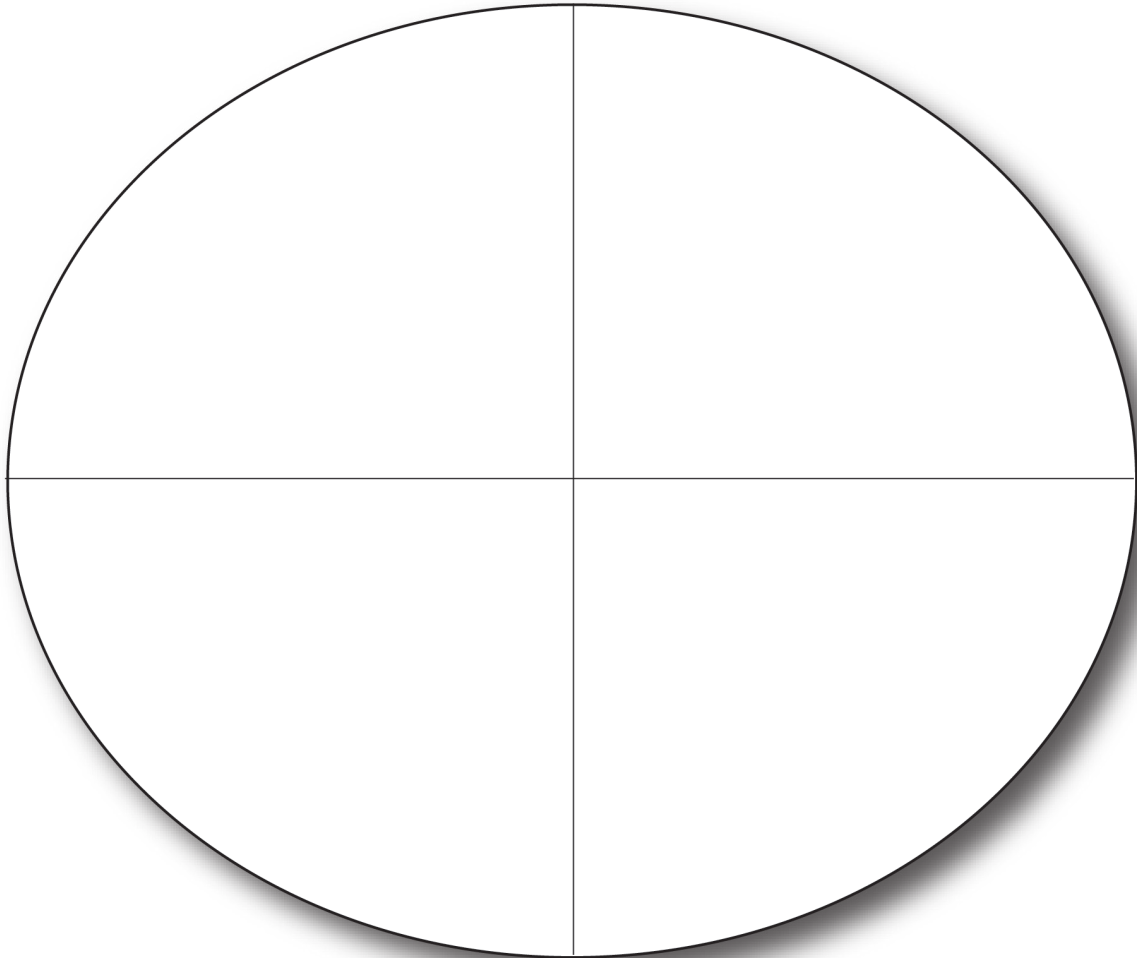




Here and Now Wheel



Self-Esteem Check: _____

I created the experience of

by



My Success Form

Directions: Divide your life into three equal age periods (i.e. birth - 15, 16 - 30, 31 - 45) and list three successes for each period on the spaces provided below. In the last section list three successes you would like to have in the next five years.

First Third

1. _____
2. _____
3. _____

Second Third

1. _____
2. _____
3. _____

Third Third

1. _____
2. _____
3. _____

Next 5 Years

1. _____
2. _____
3. _____



100 Successes List

- | | |
|-----|-----|
| 1. | 26. |
| 2. | 27. |
| 3. | 28. |
| 4. | 29. |
| 5. | 30. |
| 6. | 31. |
| 7. | 32. |
| 8. | 33. |
| 9. | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |

