

**MODULE 1**

VIDEO 3 –CHALLENGE YOURSELF!

WORKSHEET

Summary:

The final video for this week is going to be a bit of a challenge for you, and I’m just going to ask you to bear with me, trust the process, and “just go with it” – it can be a little bit out there and some people might not think it’s realistic, or how they’d normally operate.

I always find this exercise to be incredibly valuable!

So, in this week’s first video lesson, we went through the process of setting goals for the next 12 months, and you applied the SMART goal setting system to make them Specific, Measurable, Achievable, Realistic, and Time-bound….

Today, I’m here to be a little bit in your face and say – how about we multiply all your goals by 10?! :D

Just for a moment – ignore the “Achievable” and “Realistic” aspects here, don’t worry about that for now.

Humour the idea for a minute: what would your life, your business, your everything – what would that look and feel like – if you were to achieve 10 times your original goal?

I’m just throwing this down as a challenge because if you actually do go through this process, you’ll actually notice a few things happening, in the way that you start thinking about things. I’ve just always found this really valuable.

We’re not worried about being “realistic”, we’re just allowing ourselves to have a little bit of fun with this right now!

So look at the goals you’ve set for yourself in Lesson 1, especially the financial goals, multiply them by 10, and then write out at least 10 points on what your life, business etc. would look like.

How much would you be earning?

Where would you be living?

Where would you be working?

What would your business look like?

What would you be doing in your free time?

Would you be doing anything differently?

Etc.

Just allow yourself to throw out the “realistic” part of all of this, and imagine the “what if” – daydream a little!

What if you were going for that number?

What would you be worrying about then?

Would you still be concerned about the same things as you are now?

….or would you be attempting other things?

Action Items:

1. **Multiply your original goals by 10!**

10 x Goal #1:

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10 x Goal #2:

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10 x Goal #2:

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1. **Describe your life if you achieved your 10x Goals and write down 10 points on what this would look like if you achieved this, and how you would feel.**

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