



SMASH THROUGH YOUR LIMITATION & ACHIEVE YOUR GOALS!

A proven system to set a vision for your life



01
MODULE

Make Your Dreams A
Compelling **ACHIEVABLE**
Vision of Your Future!



SEVEN LEVELS DEEP FINDING YOUR WHY

This exercise is designed to help you get to the heart of your why, what really drives you to accomplish anything in life. We start with one simple question; what's most important to you... and with each following question we ask ourselves why the answer we wrote in the level before is important. Be honest with yourself, don't hold anything back, no one is going to see this but you.

LEVEL ONE: What is most important to you about your life or having a good or successful life?

LEVEL TWO: Why is that ↑ important to you?

LEVEL THREE: Why is that ↑ important to you?

LEVEL FOUR: Why is that ↑ important to you?

LEVEL FIVE: Why is that ↑ important to you?

LEVEL SIX: Why is that ↑ important to you?

LEVEL SEVEN: Why is that ↑ important to you?

↑ *this is your...*





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02
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Your Mindset
Determines
Your Future



MY LIMITLESS LIFE!

How would someone living a limitless life show up daily? What do you see, hear, read from a mentor living the life you want? How do they show up physically, what words do they use to describe their life and what are they focused on?

HOW CAN I SHOW UP PHYSICALLY DAILY?

WHAT ARE MY POSITIVE POWER THOUGHTS AND LANGUAGE?

WHAT THINGS CAN I FOCUS ON?

How are you going to feel when you accomplish all your goals?

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LIMITING LANGUAGE

The words you use to describe your existence can either harm or help you. Lets work on how we describe who and what we are.

NEGATIVE MINDSET

Write out all the negative things you have been telling yourself which limits you future growth.

EXAMPLE: It's too hard

POSITIVE MINDSET

Now change those thoughts to empowering, positive and uplifting versions that will help your success!

EXAMPLE: Everything is
Figure-out-able!