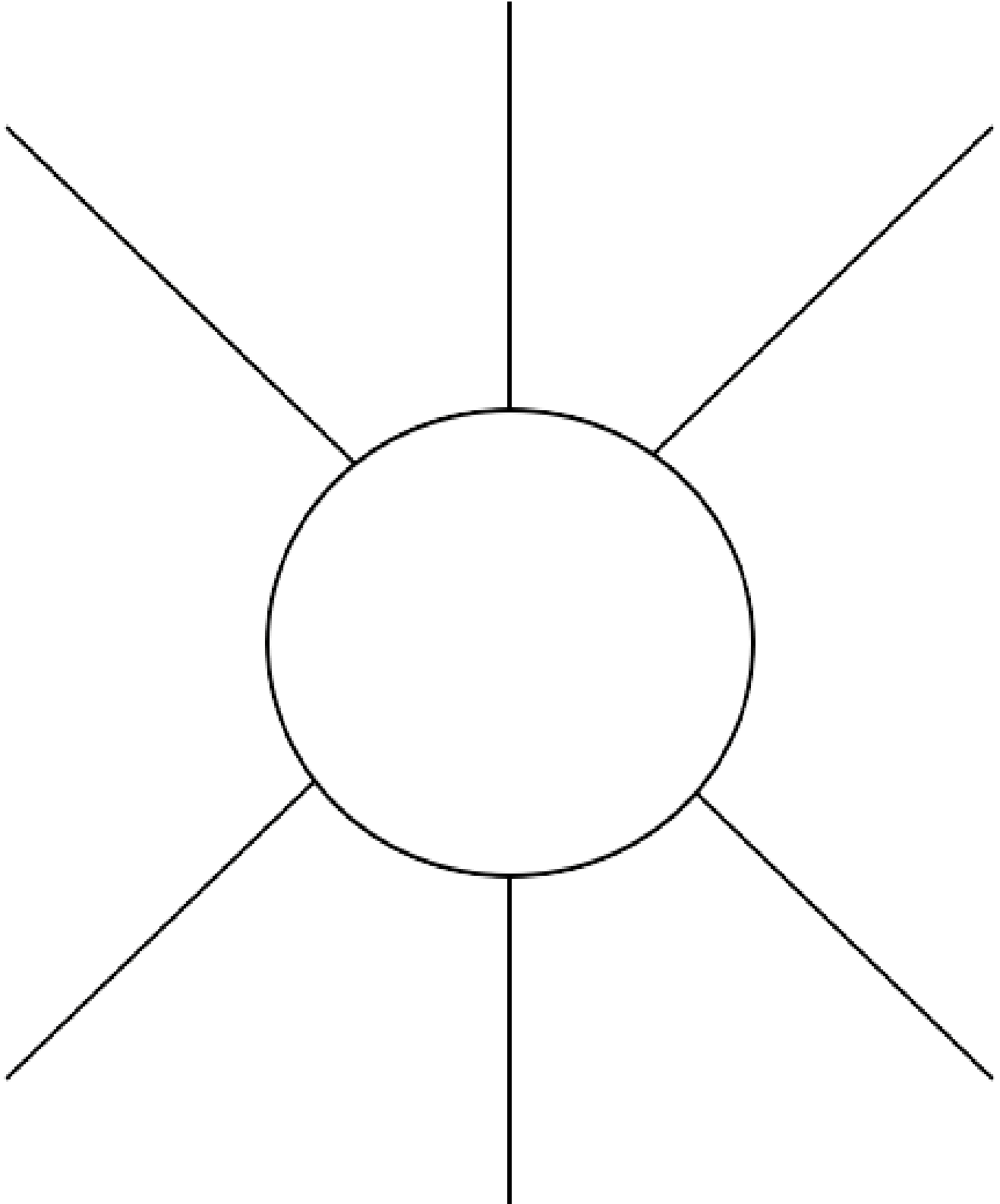


Breakthrough to Success

51.	76.
52.	77.
53.	78.
54.	79.
55.	80.
56.	81.
57.	82.
58.	83.
59.	84.
60.	85.
61.	86.
62.	87.
63.	88.
64.	89.
65.	90.
66.	91.
67.	92.
68.	93.
69.	94.
70.	95.
71.	96.
72.	97.
73.	98.
74.	99.
75.	100.

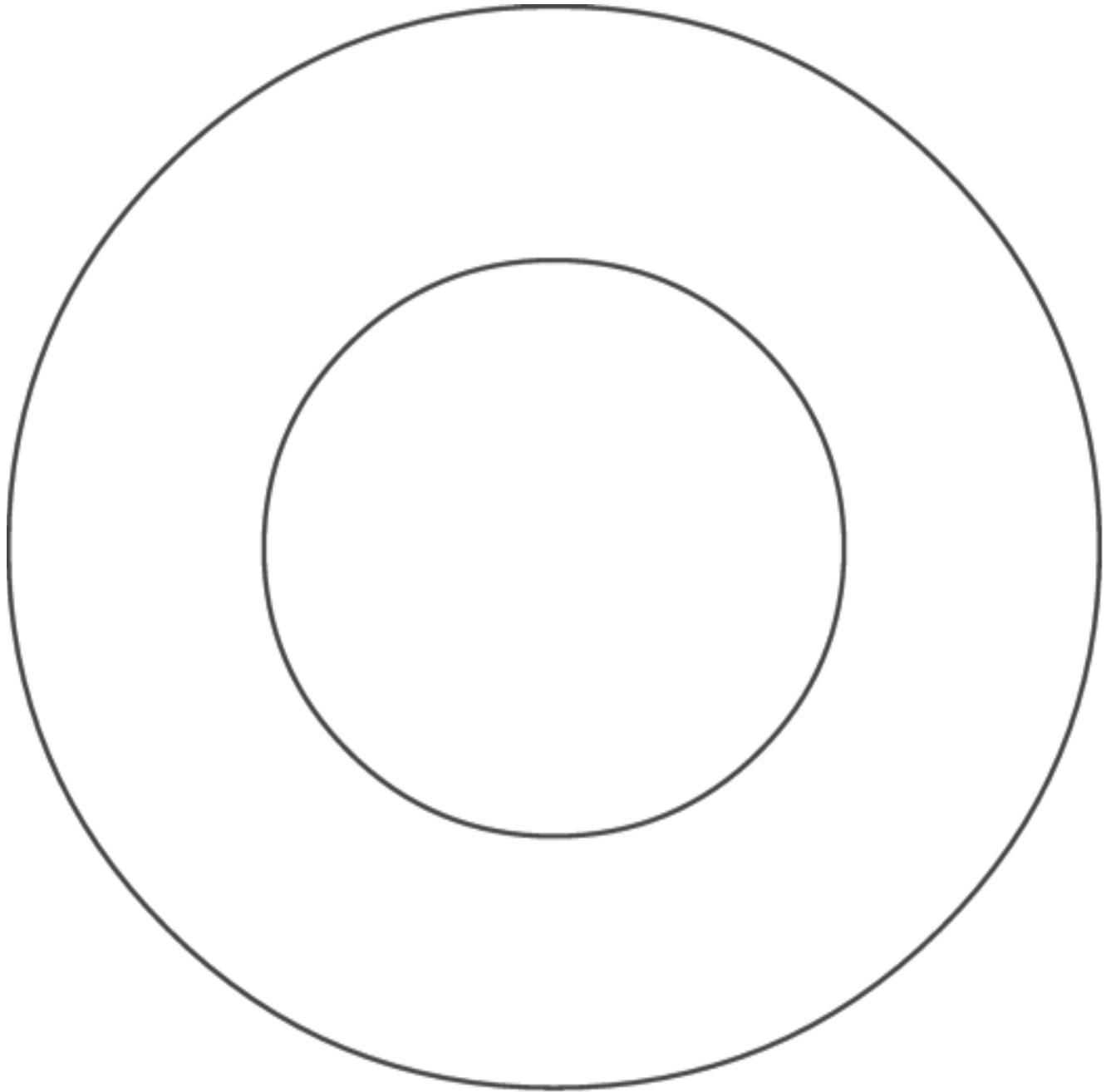


My Concern Wheel





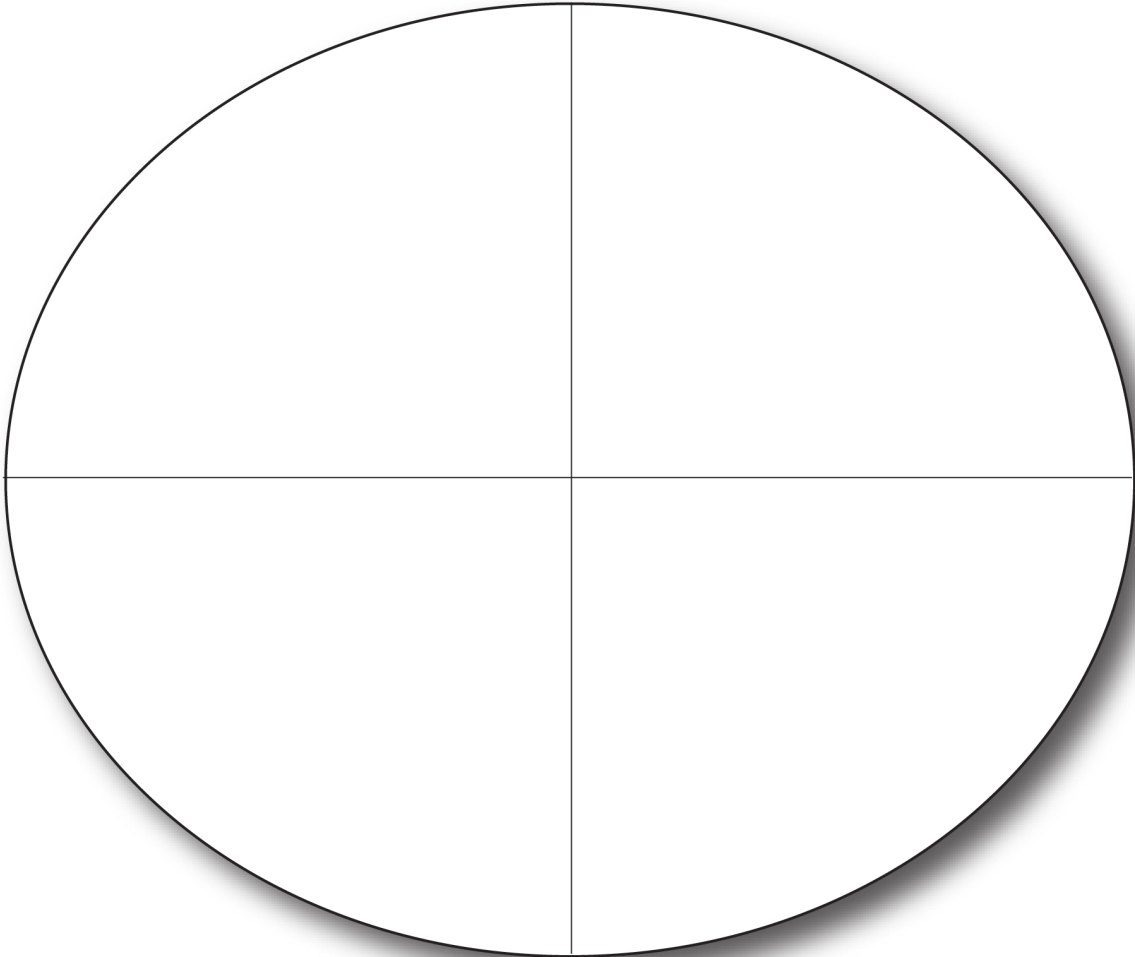
My Strengths



Name: _____



Here and Now Wheel



Four horizontal grey bars stacked vertically, serving as a writing area for notes related to the wheel.

Self-Esteem Check:



My Personal Strengths Sheet

Place a check mark next to each strength that you think you have. You might also have your spouse or children go over the list and tell you which ones they think you have, too. Sometimes other people see our strengths more than we do.

- | | |
|--|---|
| <input type="checkbox"/> able to give orders | <input type="checkbox"/> don't give up |
| <input type="checkbox"/> able to take orders | |
| <input type="checkbox"/> able to take care of self | <input type="checkbox"/> eager to get along with others |
| <input type="checkbox"/> accepts advice | <input type="checkbox"/> eager to please |
| <input type="checkbox"/> admires others | <input type="checkbox"/> effective |
| <input type="checkbox"/> affectionate | <input type="checkbox"/> efficient |
| <input type="checkbox"/> alive | <input type="checkbox"/> elegant |
| <input type="checkbox"/> appreciative | <input type="checkbox"/> encourages others |
| <input type="checkbox"/> articulate | <input type="checkbox"/> enjoys taking care of others |
| <input type="checkbox"/> artistic | |
| <input type="checkbox"/> assertive | <input type="checkbox"/> fair |
| <input type="checkbox"/> athletic | <input type="checkbox"/> feeling |
| <input type="checkbox"/> attractive | <input type="checkbox"/> forceful |
| | <input type="checkbox"/> frank and honest |
| <input type="checkbox"/> bright | <input type="checkbox"/> friendly |
