



ASSESSMENT 1



Welcome to the most profound coaching program ever!

In the next 90 days, this course will change your life. If you apply the information that will be given to you true this program.

With the knowledge I will share, you'll able to breakthrough any barrier!

I'm fired up about starting this 90 day journey with you. It's going to be life-changing!

To get the most result out of this training, make sure that when you're doing the exercises and watching the lessons, you're in a quiet place so you don't get distracted with anything.

Turn of your facebook, twitter, skype, tv and phone. Start to allow your self to really come in the moment, take some deep breaths.

Have an open mind, an open heart. Take notes. Go through it as if it was the ONLY thing that could help you bring your dreams into reality.

Before we can achieve and experience success, we need to know exactly what success looks like.

Today's steps are perhaps one of THE most important steps of the ENTIRE program.

Your success will depend largely on how well you complete today's assignments.

So, let's get straight to it....

Before we start talking about and actually doing mindset stuff (which we will do a lot of during this program), we first need to get VERY CLEAR on the outcome we want.

Remember, you're starting this program from scratch and if you want to get the most out of this program, please do exactly what I suggest without questioning anything, ok ___ Cool?

I believe in you and I know you'll do great!



#1. What Is Your Biggest DREAM?

If you can choose anything you can wish for, what would your dream look like. Use your creativity without any limitation! Its so BIG that you don't believe it was possible, it's so epic that people will think you're crazy! Be Bolt and Be Brave! ;-)

#2. What is the reason you'll would want it, What is your WHY?

What's behind that goal? What will it mean to you when you achieve it? How will that effect your family, relationships, lifestyle..... those around you... those that are part of your big vision.

#3A. What is your Vision for the next 36 months?

#3B. What is your Vision for the next 12 months?

#3C. What is your Vision for the next 90 days?



#4. What is your Bucket-list? Name 12 things you MUST DO in life!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



#5. What is your biggest wish for this year?

I you can make 1 wish, where you can change some one else's life, someone that important to you, some one you love. What would you do?

#6. What is the level of your commitment?

I want you to really focus on WHY you want to achieve what you want to achieve. It's very important to know exactly WHAT you want, but it's just as important to know exactly WHY you want it. Descibe in detail what you are willing to give up to fulfill your dreams?



#7. Set a 7 goals for this year, what do you want to achieve?

Life:

Business:

Health:

Wealth:

Contribution:

Education:

Fun:



#8. What is the biggest frustration in your life and your business?

Describe in clear details all your frustrations about life and your business, write down anything that comes to mind...even if it seems silly! ;) This is important, so be bold and brave.



#9. Name your 3 biggest strengths and 3 area's you wish to improve with this program?

Strengths:

1.

2.

3.

To Improve:

1.

2.

3.



#10. What is YOUR number 1 gift you can share with the world?

#11. If you could change 1 thing in the world, what would that be?



#12. Set a clear intension on what you want to get out of this program

Deciding to **now have** perfect clarity is the secret that unlocks your unconscious mechanisms that are responsible for creating successes. When your conscious outcomes match your unconscious values, beliefs, and purpose, all of your internal resources will unleash on the world – remaking it to what you want.

By creating these goals with such clarity that if you read them to a small child, the child could not help but get a perfect image in his mind of your outcome, your inner child, your unconscious will re-arrange your behaviors in such a way that creates your outcome – creating the new resources, relationships, abilities, and events that must be in place to actively manifest your desires.

Make sure you keep it short and sweet! ;)

Let's get started...

My 90 day outcome,.....



By now you should know exactly what you need to do...

Review your 90 day outcome daily __ hey, you know what will happen when you continue doing this daily!

You will develop a habit of reviewing and focusing on your goals daily.

Do you know how long it takes to develop a habit? (either good or bad)

Takes anywhere from 27 – 32 days. (there have been all kinds of studies done on this)

But the trick is that you must do this consistently without skipping a day for about 30 days straight. Doesn't matter if you feel like it or not, you must do this. When you develop a habit (something you just do without having to consciously think about it) of focusing on your goals and mentally pacing yourself into the future seeing yourself as already living the kind of life you're imagining – you will reach bigger and bigger goals.

I've so developed this faculty of my mind that all I need to do is give my subconscious a goal or a vision ...a target, and it goes to work on it automatically and so far it didn't fail me yet. Not even ones!

So it's very powerful stuff but you need to work at it daily until it becomes unconscious activity.

That's why this is our #1 thing of the day, every day

Alright, let's get cracking with the first part of the 90 day Mindset program

This will be your first assignment of the program. You know what to do.

Take some quality time now and as you're reviewing your goals, mentally pace yourself and step into the future LIVING that NOW.



I know this is something you probably have never done before, but I promise you - if you take the time and actually DO these exercises, you will find that the rest of this program will be very easy for you and you will find yourself reaching your goals much faster and easier than people who didn't do this.

In fact, this is so important that I want you to dedicate 2 full days to this worksheet. Don't rush it.

Take your time and treat this as if your entire future depended on completing this worksheet to the absolute best of your ability.

I want you to get massive results from this program, and you WILL when you follow everything to the "T".

I can tell you this... You belong to the to 1% of the world now, if you came this far, you will achieve any goal that you desire.

This was the first part of Module 1, and I will see you at the next exercise.

Be bold and stay awesome!

To the greatness in you,

