

# WEEK 1

## MODULE 1 - DECIDE

☐ Watch 1.1 Video - What Do You Really Want to Do with Your Life?

☐ Complete 1.1 Workbook Activities

- The “5 Most” Exercise
  - What 5 things have you been most interested in for most of your life?
  - What 5 things in your work or career are you most interested in right now?
  - What 5 things in your personal life are you most interested in right now?
  - When you think about what your life will look like 5 to 10 years from now, what 5 things are most important or best define your future vision?
  - What are the 5 most important priorities in your professional life and in your personal life?
- What Do You Really Want to Do?
  - List your top ideas for what you really want to do
  - Choose 1 big, exciting goal to go for.

☐ Watch 1.2 Video - Getting Unstuck

☐ Complete 1.2 Workbook Activities

- Identify the Doubts that are Holding You Back
  - What doubts do you have related to your relationships with your partner, family, or friends?
  - What doubts do you have related to advancing or changing your job or career?
  - What doubts are holding you back from pursuing your hobbies and passions?
  - What doubts are holding you back from improving your health?
  - What specific doubts are holding you back from doing the thing you really want to do?

☐ Watch 1.3 Video - How to Stomp Out Doubt so You Can Do Big New Things

☐ Complete 1.3 Workbook Activities

- Bust Doubt!
  - What are the top 5 doubts holding you back from the life you want?
  - Turn each doubt into a simple, specific question.
  - Find answers to each question by looking for examples of people who started where you are and have done what you want to do.

- ☐ Watch 1.4 Video - Making Your Dreams Reality
- ☐ Complete 1.4 Workbook Activities
  - Take the Guesswork Out of Success
    - Who is the most successful person doing what you want to do?
    - What did they do?
    - How did they do it?
    - When did they start?
    - How often did they work at it?
    - How much effort did it take?
    - How long did it take?
  - Planning to Make Your Dreams Become Your Reality
    - What will you need to do?
    - When can you make time to do it?
    - What specific training, education, or certifications will you need?
    - What kind of support will you need?
    - How can you maximize your strengths and minimize your weaknesses?
- ☐ Watch 1.5 Video - The Final Step to Getting Unstuck
- ☐ Complete 1.5 Workbook Activities
  - The Dead Serious Test
    - Is this realistic?
    - Is the timing right?
    - Do you have the capacity?
    - Do you have the funds?
    - Is this what you really want?
    - Is this something you'll enjoy long term?
    - Are you willing to do what it's going to take?
    - Is it worth your time, money, and effort?
    - Is it exciting enough?
    - Are you dead serious?