| <input type="checkbox"/> brave | <input type="checkbox"/> funny |
| <input type="checkbox"/> businesslike | |
| | <input type="checkbox"/> generous |
| <input type="checkbox"/> calm | <input type="checkbox"/> gets along with others |
| <input type="checkbox"/> can be firm if necessary | <input type="checkbox"/> gets things done |
| <input type="checkbox"/> caring | <input type="checkbox"/> gives a lot |
| <input type="checkbox"/> clean | <input type="checkbox"/> goal setter |
| <input type="checkbox"/> committed | <input type="checkbox"/> good cook |
| <input type="checkbox"/> common sense | <input type="checkbox"/> good dancer |
| <input type="checkbox"/> communicates well | <input type="checkbox"/> good friend |
| <input type="checkbox"/> compassionate | <input type="checkbox"/> good leader |
| <input type="checkbox"/> considerate | <input type="checkbox"/> good listener |
| <input type="checkbox"/> cooperative | <input type="checkbox"/> good looking |
| <input type="checkbox"/> courteous | <input type="checkbox"/> good manners |
| <input type="checkbox"/> creative | <input type="checkbox"/> good neighbor |
| | <input type="checkbox"/> good parent |
| <input type="checkbox"/> daring | <input type="checkbox"/> good singer |
| <input type="checkbox"/> dedicated | <input type="checkbox"/> good with details |
| <input type="checkbox"/> dependable | <input type="checkbox"/> good with words |
| <input type="checkbox"/> diligent | <input type="checkbox"/> good with your hands |
| <input type="checkbox"/> disciplined | <input type="checkbox"/> graceful |
| <input type="checkbox"/> do what needs to be done | <input type="checkbox"/> grateful |



My Personal Strengths Sheet (continued)

- | | |
|--|---|
| <input type="checkbox"/> happy | <input type="checkbox"/> patient |
| <input type="checkbox"/> hard worker | <input type="checkbox"/> peaceful |
| <input type="checkbox"/> healthy | <input type="checkbox"/> physically fit |
| <input type="checkbox"/> helpful | <input type="checkbox"/> pleasant |
| <input type="checkbox"/> honest | <input type="checkbox"/> positive attitude |
| <input type="checkbox"/> humorous | <input type="checkbox"/> quick learner |
| <input type="checkbox"/> independent | <input type="checkbox"/> religious |
| <input type="checkbox"/> inspiring | <input type="checkbox"/> resilient |
| <input type="checkbox"/> intelligent | <input type="checkbox"/> respectful of authority |
| <input type="checkbox"/> joyful | <input type="checkbox"/> respected by others |
| <input type="checkbox"/> keeps agreements | <input type="checkbox"/> responsible |
| <input type="checkbox"/> kind and reassuring | <input type="checkbox"/> risk taker |
| <input type="checkbox"/> leadership | <input type="checkbox"/> self-confident |
| <input type="checkbox"/> likes responsibility | <input type="checkbox"/> self-reliant |
| <input type="checkbox"/> lots of friends | <input type="checkbox"/> self-respecting |
| <input type="checkbox"/> lovable | <input type="checkbox"/> sense of humor |
| <input type="checkbox"/> loving | <input type="checkbox"/> sensitive |
| <input type="checkbox"/> loyal | <input type="checkbox"/> speak several languages |
| <input type="checkbox"/> makes a difference | <input type="checkbox"/> spiritual |
| <input type="checkbox"/> makes a good impression | <input type="checkbox"/> spontaneous |
| <input type="checkbox"/> mathematical | <input type="checkbox"/> straightforward and direct |
| <input type="checkbox"/> mechanical | <input type="checkbox"/> strong |
| <input type="checkbox"/> motivates others | <input type="checkbox"/> team player |
| <input type="checkbox"/> musical | <input type="checkbox"/> tolerant |
| <input type="checkbox"/> never gives up | <input type="checkbox"/> trusting |
| <input type="checkbox"/> observant | <input type="checkbox"/> truthful |
| <input type="checkbox"/> often admired | <input type="checkbox"/> understanding |
| <input type="checkbox"/> orderly | <input type="checkbox"/> unselfish |
| <input type="checkbox"/> organized | <input type="checkbox"/> visionary |
| <input type="checkbox"/> on time | <input type="checkbox"/> warm |
| <input type="checkbox"/> open | <input type="checkbox"/> well-dressed |



What I Am Grateful For

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.



Things I Love To Do: My Joy List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.



My Life Purpose



My Life Purpose Exercise

1. List two of your unique personal qualities, such as *enthusiasm* and *creativity*.

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as *to support* and *to inspire*.

3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? This is a statement, in present tense, describing an ultimate condition, the perfect world as you see it and feel it. Remember a perfect world is a fun place to be.

4. Combine the three prior subdivisions of this paragraph into a single statement.

Example:

My purpose is using my creativity and enthusiasm to support and inspire others as we all freely express our talents in harmony, love and joy.



The Daily Positive Focus Exercise™

	Day:	Date:		
	Achievement	Reason Why	Further Progress	Specific Action
1.				
2.				
3.				
4.				
5.				



The Gratitude Focus Exercise™

	What I am grateful for?	Why I am grateful?	How can I express my gratitude?	First action to take? ... and by when?
1.	Who:			
2.	Who:			
3.	Who:			
4.	Who:			
5.	Who:			

1. What are you grateful for?
2. Why are you grateful for it?
3. How can you express your gratitude?
4. What specific next action can you take to express your gratitude?
5. By when will you take it?



Who Would You Rather Spend Time With?

List those people you spend time with on a regular basis — your family members, your co-workers, your neighbors, friends, football buddies, people in your civic organization, fellow church members you spend time with, and others. When you've written your list, review the names, putting a minus sign “-” next to those people who are toxic, and plus sign “+” next who are nurturing.

Example	Jonathan Mackey	+	_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____
			_____	_____

Spend more time with people who have a + sign next to their name and less or no time with people who have a — sign next to their name.



Some of My Limiting Beliefs Are:

A series of 18 horizontal grey bars stacked vertically, providing space for writing limiting beliefs.



Turnaround Statements

Examples:

Negative: If I eat this cake, it will go straight to my hips.

Turnaround: No matter what I eat, I look and feel great in my gorgeous, slim body . . . or . . . Everything I eat helps me maintain my perfect body weight.

Negative: Don't express your feelings. People will think you are weak and take advantage of you.

Turnaround: The more I express my feelings, the more people honestly love me and support me.

Negative: You're such a slob! You never pick up after yourself.

Turnaround: I am a neat and organized person. OR I am creative in my organization and decorating.

