



Use this workbook to take notes as you listen to each track, then answer the questions and fill in your personal strategy plan to launch your business with an explosive start for massive success!

## **Track 1 - Introduction**

To be a sensational starter, you will need to master your mindset, your emotions, and your actions on a moment-by-moment basis. When you consciously choose what to think so you can manage your emotional state, the result is action that is effortless and productive.

Discovery Question 1.

What would it feel like to explode out of the starting gate with power and passion on this new business adventure?

## **Track 2 - Mindset Management**

Notes:

- Old Beliefs:

- Mental Focus:

- Self-Talk:

Discovery Question 2.

What are the old beliefs, negative thoughts and limiting attitudes that have held you back in the past? How have they sabotaged previous goals or business attempts?

Discovery Question 3.

What are the things in your life that create distractions and steal your focus?

Discovery Question 4.

What are your old patterns of self-talk that that could shut you down and steal your dreams?

Mindset strategies you can use:

1. Focus – NOW

2. Self-Talk – Does this self-talk serve me?

### **Track 3 – Emotional Management:**

Notes:

- Know WHAT You Want and WHY You Want It
  
  
  
  
  
  
  
  
  
  
  
- Get Excited!

Discovery Question 5.

What do you want from this business? Why do you want it?

Discovery Question 6.

On a scale of 1-10, how big is your why?

Emotion strategies you will use:

## Track 4 – Action Management:

Notes:

- Action Strategy
- Leap of Faith
- Focus on your Strengths

Discovery Question 7.

When was the last time you were successful with a big project or goal? What kind of strategic plan did you have?

Discover Question 8.

When was the last time you had a goal or project and missed your target? Was your strategic plan faulty?

## **Track – 5 Review and Tools:**

#1. Mindset Management

#2. Emotional Management

#3. Action Management

#4. Visualize Your START!