



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 the explosive start required for massive success.

## Track 1 - Introduction

To be a sensational starter, you need to master your mindset, your emotions, and your actions on a moment-by-moment basis. When you consciously choose what to think, so that 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 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:

- Old beliefs:

- Mental Focus:

**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?

Emotional Strategies you will use?



## Track 5 - Review and Tools:

#1 Mindset Management

#2 Emotional Management

#3 Action Management

#4 Visualize your START!