My negative/limiting belief is: _____

The way it limits me is: _____

The way I want to be, act, or feel is: _____

My turnaround statement that affirms this is: _____



Incompletions & Messes

Current research indicates that if you use an idea within 24 hours of first hearing it, you are more likely to permanently integrate it into your daily activity. So when you hear something in the seminar that you'd like to do, write it down on one of the next 3 pages. Also list any incompletions or messes in your life that may be taking some attention units away from you. At the end of the seminar take this page out of your manual and put it where you can't miss it and make a commitment to clean up some of your incompletions or messes every month — more often if possible.

List your incompletes and the steps you'll take to complete each area of your life.

Are you preventing abundance by holding on to these incompletes? Make a plan to complete them.

1. Former Business Activities _____
2. Promises Not Kept, Not Acknowledged or Not Renegotiated _____
3. Unpaid Debts or Financial Commitments _____
4. Closets Overflowing With Clothing Never Worn _____
5. Disorganized Garage Crowded with Old Discards _____
6. Haphazard or Disorganized Tax Records _____
7. Checkbook Not Balanced or Accounts That Should Be Closed _____
8. "Junk" Drawers Full of Unusable Items _____
9. Missing or Broken Tools _____
10. Attic Filled with Unused Items _____
11. Car Trunk or Back Seat Full of "Trash" _____
12. Incomplete Car Maintenance _____
13. Basement Disorganized or Filled with Discards _____
14. Credenza Packed with Completed or Unrealized Projects _____
15. Filing Left Undone _____
16. Computer Not Backed-Up _____
17. Desk Surface Cluttered or Disorganized _____
18. Family Pictures Never Put into an Album _____
19. Mending, Ironing or Other Piles of Items to Repair or Discard _____
20. Deferred Household Maintenance _____
21. Personal Relationships with Unstated Resentments or Appreciations _____
22. Forgiveness That Needs to Occur _____
23. Time Not Spent with People You've Been Meaning to Spend Time with _____
24. Incomplete Projects or Projects Delivered without Reporting or Asking for Feedback _____

25. Acknowledgment That Needs to Be Asked for _____



Breakthrough to Success

More To Do List Pages starting at page 287.

To Do's	I'll Start By	I'll Finish By	Done
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			



My I Want List (Do/Be/Have)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____



Twenty Things I Love To Do

1.																			
2.																			
3.																			
4.																			
5.																			
6.																			
7.																			
8.																			
9.																			
10.																			
11.																			
12.																			
13.																			
14.																			
15.																			
16.																			
17.																			
18.																			
19.																			
20.																			

I learned that I: _____

I will: _____



My Vision and Goals

FINANCIAL

(Income, Profit, Cash Flow, Net Worth, Investments, Debt Reduction, Advisors)

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

BUSINESS, PROFESSION, JOB AND CAREER

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

RELATIONSHIPS (Family, Friends, Business Colleagues)

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

HEALTH AND FITNESS

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

FUN TIME AND RECREATION

(Fun, Recreation, Vacations, Travel, Hobbies, Sports)

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

PERSONAL

(Purchases, Possessions, Education, Spiritual Growth, Personal Development, Experiences)

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Vision and Goals

CONTRIBUTION AND LEGACY (Contribution Legacy, Philanthropy, Service, Community)

My Vision

My Goals and Objectives (How much... by when)

My Affirmations

My Next Steps



My Breakthrough Goal

1. Whether you believe you can achieve it or not, what one single goal in your career, business, lifestyle or relationships would quantum leap you to the next level? Is it landing a promotion, meeting a sales goal, changing jobs, expanding your business, finding romance, qualifying for an award, going back to school, writing a book, getting on your MBA, creating a killer website, getting your license, having your own internet radio show, losing 60 pounds, or some other goal? Write your breakthrough goal below:

2. Now visualize how your life would change as a result of accomplishing this goal. What would you be doing, seeing and feeling?



If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.

