

# WEEK 5

## MODULE 5 - IMPROVE

☐ Watch 5.1 Video - Don't Let Success Intimidate You

☐ Complete 5.1 Workbook Activities

- Tackling Fear
  - Explore the possibilities.
    - What previous goals or dreams seem to be closer within reach now than they were before?
    - What new hopes or dreams do you have for your future?
    - What new opportunities or ideas have you been approached with, thought about, or discussed with others recently?
  - Confront your fears.
    - When you think about the possibilities for what's next, what worries or concerns do you have?
    - What would you do if you weren't afraid?
    - What's the worst that could happen if you 'go for it'?

☐ Watch 5.2 Video - The Magic of the ABI Principle

☐ Complete 5.2 Workbook Activities

- The ABI Principle
  - What went well? Or, what's going well?
  - What didn't go well? Or, what's not going well?
  - What specific improvements can I make next time? Or, what specific improvements can I make now?

☐ Watch 5.3 Video - Automating Success

☐ Complete 5.3 Workbook Activities

- Systems for Success
  - Create routines to handle little, repetitive things.
    - What repetitive things do you do or should you do on a regular basis to prevent problems, stay on track, or make more progress?
    - What method[s] will you use to make these a part of your routine?
  - Find long-term solutions to problems.
    - What major problems have you had so far?
    - What's a simple, long-term solution for solving each of these problems?

☐ Watch 5.4 Video - Build Your Inner Circle

☐ Complete 5.4 Workbook Activities

- Build Your Inner Circle
  - Build a team and get more done.
    - What things can only be done by you?
    - What things are you doing now that you don't like doing and could be done by someone else?
    - What time consuming things are you doing now that could be done by someone else in order to free you up to focus on the things only you can do?
  - Leverage mentors, coaches, role models, sidekicks.
    - Who can you go to as a mentor or coach when you need help?
    - What role models can you look up to and draw inspiration from?
    - Who can you bring in as a sidekick to work alongside and bounce ideas off of?
    - What groups or circles can you create or join that will allow you to network with other people?

☐ Watch 5.5 Video - Stay on Track and Do Amazing Things

☐ Complete 5.5 Workbook Activities

- Stay on Track and Do Amazing Things
  - Create your own top 10 list of go-to reminders to help you stay on track.