

# Your Life's Hero Shots!

A process of self discovery to help you  
become the powerful force for good  
that you are designed to be



## Your Life Hero Shots! Process

**The exercise** I am about to lead you through is a variation on a process that I began on myself years ago. I found it so very helpful then and I have repeated this process many times over the years, and each time I see something new. This may happen for you, too. It's almost as if God wants us to acknowledge something about our strengths or talents that we need to own because it's time for a "new thing" to start in our life, and in order to see the benefits of this new thing He has in His will, we need to access those gifts (some we may have forgotten about).

Isaiah 43:19 New International Version (NIV)

<sup>19</sup> See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness  
and streams in the wasteland.

**Maybe it's now time** for you to remember some of your gifts and talents that you may have placed on the back burner, or perhaps you can be helped by seeing a theme in your life that has been there *all along*. This knowledge can help enormously with decision making, goal setting, a job search or new business opportunity. I have found this tool to be rewarding because, it can validate your attraction to certain types of expression, or management of others. If you have ever wondered if you are so different that you are either bizarre or brilliant, then this may be what you need 😊

**In one instance**, I have seen this “Hero Shots” exercise help a serial entrepreneur who had trouble sticking with projects, until she realized, through this few minutes of introspective work, that she has been thriving as a project organizer since she was a very young girl! So, she was not “wired” to work alone. What a relief she felt! She felt empowered, too, because her focus changed to *team building* to get things done, and her effectiveness shot through the roof!

What has brought you here to this place and at this time is not nearly as important as the feeling of self-appreciation, focus and excitement to move into action that you may feel upon completion of the process.

That said, **allow 30 minutes, to 45** (or more if you have a good memory!) to complete the “Hero Shots Process”. Grab a tea, coffee or even a glass (just one) of wine and get comfortable in a quiet place with no electronic devices (YES! You CAN do this! Turn the phone to “Off”. Not just vibrate. Your future is worth it!).

If you are wondering about the **name of this process**; It’s a throwback to my first career in TV and Film. A “hero shot” is the moment in a film where the hero can no longer remain silent, but feels called into action, and as he (or she) turns toward camera the wind blows just so, and the lighting is perfect. And the audience knows, all will be well. It’s a moment that seems to last longer than a few seconds and is always a pinnacle moment in the story.

We will be looking for your “Hero Shots”. Searching for the moments that you wished could have lasted forever. You were on top of the world.

So, grab a notebook, and let’s get started!



You'll be using three pages of notebook paper.

- ❖ At the top of page one, write, **“Early Childhood”**  
(I suggest leaving the back of these sheets available in case your future notes need the space!)
  
- ❖ At the top of page two, write, **“Young Adulthood”**
  
- ❖ At the top of page three, write, **“Grown up”**

Now, I'll be taking you through the prompts to move you through this process, and you will be encouraged to pause the recording, or set the PDF aside, and take some time in your quiet space with no distractions to journal your answers.

**On page on, labeled “Early Childhood”. I want you to write three moments that were “Hero Shots!” moments in your childhood.** Moments where time stood still. You felt awesome!

Start by going back to the earliest memory that might qualify and write just a short description. (Keep it short, just enough words to help you remember the moment, we will be coming back to this).

Need an example? I understand! Here’s a few:

- Hitting your first baseball.
- Getting a compliment from a teacher on an essay.
- Winning a game.
- Getting a certificate of an achievement.
- Helping your brother ride a bike.
- Riding your own bike!
- Getting the Christmas present you “marketed” to your parents to get.
- Learning a new skill or sport.

Got a few ideas?

**Now pause here and write in at least three “Hero Shots!” from Early Childhood. More is fine but do your very best to get at least 3! This should take just a few minutes, then come on back for step 2!**

**Welcome back!**

Now turn to page 2, labeled **“Young Adulthood”**

On this page, we will be looking at ages 13 to about 20. We will do the same process of writing brief descriptions of at least three “Hero Shots!” from Young Adulthood.

**I think you get the idea of what to look for, so pause now and write down your moments for ages 13 to 20. While you’re paused, go ahead and write in three on your page you’ve labeled, “Grown Up’. You’re probably realizing, this is the span of life from college-age to present.**

**Go!**

---

**All done with part one?**

Excellent! Now, turn back to page one of the **Early Childhood Hero Shots!**

**For each moment, answer the following questions. Write your answers.**

- ❖ What specific steps did you take to make the moment happen? This is important, so even if at first it seems, “I didn’t do much” take an extra second to reconsider that. Perhaps the hide and seek games you played were organized by you. Or you were persistent in asking your parents for a special gift, or activity. You did something! Write these steps down.
  
- ❖ How did you feel at the moment? Use descriptive, specific words here. “Happy” is ok, but were you happy because you felt proud, or strong, or accepted? Write those words, too. Don’t hold back. There is no “wrong” answer. It may help to take a moment, close your eyes and put yourself back in that exact place and time. Feel what you felt and see what you saw.

**Pause here and write your answers to these two questions for all three age categories. This part of the process may take a few more minutes than the previous section. When complete, come back and let’s finish this exercise together!**



**Great job! Welcome back.**

**Next we will be noticing a Theme in your answers.**

Something that may help is to look at the descriptions of what you did to make the moments happen, and circle with a colored pen the verbs, the action words.

We are looking to see if any repeat (keep in mind we could be looking at synonyms and words with very similar meaning, too. For instance, “Practiced” and “rehearsed”)

Recognizing the action words that are common may help you start to see your theme.

Some examples:

- Helping others achieve
- Proving a point
- Showing a creative alternative
- Motivating a group
- Doing something risky (taking chances)
- Teaching
- Saving someone or something

## **What does your theme say about you?**

Your theme provides insight to help you create a goal, identify a purpose and maybe even remind you of a passion that can give clarity to what you are naturally designed to do.

You may feel surprised by the results or validated. You may understand why certain jobs or projects in your life went well, and why some didn't. You might have a bit of insight as to why a current work situation feels less than desirable to you.

## **Moving ahead....**

As you move ahead in your goal setting for the future, you will be able to make decisions and choose opportunities that you know you will be able to naturally excel in, because you know you've had this theme all your life. Discovering your theme through your life's Hero Shots is not meant to limit you, but rather to empower you to utilize your natural strengths and incorporate your life-long passions into the now and add to the abundance in your life.

If you have ever taken a personality assessment like DISC, MBTI or Winslow assessments then the process you just completed most likely compliments what you already know about your personality, and perhaps has helped you establish clearly when your character traits have worked in your favor.

NOTE: If you've never taken a personality assessment, I encourage you to do so. My personal favorite, and the one I recommend to my clients is the Winslow Report

<http://www.winslowprofilesandreports.com/reports-for-individuals.html>

I think it is one of the most effective tools for self-improvement and well worth the small investment.

---

## **FINAL PERSONAL NOTE:**

I'm committed to helping brilliant people shine their brightest in their most natural and effective way of communicating. When we accomplish this, we can powerfully step into relationships through personal conversations, video marketing and public speaking. (Yes, I believe appearing in your video marketing and public speaking IS relationship building, and those relationships can propel you forward and increase your impact in the world). High stakes talk in the boardroom, sales floor or in the media will no longer be intimidating if you come from a place of unshakeable confidence.

The most successful people are the most connected people.

Connections are *relationships*, not numbers in your contact list.

The quality of your relationships will determine the quality of your life.

Start with the relationship you have *with yourself*. That is the foundation for your success.

**Congratulations!** You have taken a great step in appreciating your SELF today. You may still process some memories over the next few days, and even think of new Hero Shot moments; feel free to revisit your notebook, adding to what is already there. As I mentioned in the beginning, I have taken the time to revisit this process several times, and I find it most helpful when I am transitioning somehow with my business, (or personal life).

If you'd like to review your results together to get a better grip on your theme, I'd like to support you by offering a call, no obligation and no cost. Send an e mail to [Sandra@SandraDeeRobinson.com](mailto:Sandra@SandraDeeRobinson.com) simply requesting a "Strategy Call" and we will get right back with you and get a 30-45 min call on the schedule as soon as possible.

After all, the world is waiting for you, and you are designed to make an impact that only you can! You won't do it alone 😊

A handwritten signature in black ink that reads "Sandra Dee Robinson". The signature is written in a cursive, flowing style with a large initial 'S'.