**—Andrew Carnegie
The richest man in America in the early 1900s**



My Ideal Scenes

Goal or Desired Condition: _____

I am so happy and grateful that I now _____



Strategic Planning Form

GOAL: _____

STRATEGY: 1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

WEAKNESS: _____

SOLUTION: _____

WEAKNESS: _____

SOLUTION: _____

WEAKNESS: _____

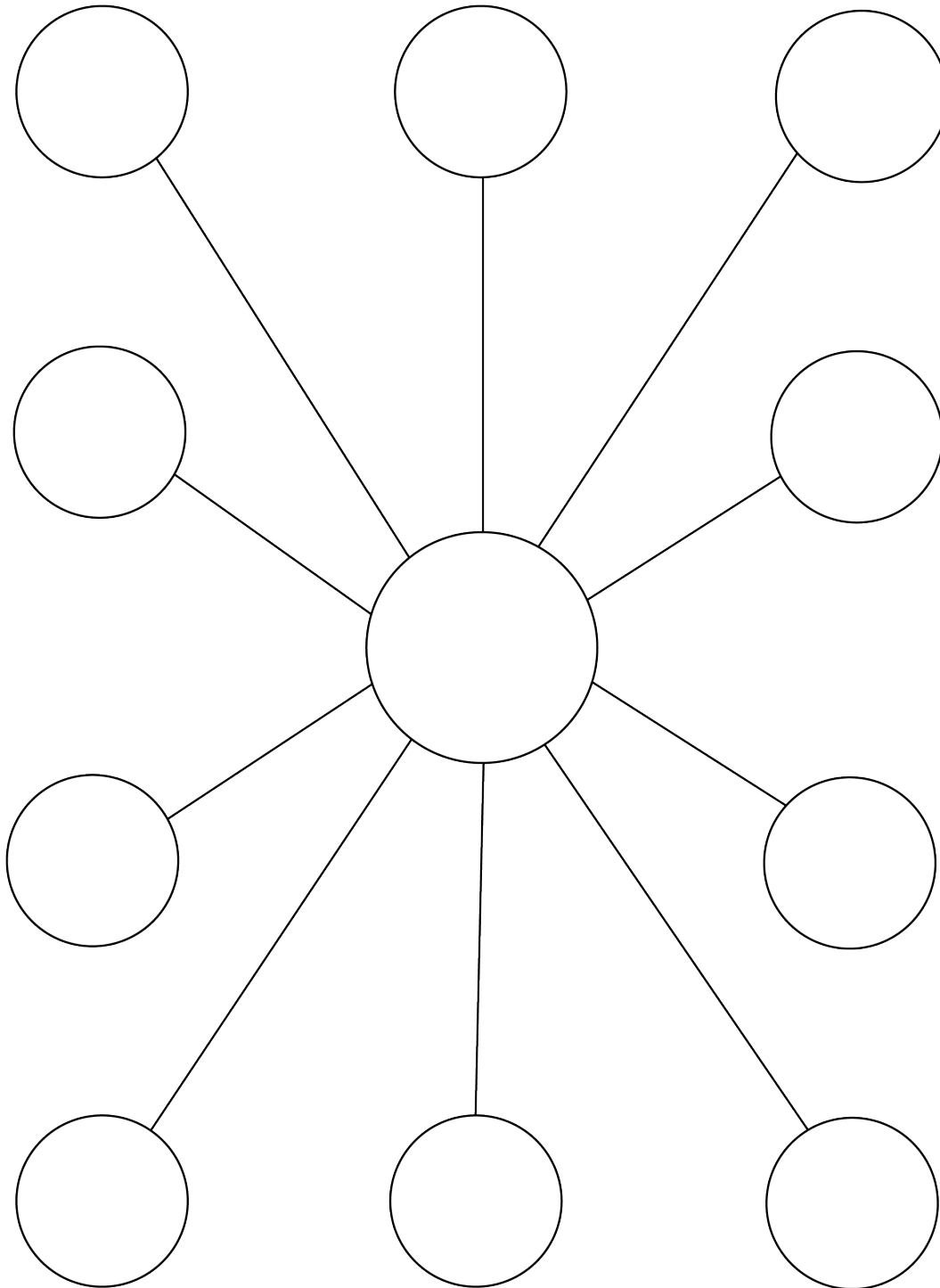
SOLUTION: _____

	NEXT ACTION STEPS (Actions, Requests, Offers)	Due Date	Delegate	Done
1.	_____			
2.	_____			
3.	_____			
4.	_____			
5.	_____			
6.	_____			
7.	_____			
8.	_____			
9.	_____			
10.	_____			
11.	_____			
12.	_____			
13.	_____			
14.	_____			
15.	_____			
16.	_____			
17.	_____			
18.	_____			
19.	_____			
20.	_____			
21.	_____			
22.	_____			
23.	_____			
24.	_____			



Breakthrough to Success

Now it's your turn. Use the blank form below to mind-map your own goals. Or use the highly recommended Mind Mapping software available at www.mindjet.com.





My Additional Affirmations (See pages 107-113)

Guidelines

- 1. Positive
- 2. Starts with I am...
- 3. Present tense
- 4. Specific
- 5. "...ing" verb
- 6. Feeling Word
- 7. Brief
- 8. Personal

1. [Blank line for affirmation]

2. [Blank line for affirmation]

3. [Blank line for affirmation]

4. [Blank line for affirmation]

5. [Blank line for affirmation]

6. [Blank line for affirmation]

7. [Blank line for affirmation]

8. [Blank line for affirmation]

9. [Blank line for affirmation]

10. [Blank line for affirmation]

11. [Blank line for affirmation]

12. [Blank line for affirmation]

13. [Blank line for affirmation]

14. [Blank line for affirmation]

15. [Blank line for affirmation]



Changes to Make in My Environments

Environment	Current Rating 0-10	To Add	To Delete
Memetic			
Physical			
Financial			
Network			
Relationships			
Body			
Self			
Spiritual			
Nature			



What Do You Need to Ask For?

