

SMASH THROUGH YOUR LIMITATION & ACHIEVE YOUR GOALS!

A proven system to set a vision for your life



MY VISION OF THE FUTURE

This is a free writing exercise where I dare you to dream big and write the most epic and compelling vision of who your are destined to become!! Your only limitation on the lines of this page is your ability to dream. If you achieve everything you've dreamed of what would your life look like? Remember to write this in first person.... I am statements are a good start!



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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 î important to you?

LEVEL THREE: Why is that î important to you?

LEVEL FOUR: Why is that î important to you?

LEVEL FIVE: Why is that î important to you?

LEVEL SIX: Why is that î important to you?

LEVEL SEVEN: Why is that î important to you?



MOD 02- WORKSHEET 01



SMASH THROUGH YOUR LIMITATION & ACHIEVE YOUR GOALS! A proven system to set a vision for your life O2 MODULE Your Mindset Determines Your Future



What is limiting you from achieving all of your goals and making all of your dreams come true? What physical limitations do you have? What thoughts are playing on repeat in your head? What things are distracting you from reaching your goals?

THOUGHT

LIMITATIONS

PHYSICAL LIMITATIONS

_
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How does this limited belief make you feel?

How does this limited belief make you feel?

FOCUS LIMITATIONS

How does this limited belief make you feel?

MOD 02- WORKSHEET 02



MY LIMITLESS Life!

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SMASH THROUGH YOUR LIMITATION

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?

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

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

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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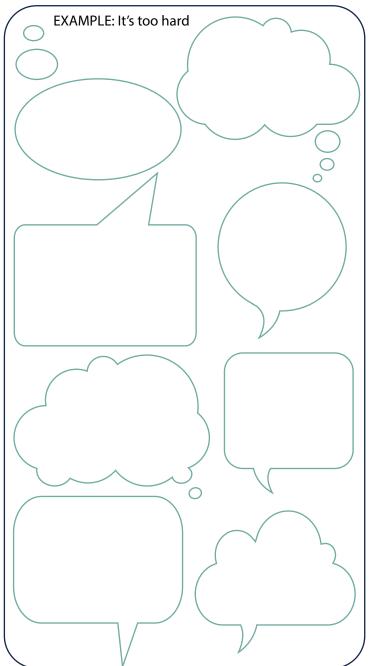
Your Future

MODULE

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.

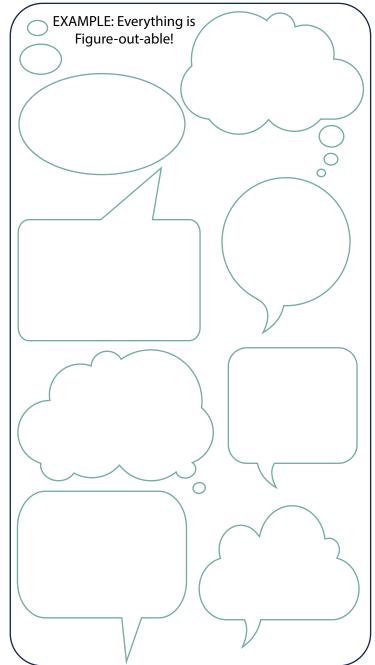
NEGATIVE MINDSET Write out all the negative things you have been

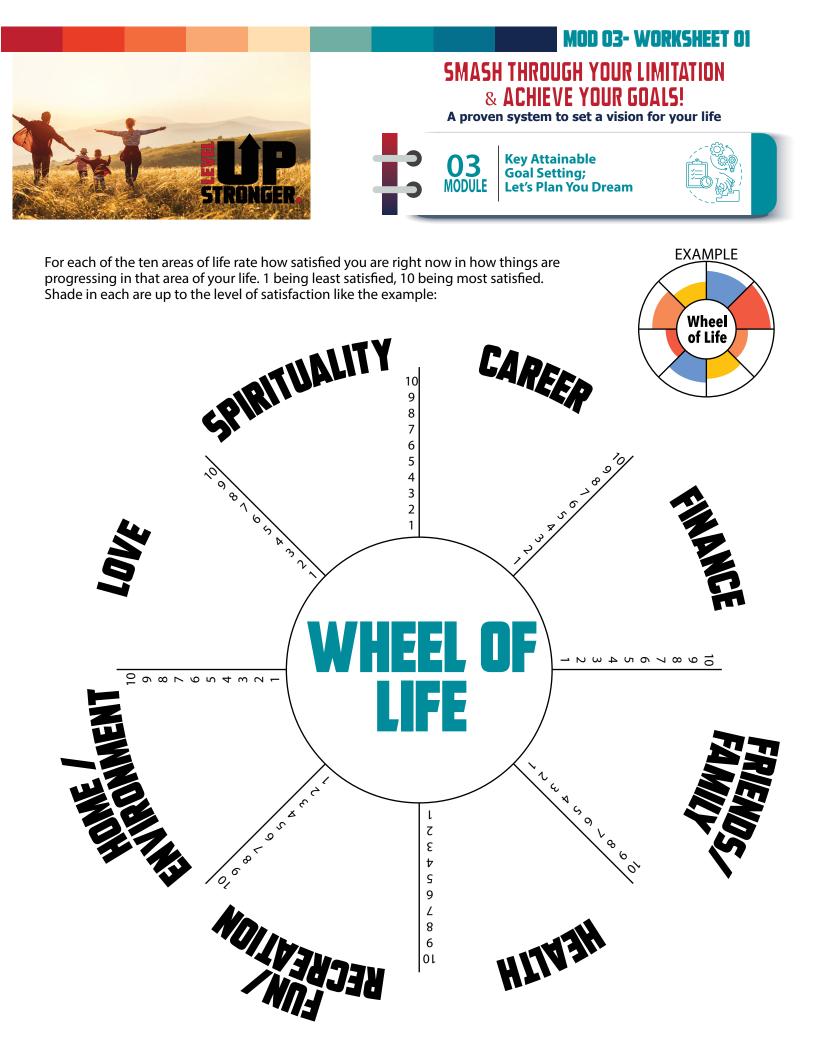
Write out all the negative things you have been telling yourself which limits you future growth.



POSITIVE MINDSET Now change those thoughts to empowering, positive

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







MOD 03- WORKSHEET 02-A

SMASH THROUGH YOUR LIMITATION & ACHIEVE YOUR GOALS! A proven system to set a vision for your life



Key Attainable Goal Setting; Let's Plan You Dream



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:					

MOD 03- WORKSHEET 02-B

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Key Attainable Goal Setting; Let's Plan You Dream 03 MODULE



PROFESS

NEXT	90 DAYS				
GOAL	LEVERAGE	TIME TO COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!
GOAL	LEVERAGE	TIME TO COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!
GOAL	LEVERAGE	TIME TO COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!



PERSONAL

MOD 03- WORKSHEET 03-A

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		 	<u>.</u>		
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?					
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MOD 03- WORKSHEET 03-B

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PERSONAL



NEXT	90 DAYS				
GOAL	LEVERAGE	TIME TO COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!
		TIME TO	DDIODITY		
GOAL	LEVERAGE	COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!
GOAL	LEVERAGE	TIME TO COMPLETE	PRIORITY 1,2,3	90 DAY UNSTOPPABLE ACTION PLAN	COMPLETE!!

MOD 04- WORKSHEET 01



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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: