

# Module 1

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## **DECIDE**

# 1.1 WORKBOOK ACTIVITIES

## THE “5 MOST” EXERCISE

Explore your natural curiosity by answering the questions below to build your internal motivation and speed up your decision making.

What 5 things have you been most interested in for most of your life?

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What 5 things in your work or career are you most interested in right now?

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What 5 things in your personal life are you most interested in right now?

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When you think about your life 5 to 10 years from now, what 5 things are most important or best define your future vision?

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What are the 5 most important priorities in your professional life and in your personal life?

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# WHAT DO YOU REALLY WANT TO DO?

Most of us have ideas for things we'd like to do. Getting them down on paper allows us to compare them and see which ones are the most exciting.

Considering your answers to the "5 Most" Exercise questions, list your top ideas for things you really want to do. Be specific! (ex. become a lawyer, open a seafood restaurant, design houses, become a CFO, work for Tesla.)

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Take a look at the ideas you've written down. Which ones seem to be the most appealing, most exciting, or most important to you? Circle your top 3 ideas.

Eventually you'll wind up with an assortment of exciting goals in every area of your life (if you don't already have them). However, you'll make the most progress in this course if you choose 1 big, exciting goal to go for. Choose the one idea that you could get the most excited about pursuing now—even if it seems impossible. Write it below.

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If you have doubts, that's okay. We'll deal with those in the next few videos.

This is your big goal! You should feel excited and energized by the possibility of making it happen.

# 1.2 WORKBOOK ACTIVITIES

## IDENTIFY THE DOUBTS THAT ARE HOLDING YOU BACK

Now that you know how to identify doubt, write down the specific doubts that are holding you back in different areas of your life.

What doubts do you have related to your relationships with your partner, family, or friends?

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What doubts do you have related to advancing or changing your job or career?

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What doubts are holding you back from pursuing your hobbies and passions?

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What doubts are holding you back from improving your health?

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Now think about your big goal that you wrote down on the last page. What specific doubts are holding you back from doing the the thing you really want to do? List as many as you can think of.

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# 1.3 WORKBOOK ACTIVITIES

## BUST DOUBT!

We're going to work through your biggest doubts and bust them one at a time.

Refer back to the doubts you listed on the previous page. What are the top 5 doubts holding you back from the life you want? (ex. Not enough money)

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Take each doubt and turn it into a simple, specific question. Write your questions in the left column. (ex. How can I get enough money to start a business?)

Questions

Answers

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Ask around, google your questions, and find the answers. Look for examples of people who started where you are and have done what you want to do. Where did they find the money? How did they find the time? What was their background in? No matter the disadvantage, if you dip deep enough you can find someone who has worked through a similar challenge and met success.

List the answers you find in the right column next to your questions above.

# 1.4 WORKBOOK ACTIVITIES

## TAKE THE GUESSWORK OUT OF SUCCESS

The best way to plan is to copy winners who have done what you want to do and put your own twist on it. Take some time to study winners. Google them, read about them, find them in your area.

Who is the most successful person doing what you want to do?

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What did they do? Be as specific as possible.

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How did they do it? Be as specific as possible.

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When did they start?

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How often did they work at it?

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How much effort did it take?

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How long did it take?

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# PLANNING TO MAKE YOUR DREAMS BECOME YOUR REALITY

Take the time to really think about how this will work and what you will need to make it happen. Make your answers as specific as possible.

What will you need to do? (ex. go back to school to become a nurse)

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When can you make time to do it? (ex. weekdays after work)

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What specific training, education, or certifications will you need? (ex. Bachelor of Science in Nursing)

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What kind of support will you need? (ex. My spouse to take care of the baby while I'm in class)

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How can you maximize your strengths and minimize your weaknesses? (ex. Talk to the school advisor about how my existing college credits apply to this major and get a tutor for my math classes since that's not my strong point.)

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# 1.5 WORKBOOK ACTIVITIES

## THE DEAD SERIOUS TEST

Now that you've thought about what this will look like, it's time to find out if you're dead serious about doing it.

To determine if it's possible, ask yourself the following questions:

Is this realistic? ☐ YES ☐ NO

Is the timing right? ☐ YES ☐ NO

Do you have the capacity? ☐ YES ☐ NO

Do you have the funds? ☐ YES ☐ NO

To help you decide if it's worth it, ask yourself the following questions:

Is this what you really want? ☐ YES ☐ NO

Is this something you'll enjoy long term? ☐ YES ☐ NO

Are you willing to do what it's going to take? ☐ YES ☐ NO

Is it worth your time, money, and effort? ☐ YES ☐ NO

Is it exciting enough? ☐ YES ☐ NO

If you answered yes to all of these questions, then it all comes down to this:

Are you dead serious? ☐ YES ☐ NO

If you answered yes to all of these questions and you're dead serious about making it happen, then you're ready to move on to Module 2! You can skip the questions below.

If you answered no to one or more of these questions, take a step back.

If this is something you really want, what can you tweak in your plan to make it happen or what can you do now to make it a possibility for later? (ex. get a 2 year degree instead of a 4 year degree or take a year to save up enough money)

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If you aren't as excited about this idea after working through the exercises, revisit the ideas you circled on page 8. Is there another idea you could be excited about? If so, redo the workbook activities for 1.2, 1.3, 1.4, and 1.5.