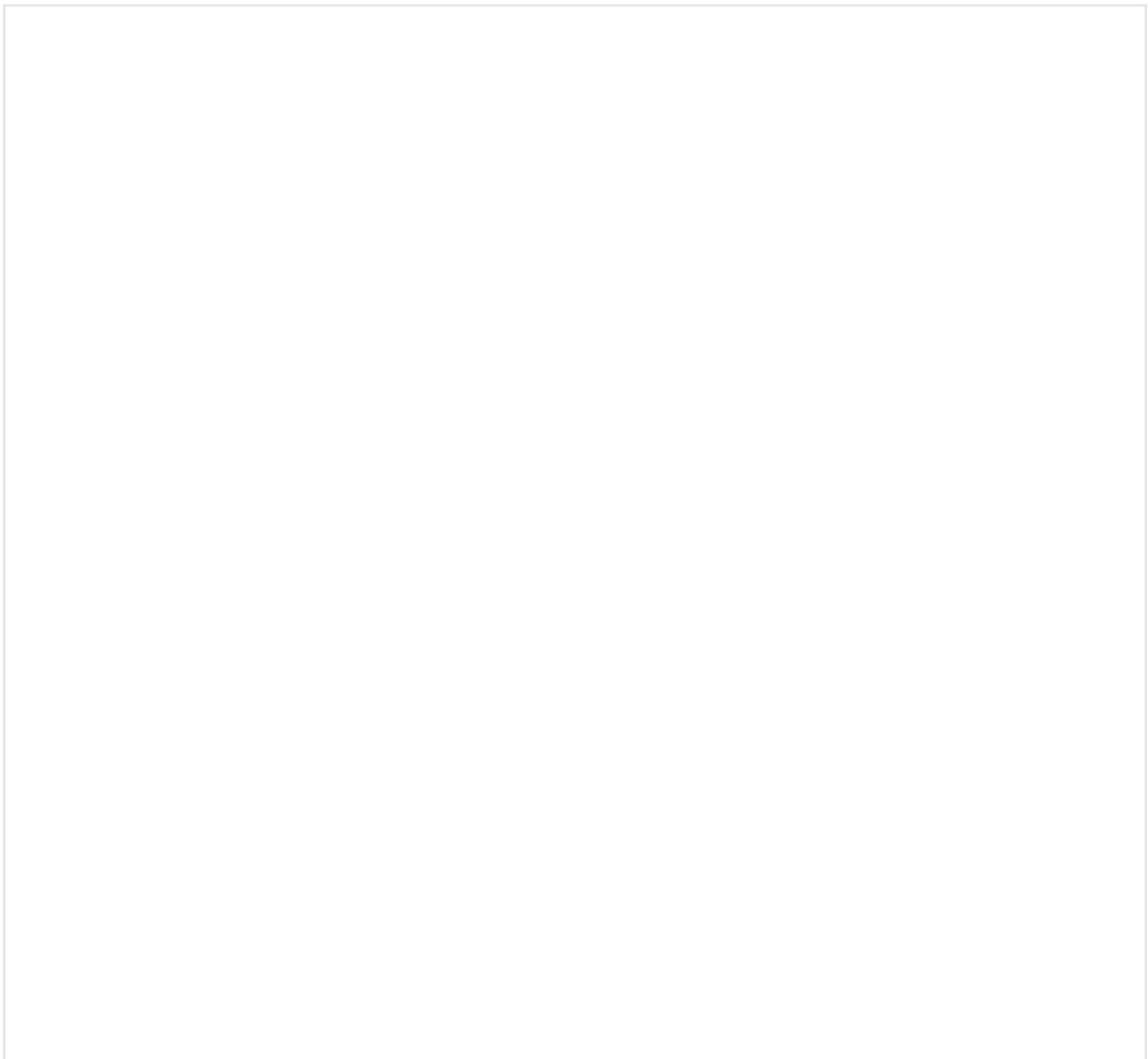
What lightly tethered link do you have to a certain time period or group of people that feels resonant to where you're headed in life?



What can we see?

Now we're cooking. It's cool to have a look back and ask some questions about what's becoming apparent about your circles and the humans and or groups of humans in them...

- ***What do these people tell you about your mission?***
- ***What themes are coming out?***
- ***What are you missing for you to get to your signpost?***
- ***Who can you share your circle of humans with?***
- ***Who's in the way? (Like anti-frothers or the villains in your narrative?)***



A Gift

A dialogue is important. What would we say to our Boundary or Universal level heroes? However, if you want to go next-level the question you can ask yourself, is what gift do I have to offer these people? It might be slightly different for each one, but on the path to Finding them there'll be something you've already got, or can create that will light the way.

What gift would you offer them?

A large, empty rectangular box with a thin grey border, intended for the user to write their answer to the question above.

Bonus: Channelling your Past heroes

Using some slow coherent breathing. 4 in, 4 out repeat. Close your eyes and think back to a moment when you were a child. Think Primary School age 4-12.

From this place

What was your signpost back then?

Who did you want to be and who were your anchors? Boundaries and Universal frothers? List them below:

A large, empty rectangular box with a thin grey border, intended for the user to write their responses to the prompts above.

This is a guide.

**Feel free to massage it,
play with it and change it.**

**Please save it somewhere special and
put a note in your diary to refer back to
it in 12 months time.**

**You might be surprised with what you
find...**

If you'd like to reach out to me with any questions or even want to share what you've created.

Email benny@101tokens.com

Thanks for playing,

Benny Wallington

Blue Chip Minds.