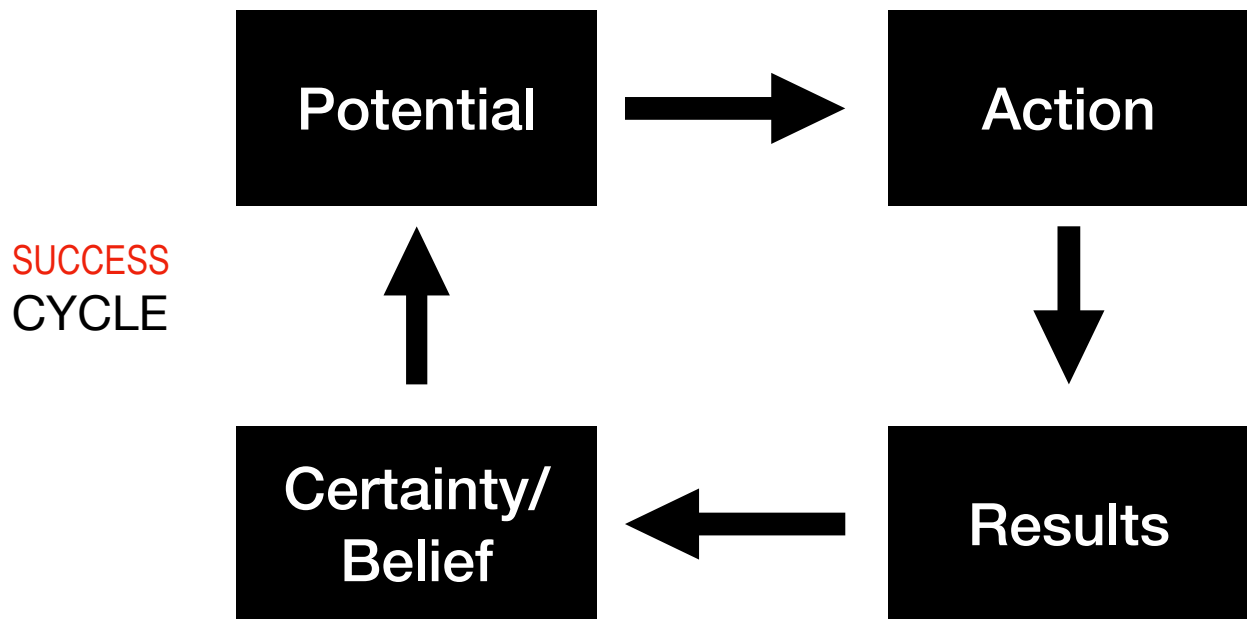


"We can't be more connected to anyone than we are to ourselves." *Brene Brown*

Success Mindset:

Most people are not going to succeed. If you're going to be the exception, not the rule, you have to understand what stops people from succeeding. Use this worksheet to take notes as we discuss these mindset principles and we'll run through ways to get these in your body, which sets you up to execute.

Execution not knowledge yields results. How do we get ourselves to execute? How do we get ourselves to take action? It starts with the Success Cycle. Fill this in as Michael names the elements of the cycle.



Having a mission is one of your **keys to success**. Take a moment to write down your real motivation of engaging in this program.



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Framework

Creating success for yourself with this program starts with creating momentum through three steps:

STEP 1 ASKS YOU TO GET FOCUSED WITH YOUR MISSION AND WHAT YOU'RE DOING.

Are you already focused? If not, what's standing in your way? What do you feel could derail your continuous effort and commitment. List some things that trip you up. What could you do to prevent them from doing so?

A large, solid grey rectangular box intended for the user to write their responses to Step 1.

STEP 2 ASKS YOU TO TAKE MASSIVE ACTION.

You can also speed this up through effective execution and modeling someone else's success. Who can you think of who can help you compress decades into days? Who are your heros? List them below. Buy there books, listen to their podcast - or enjoy NuHouse Renu'd Inspiration!

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STEP 3 ASKS YOU TO ACKNOWLEDGE THE GRACE IN YOUR LIFE.

Have you ever had moments in your life where you felt like you were being guided? Reflect on them below. What's wrong is always available - and so is what's amazing - guard you mind and focus on and grow what is beautify.

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Time Blocking Rather Than A To Do List. *Schedule It.*

Below is a simple “Time Blocking” layout that you can find on almost any digital calendar (Google Calendar, iCal, etc) as well as most print calendars or journals. Below the blank calendar, you’ll see an example you can model to create your very own time blocking calendar! Rather than create a list of things to do or get done for the day/week, SCHEDULE THE ACTIVITY. For instance:

AM:

- 6:00-6:10 AM Wake Up: Mentastics - to get out of bed 10min. Drink Water
- 6:15-6:35 AM Create Energy via Cold Shower/ Sun Salutations or Targeted Mobility Practice/ other
- 6:35AM - 6:50 - Breathing Exercises
- 7:00AM - Make Green Juice or Smoothie - or Coffee
- 8:00- 8:55 - work
- 8:55-9:00 - Microbreak - breathwork & movement to release stress, create new energy
- 9:00-9:55 - work/activity
- 9:55-10:00 - Microbreak - breathwork & movement to release stress, create new energy

And so on....

PM:

- 4:00-4:55 - work/activity
- 4:55-5:30 - Afternoon Self-Care - breathwork & movement to release stress, create new energy for the rest of the night
- 5:30-6:30 - Dinner no more eating after 6:30PM -to allow for digestion and optimal rest
- 8:00 - Computer off, perhaps read or plan next day
- 8:30-9:00 - Breath work - body scan

Time:	Monday	Tuesday	Wednesday
6:00 - 6:30AM	Priming/Mentastics & Green Juice/Smoothie/	Priming, Targeted Mobility for Hips/ Green Juice/Smoothie	Priming, Targeted Mobility for Lowback, Hip Flexors/ Green Juice/Smoothie
8:00AM - 8:55AM	Meeting	Report Reviews	Reply to Emails
8:55-9:00AM	Microbreak: Breathwork Mentastic®	Microbreak: Breathwork Mentastic®	Microbreak: Breathwork Mentastics®
And so on....			



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