

# Get LASER Focused & Level Up Your Life! – A 3-6 Month VIP Custom Coaching Program

Looking to launch a new business or organization? Looking to build better habits to support you in achieving your goals? Looking for clarity in finding a new path for yourself? In this 3-6 month coaching program you'll gain massive clarity, confidence, and motivation so that you can start taking massive action towards achieving your goals.

NAME: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_

| Session   | Session Aim  | Homework Assignments (Options)  | Key Points/Messages  |
|---|--|---|--|
| 0   | <ul style="list-style-type: none"> <li>Discovery (Intro) Session</li> </ul>  | <ul style="list-style-type: none"> <li>"The most important question of your life" [article]</li> <li>"The prescription for Self-doubt" [video]</li> </ul>                                       | <ol style="list-style-type: none"> <li>Discuss challenges and goals</li> <li>Discuss expectations / nature of coaching relationship</li> <li>Prepare for coaching &amp; get started!</li> </ol>  |
| <b>1 – GET CLEAR ON YOUR VISION</b> – Dive DEEP into what you really, really, really want... and WHY.   |  |   |  |
| 1   | <ul style="list-style-type: none"> <li>Review and discuss readings / videos</li> <li>Discuss driving forces of life: pain and please</li> </ul>                          | <ul style="list-style-type: none"> <li>"Eulogy Exercise" [article]</li> <li>Journal</li> <li>"If you want to follow your dreams, you have to say no to all alternatives" [article]</li> </ul>   | <ol style="list-style-type: none"> <li>Get clear on what it is you're willing to struggle for and why. It's impossible to live a problem-free life. The goal should simply be to create better, more meaningful problems.</li> <li>Remove any mental blocks and limiting beliefs that are holding you back (fears, doubts, insecurities). Know that these are normal. Don't try to eliminate negative thoughts / emotions, instead just change your relationship to them.</li> <li>What's your life vision? Who do you want to BE in this world?</li> <li>Instead of running away from your fears, use your fears as a compass to guide you towards the things that deep down, you know you have to do.</li> <li>Make a true decision. Making a true decision means committing to achieving a result, and then cutting yourself off from any other possibility. As soon as you truly commit to making something happen, the "how" will reveal itself.</li> </ol> |
| 2   | <ul style="list-style-type: none"> <li>Review Eulogy Exercise</li> <li>Discuss importance of prioritization and focus</li> </ul>   | <ul style="list-style-type: none"> <li>"How great leaders inspire action" [video]</li> <li>Daily Habit Tracker</li> </ul>   |  |
| <b>2 – SET YOUR GOALS</b> – Craft POWERFUL goals that will light your soul on fire and inspire you to take MASSIVE action.                                    |  |   |  |
| 3   | <ul style="list-style-type: none"> <li>Review and discuss readings / videos</li> <li>Discuss purpose of setting goals</li> </ul>   | <ul style="list-style-type: none"> <li>"How to Stop overthinking" [article]</li> <li>Warren Buffett's "2 List Strategy" Exercise</li> </ul>   | <ol style="list-style-type: none"> <li>Why is it so important to set goals? What's the purpose of a goal?</li> <li>Craft powerful goals to motivate and inspire you. Set specific, measurable goals that you'd like to achieve within the next 3-6 months.</li> <li>Don't be a donkey. Think long-term and realize that just because you have to focus on one thing at a time, that doesn't mean you can't get to the other things later.</li> <li>Define process goals to support outcome goals. Create time blocks to add to calendar and discuss power of commitments.</li> <li>Power of affirmations and visualizations. See and <i>feel</i> the result you want to create BEFORE it actually happens.</li> </ol>  |
| 4   | <ul style="list-style-type: none"> <li>Review Top 5 Goals</li> <li>Define process goals</li> <li>Create affirmations</li> <li>Explain visualizations</li> </ul>          | <ul style="list-style-type: none"> <li>Pain and pleasure associations</li> <li>Positive affirmations</li> <li>Goal visualization</li> </ul>   |  |
| <b>3 – OPTIMIZE HOW YOU MANAGE YOUR TIME AND ENERGY</b> - BOOST your energy, learn the importance of self-care, and surround yourself with passionate people. |  |   |  |
| 5   | <ul style="list-style-type: none"> <li>Discuss importance of self-care</li> <li>Discuss importance of environments</li> </ul>  | <ul style="list-style-type: none"> <li>Daily self-care rituals and habits</li> <li>Take inventory of the people you spend the most time with</li> <li>Find an accountability partner</li> </ul> | <ol style="list-style-type: none"> <li>Make self-care a priority. When you neglect yourself you're running on empty tanks, which drains energy from others rather than supporting them. Take care of yourself first so that you can better support others.</li> <li>Everything is an environment, and environments are everything. Create environments that inspire you. If they don't inspire you, they're expiring you.</li> <li>The biggest predictor of success is the people who surround you... "You are the average of the 5 people you spend the most time with."</li> <li>Don't over commit. Commit to less but actually follow through. Build momentum. "The precursor to winning is feeling like you're winning."</li> <li>Take 100% responsibility for everything that happens in your life. Have faith that everything happens FOR you, not to you.</li> </ol>  |
| 6   | <ul style="list-style-type: none"> <li>Discuss what it means to take responsibility for your life</li> <li>Discuss how to attract everything you want in life</li> </ul> | <ul style="list-style-type: none"> <li>Find mentors and build a winning team</li> <li>Upgrade your environments</li> <li>Perform weekly reviews</li> <li>Celebrate the small wins</li> </ul>    |  |