*Refer to your goals on Pages 107-113. What do you need to ask for to accomplish these goals?
Make a list below.*

Financial Goals

Career / Business Goals

Fun Time / Family Time / Recreation Goals

Health / Fitness / Appearance Goals

Relationship Goals

Personal Growth and Purchase Goals

Making a Difference / Contribution Goals



Taking Action: Asking for What You Want

What Do I Want to Ask For?	Who Do I Want to Ask?	When Will I Ask Them?

1. What do you want to ask for?
2. Who do you want to ask?
3. What does not asking cost you?

4. How do you stop yourself from asking?
5. What is the possible benefit of asking?
6. When will you ask them?



Mastermind Group Planning Sheet

Name of Mastermind Group I'm Planning

My Personal Goals and Objectives for Planning This Group

List 12 People You Will Call to Join the Group (ranked in order of preference). Stop calling after the first 6 who join.

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

My script for "pitching" the Mastermind Group:

Example: Hi John. My name is Jennifer Bentley. I'm a software developer with a new product for AS/400 systems that helps e-commerce companies handle multiple billings and subscriptions. Though I'm just starting out, I've gotten some interest from a number of people in forming a mastermind group that would help all of us access new resources and discover new solutions and perspectives that we probably haven't thought of before. I especially wanted you to be in the group. I believe you'd get a lot of value out of it and I'm not sure that you have your own mastermind group yet. Can I put you down on my list? The group would meet every other week to brainstorm on each other's challenges. We can do it in person, or the group might decide to meet by phone instead. If you could have 5-6 other prominent CEO's working on your company's challenges or even your personal ones, would that be something you would set aside an hour a week for? Jim McCutcheon has already agreed to be involved. I'm not sure if you know him.



Developing Your “Wow” of an Elevator Speech

Example:

Whom do you help through your work? *Team leaders in the network marketing industry*

What qualifies them to work with you? *...with 5,000 distributors or more....*

What disqualifies them to work for you? *I don't want to travel to train downlines outside the United States*

What's the actual service you perform? *Training in motivation and recruiting techniques*

What's the chief result you bring about for them?

...increases the distributors' monthly checks by an average of 17% and keeps new distributors in the downline an average of 90 additional days

Why is that result important to them?

When distributors stay in the downline longer; it boosts the leader's check through bonus plans and sales of monthly business-building tools

Pull it all together in a “wow” of an elevator speech:

I work with network marketing leaders who have 5,000 or more U.S. distributors, motivating their people with sales and recruiting techniques that boost checks by 17% and keep people in the downline for an average of 90 extra days.

It's Your Turn...

Whom do you help through your work? _____

What qualifies them to work with you? _____

What disqualifies them to work for you? _____

What's the actual service you perform? _____

What's the chief result you bring about for them? _____

Why is that result important to them? _____

Pull it all together in a “wow” of an elevator speech:



The Staff Weekly Feedback Form

From: _____ For the week of: _____

This week I accomplished: _____

What didn't get done this week is: _____

Some of the challenges I am facing are: _____

My major successes for the week are: _____

What I want you to know is: _____

What I would like for you to do is: _____



Appreciations

Who Do You Appreciate?	What Do You Appreciate About Them?	How Could You Express It?	When Will You Do It By?



My Negative Events and Limiting Decisions

1.) Event: _____

Limiting Decision: _____

How This Decision Limits Me Now: _____

My New Decision: _____

2.) Event: _____

Limiting Decision: _____

How This Decision Limits Me Now: _____

My New Decision: _____



The Total Truth Letter

Letter to: _____

I'm angry that... _____

I feel hurt when... _____

I am afraid that... _____

I'm sorry that... _____

I want you to... _____

I love you for... _____



Identifying and Removing Blocks to My Success

An area of my life where I feel stuck or blocked or I am having a hard time creating what I want:

The feeling I feel when I feel that is:

Where that feeling manifests itself in my body is:

The early experience I went back to is:

The coaching I gave to my younger self is:

The coaching my 80-year-old self gave me is:

I now feel:



What Did You Learn?

A series of 18 horizontal grey bars stacked vertically, providing a space for writing answers to the question 'What Did You Learn?'.



What Will You Do?

A series of 15 horizontal gray bars provided for writing answers to the question "What Will You Do?".



21 18
6 10
17 34
25 45
49 22
37
5 1 14 38 30
13 33 41 26 2
29 9 46 42
36 50 19 35
20 32 23 11
12
40 3 24
4 43 47
16 7
48 15 39
44
8 28 31 27



Breakthrough to Success

21
25
37
13
29
20
4
44
8

5
33
29
40
16

17
49
1
41
12
48

45
36
32
24

14
26
9
50
23
43

6
38
50
19
3
15

18
10
34
22
30
2
46
35
11
7
39

2
42
35
47

31
27