

# PRACTICAL APPLICATION WORKSHEETS

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do<sup>ing</sup> it scared

# PRACTICAL APPLICATION

What is one **goal** that you have wanted to accomplish but haven't?

What **motivated** you in the beginning to start this goal?

If you were to mentally run through your **list of excuses** for not achieving this goal, what would those excuses look like?

Who in your life would make good **motivational partners** to help hold you accountable? What makes them good partners?

What **drives you**? Is it the desire for financial success? Is it a goal to be the best at something? To win? Understanding your motivations, harnessing them, and using them to shape your focus is a powerful way to stay true to your goals.

How can you **invest in yourself** to be set up for success? List as many ideas as possible.

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What are the **limiting beliefs** that you struggle with when it comes to thinking big about your life and business? Write them down below:

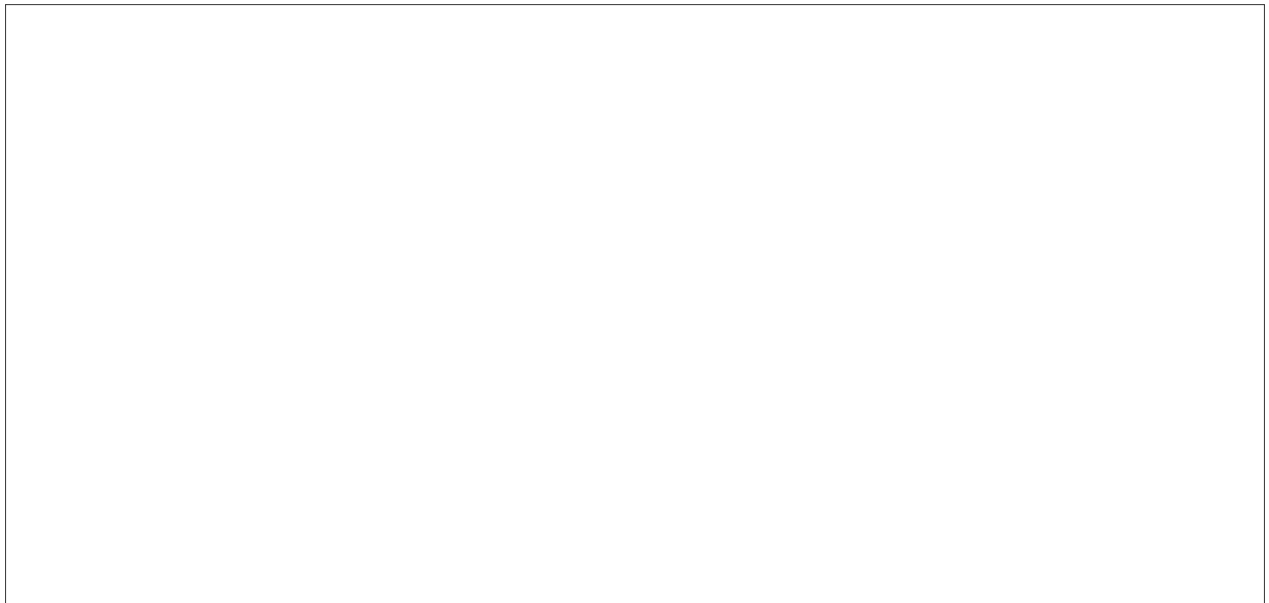
Often it is our fear of failure that keeps us from thinking BIG. What is your very **worst-case scenario**?

Now that you have identified this worse case scenario, can you see any **solutions** that might help **mitigate or prevent this scenario** if you were to pursue your big goal?

Set the timer for **30 minutes**. Spend the next half-hour allowing yourself to think and dream BIG. The sky is the limit. As quickly as you can, jot down all the big, crazy, audacious goals and ideas you can think of, in each of these **four areas—Family, Financial, Professional, Personal**. Resist the urge to self-edit, and as your limiting beliefs pop up, simply recognize them for what they are—a limiting belief—and refuse to listen to them.

Ready, set, **GO!**

**Family** goals:



**Financial** Goals:



**Professional Goals:**

**Personal Goals:**

**Notes:**