### Cosimo Journey Workbook

Designing and Articulating Who You Want to Become



# BECOMING YOUR FUTURE SELF (COSIMO)

### Introduction

/ by Dr. Philip Zimmermann



#### Friends,

By now I believe you are fascinated by discovering how Cosimo de' Medici had his house in order and created a lasting legacy. Now it's time to envision and articulate how you want to get your house in order and what your future version of yourself will look like. Michelangelo, when he talked about the great statue of David, said:

"I created a vision of David in my mind and simply carved away everything that was not David."

In the same manner, we want to create a vision of who we want to become when it comes to our personal development, our relationships, our influence, and what we envision our business to look like. The finished result will be to have a one-page matrix of our future self (Cosimo).

Now, don't worry that you have to get it "right" the first time. We want to set the direction, and it's totally normal that in a year from now, you might adapt one or two things on where you see yourself.

Important is that you go through the process and take the time to do the exercises.

To your future self (Cosimo), Dr. Philip Zimmermann



Before you get started please watch this short but important introduction video by Dr. Philip Zimmermann.

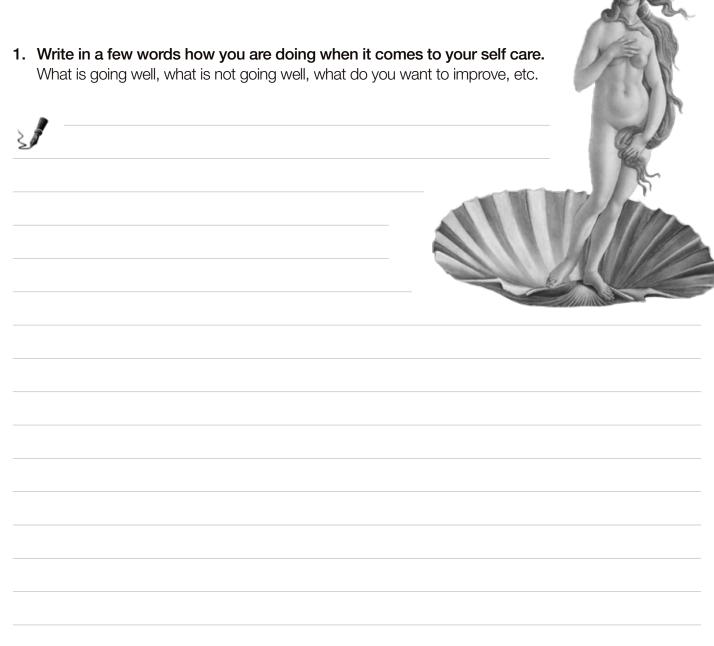


### The Villa

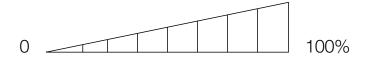
### The House of Personal Development

The first category we want to look at is personal development where we will focus on your self care, education, health, spirituality, and mindset.

### 1.1 Your Self Care



2. Rate your happiness level with your self care right now.



3.	Where do you envision yourself to be in 5 years when it comes to your self care? Write down 5-7 sentences on what you want your self care to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your self care?
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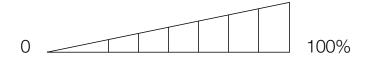
### 1.2 Your Education

1. Write in a few words how you are doing when it comes to your education.

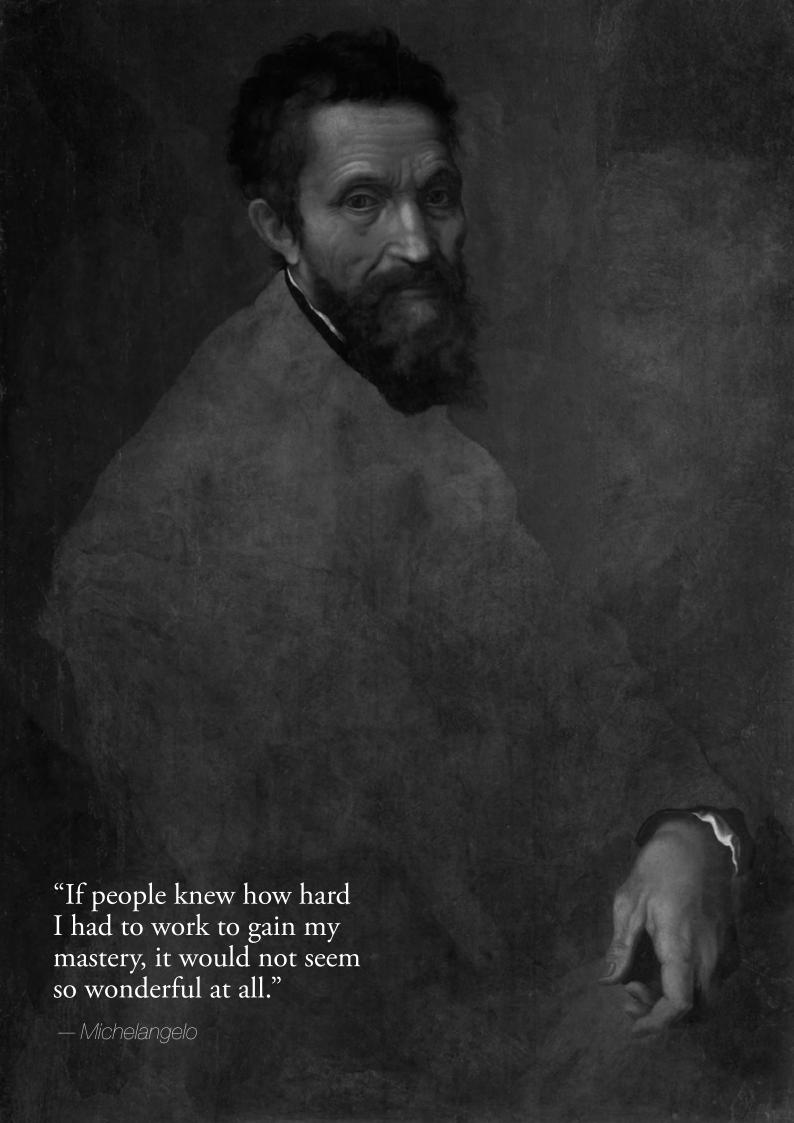
What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your education right now.



	Vrite down 5-7 sentences on what you want your education to look like. The more specific you are nd the more details you include the better.
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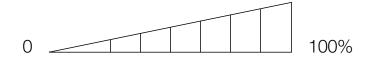
### 1.3 Your Health

1. Write in a few words how you are doing when it comes to your health.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your health right now.



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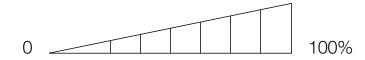
### 1.4 Your Spirituality

1. Write in a few words how you are doing when it comes to your spirituality.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your spirituality right now.



3.	Where do you envision yourself to be in 5 years whe Write down 5-7 sentences on what you want your spirituand the more details you include the better.	
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4.	What would be one small action step you can take to make progress when it comes to your spirituality?	
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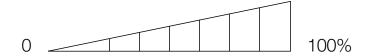
### 1.5 Your Mindset

1. Write in a few words how you are doing when it comes to your mindset.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your mindset right now.



3.	Where do you envision yourself to be in 5 years when it comes to your mindset? Write down 5-7 sentences on what you want your mindset to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your mindset?
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#### The Palazzo

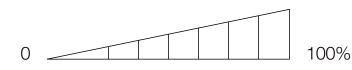
### The House of Relationship Development

The second category we want to look at is relationship development where we will focus on your marriage, family, friends, networking, and mentoring.

### 2.1 Your Marriage

1. Write in a few words how you are doing when it comes to your marriage. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your marriage right now.



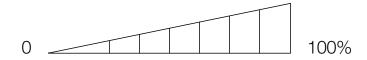


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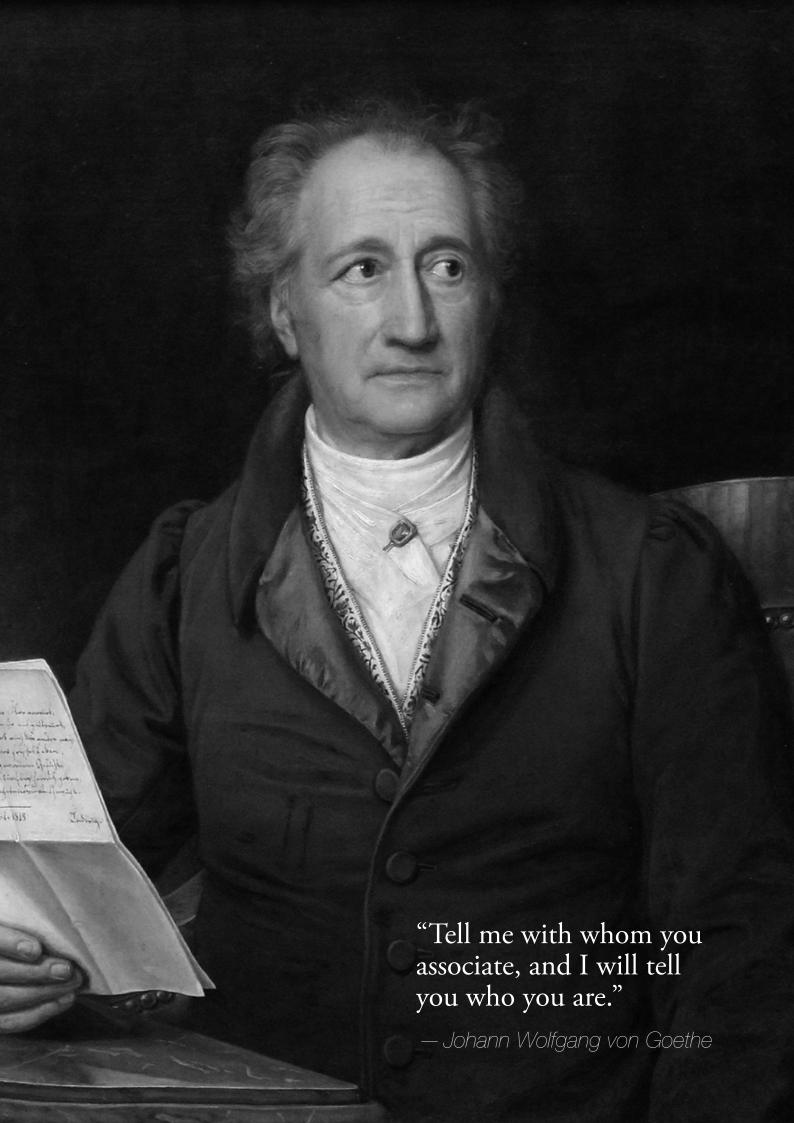
### 2.2 Your Family

1. Write in a few words how you are doing when it comes to your family. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your family right now.



	Write down 5-7 sentences on what you want your family to look like. The more specific you are and the more details you include the better.
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	What would be one small action step you can take to make progress when it comes to your family?
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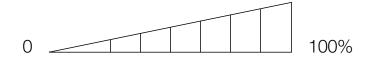




### 2.3 Your Friends

1. Write in a few words how you are doing when it comes to your friends. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your friends right now.

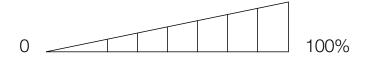


3.	Where do you envision yourself to be in 5 years when it comes to your friendships? Write down 5-7 sentences on what you want your friendships to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your friends?
Ac	tion Step:

### 2.4 Your Networking

1. Write in a few words how you are doing when it comes to your networking. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your networking right now.



	3.	Where do you envision yourself to be in 5 years when it comes to your networking? Write down 5-7 sentences on what you want your networking to look like. The more specific you are and the more details you include the better.
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4. What would be one small action step you can take to make progress when it comes to your networking?	4.	
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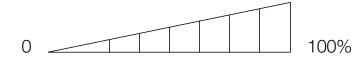
### 2.5 Your Mentoring

1. Write in a few words how you are doing when it comes to your mentoring.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your mentoring right now.



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	What would be one small action step you can take to make progress when it comes to your nentoring?
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### "Begin with the end in mind."

- Stephen Covey





The Signoria

## The House of Influence Development

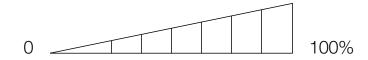
The third category we want to look at is influence development where we will focus on your generosity, impact, investments, leadership, and productivity.

### 3.1 Your Generosity

1. Write in a few words how you are doing when it comes to your generosity. What is going well, what is not going well, what do you want to improve, etc.

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2. Rate your happiness level with your generosity right now.

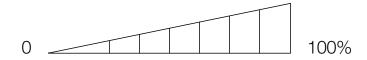


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	4. What would be one small action step you can take to make progress when it comes to your generosity?  Action Step:
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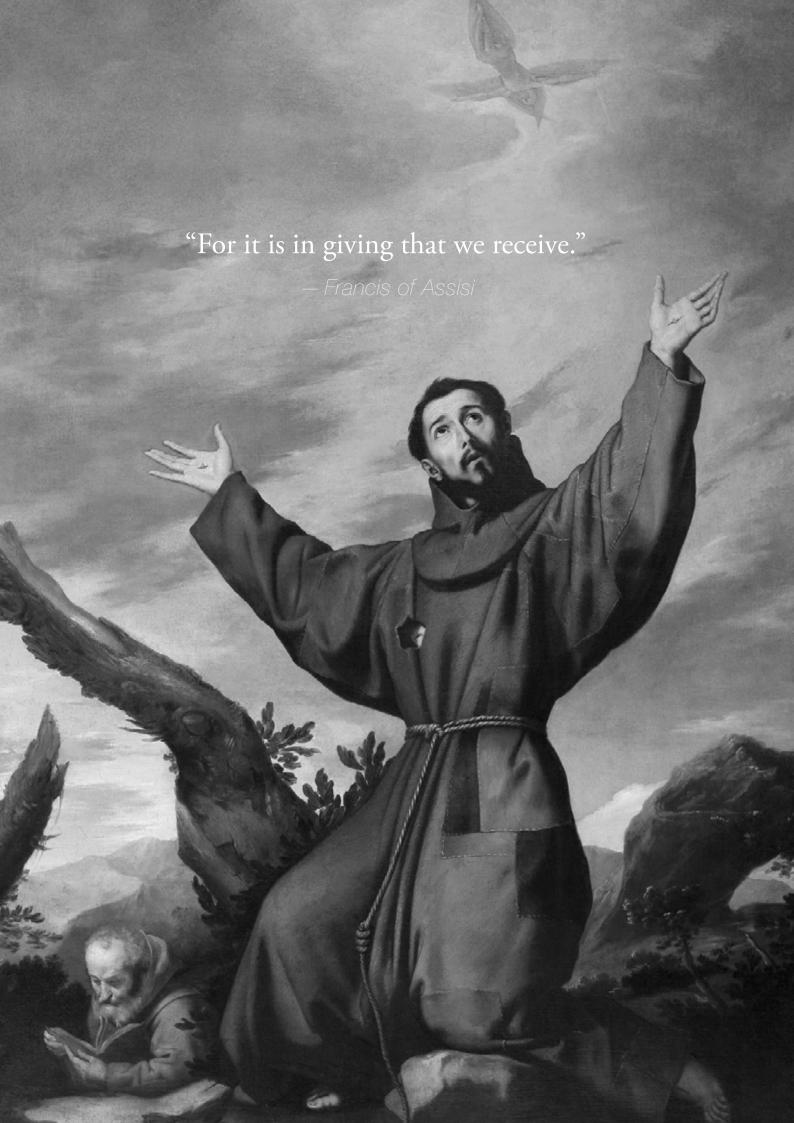
### 3.2 Your Impact

1. Write in a few words how you are doing when it comes to your impact. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your impact right now.



3.	Where do you envision yourself to be in 5 years when it comes to your impact? Write down 5-7 sentences on what you want your impact to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your impact?
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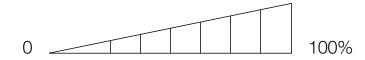
### 3.3 Your Investments

1. Write in a few words how you are doing when it comes to your investments.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your investments right now.

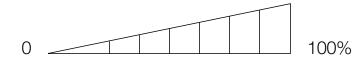


V	<b>/here do you envision yourself to be in 5 years when it comes to your investments?</b> /rite down 5-7 sentences on what you want your investments to look like. The more specific you and the more details you include the better.
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	/hat would be one small action step you can take to make progress when it comes to your vestments?
ctic	n Step:
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### 3.4 Your Leadership

1. Write in a few words how you are doing when it comes to your leadership. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your leadership right now.





3.	Where do you envision yourself to be in 5 years when it comes to your leadership?  Write down 5-7 sentences on what you want your leadership to look like. The more specific you are
	and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your leadership?
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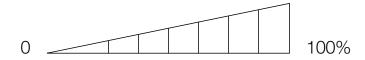
# 3.5 Your Productivity

1. Write in a few words how you are doing when it comes to your productivity.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your productivity right now.



3.	Where do you envision yourself to be in 5 years when it comes to your productivity? Write down 5-7 sentences on what you want your productivity to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your productivity?
Ac	tion Step:



#### The Bank

# The House of Business Development

The fourth category we want to look at is business development where we will focus on your sales, marketing, systems, product, and staff.

#### 4.1 Your Sales

1. Write in a few words how you are doing when it comes to your sales. What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your sales right now.





3.	Where do you envision yourself to be in 5 years when it comes to your sales? Write down 5-7 sentences on what you want your sales to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your sales?
Ac	tion Step:

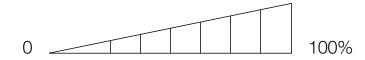
# 4.2 Your Marketing

1. Write in a few words how you are doing when it comes to your marketing.

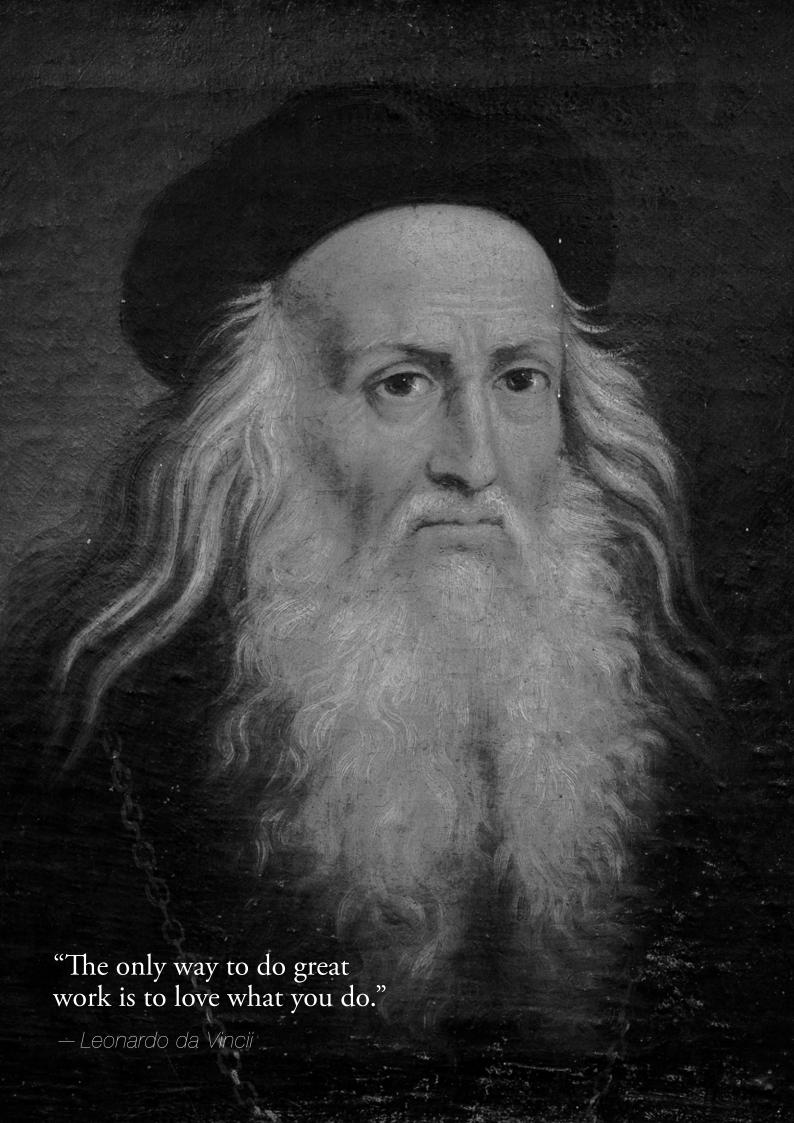
What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your marketing right now.



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What wo marketin	uld be one s g?	mall action	n step you	can take to	o make pr	ogress wh	en it come	s to you
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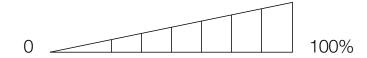
# 4.3 Your Systems

1. Write in a few words how you are doing when it comes to your systems.

What is going well, what is not going well, what do you want to improve, etc.



2. Rate your happiness level with your systems right now.



3.	Where do you envision yourself to be in 5 years when it comes to your systems? Write down 5-7 sentences on what you want your systems to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your systems?
Ac	tion Step:

#### 4.4 Your Product

1. Write in a few words how you are doing when it comes to your product.

What is going well, what is not going well,



2. Rate your happiness level with your product right now.

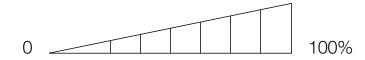
3.	Where do you envision yourself to be in 5 years when it comes to your product? Write down 5-7 sentences on what you want your product to look like. The more specific you are and the more details you include the better.
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4.	What would be one small action step you can take to make progress when it comes to your product?
Ac	tion Step:

#### 4.5 Your Staff

1. Write in a few words how you are doing when it comes to your staff.

What is going well, what is not going well, what do you want to improve, etc.

2. Rate your happiness level with your staff right now.



3.	Where do you envision yourself to be in 5 years when it comes to your staff? Write down 5-7 sentences on what you want your staff to look like. The more specific you are and the more details you include the better.
Ž	
4.	What would be one small action step you can take to make progress when it comes to your staff?
Ac	tion Step:

# Your Future Self (Cosimo) Matrix

The final step is to summarize your future self (Cosimo) in one simple matrix. Go to medicilegacy.com/matrix and either download the PDF matrix or fill it out online. Write down one sentence, in each category, for what you want your future self (Cosimo) to look like.





