



PAST BREAKTHROUGH

LOOK BACK

We have all had breakthroughs in our life. How did it happen to you in the past? What was the defining moment when it became a MUST?

Name: _____

Date: _____

What was your BREAKTHROUGH?:

Write down something you struggled with for a long time, but then you finally broke through and changed everything for the better.

What triggered that change to happen in THAT moment?:

What made that CHANGE possible?:

E.g. belief, new experience, coaching, book seminar



THE 7 WHY'S

WHAT REALLY DRIVES YOU?

The 7 Why's Exercise can be used to help determine what really drives you to accomplish anything in life. The following is a sample for you to start with. This is one of the hardest exercises that we have to do to reach that next level.

Name: _____

Date: _____

LEVEL 1: What is important to you about becoming successful?

ANSWER

LEVEL 2: Why is it important to _____?

ANSWER

LEVEL 3: Why is it important to _____?

ANSWER

LEVEL 4: Why is it important to _____?

ANSWER

LEVEL 5: Why is it important to _____?

ANSWER

LEVEL 6: Why is it important to _____?

ANSWER

LEVEL 7: Why is it important to _____?

ANSWER



CHANGE YOUR STORY

CHANGE YOUR STORY, CHANGE YOU LIFE

Divorce your old story and marry the truth. Time to find what your limiting stories are.

Name: _____

Date: _____

What is one story you tell yourself that is limiting your potential?

What is one story you tell yourself that is limiting your potential?

What story are you going to replace it with?

TELL YOUR OLD STORY...

ERASE

MY NEW STORY IS...



YOUR "ONE THING"

WHERE FOCUS GOES, ENERGY FLOWS

Sunlight is powerful, but if you want it to create fire, you have to focus it to a single point. Our attention is the same. We need to focus all our attention onto ONE TASK that will make everything in our life easier or not necessary.

Name: _____

Date: _____

What is the ONE THING that by doing it, everything else will be easier or unnecessary?

How will this one thing help you reach your why?

What is ONE action you can do RIGHT NOW to start accomplishing this One Thing?