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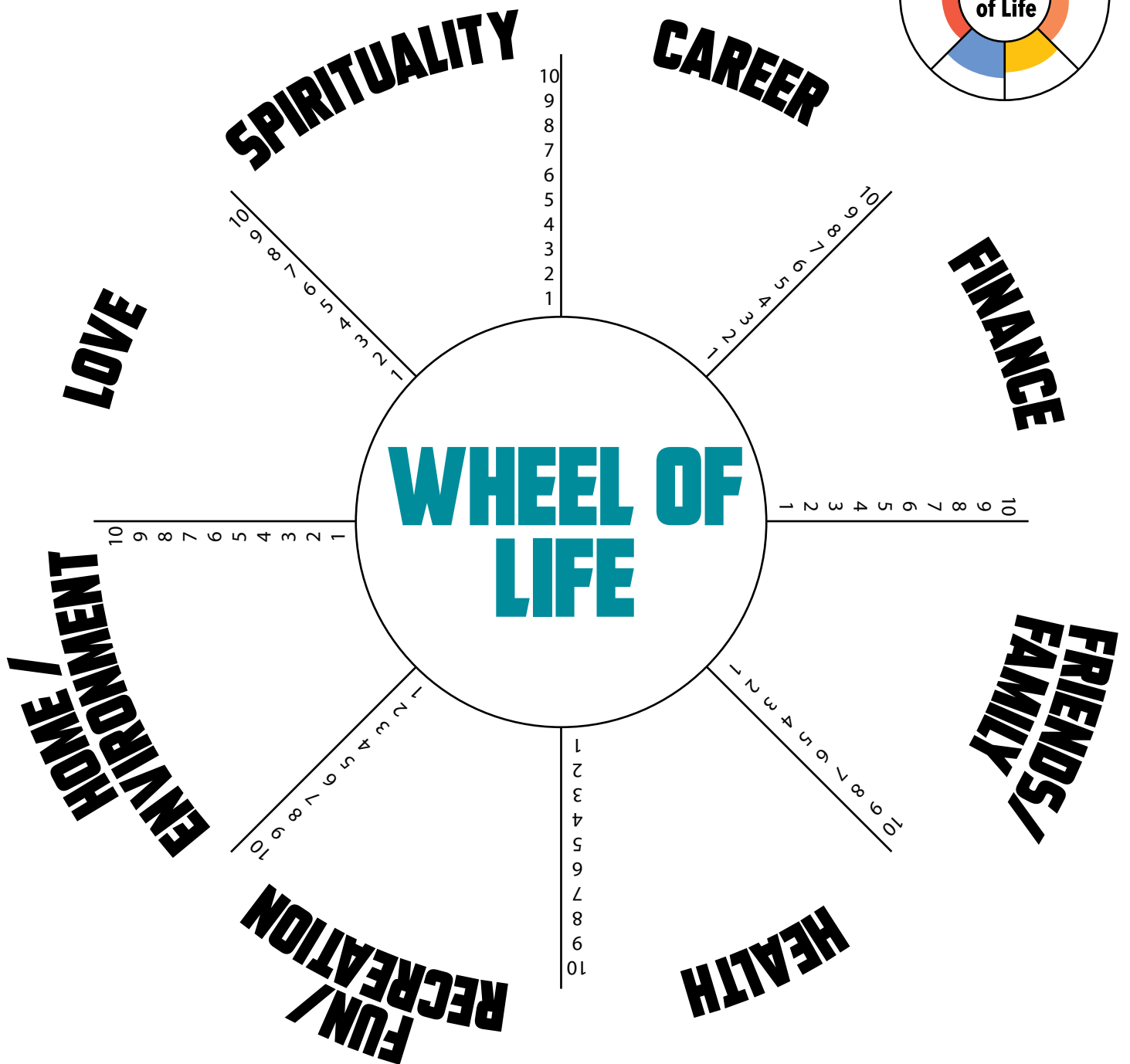
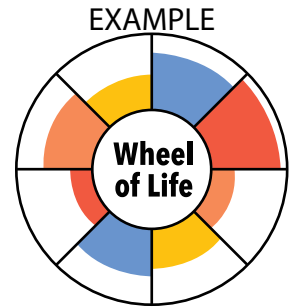


03
MODULE

Key Attainable
Goal Setting;
Let's Plan You Dream



For each of the ten areas of life rate how satisfied you are right now in how things are progressing in that area of your life. 1 being least satisfied, 10 being most satisfied. Shade in each are up to the level of satisfaction like the example:





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Key Attainable
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PROFESSIONAL

CATEGORY FOR IMPROVEMENT:			
RESULTS I WANT TO ACHIEVE:			
HOW DOES THIS CONNECT TO MY WHY? MY PURPOSE?			
THREE TO THRIVE: Things I MUST accomplish to feel success:			
WHAT'S MY ROLE IN THESE PROJECTS?			
WHAT RESOURCES CAN I TAP TO HELP ME BE SUCCESSFUL?			
WHAT MY LIFE IS GOING TO LOOK LIKE IN ONE YEAR WHEN I ACHIEVE MY DREAM:			



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PERSONAL

CATEGORY FOR IMPROVEMENT:			
RESULTS I WANT TO ACHIEVE:			
HOW DOES THIS CONNECT TO MY WHY? MY PURPOSE?			
THREE TO THRIVE: Things I MUST accomplish to feel success:			
WHAT'S MY ROLE IN THESE PROJECTS?			
WHAT RESOURCES CAN I TAP TO HELP ME BE SUCCESSFUL?			
WHAT MY LIFE IS GOING TO LOOK LIKE IN ONE YEAR WHEN I ACHIEVE MY DREAM:			



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04
MODULE

Track Your
Unstoppable
Progress



INCANTATIONS: A TOOL FOR THE MIND

Write out 3 incantations you can use to remind you where you're headed and why. Recite these daily as part of your meditation process. Incantations combined with physiology (movement), focus and visualization, and positive unlimited language are a phenomenal tool to help you maintain focus on your goals!

INCANTATION ONE:

INCANTATION TWO:

INCANTATION THREE: