



BetterYou *(course)*

Workbook



PART 1

Think Better

Upgrade your mindset &
boost your motivation.

The Secret to Being Better

Insight inspired by *Psycho-Cybernetics* (Maxwell Maltz)

“You must find your self acceptable to “you.” You must have a whole-some self-esteem. You must have a self that you can trust and believe in. You must have a self that you are not ashamed to “be,” and one that you can feel free to express creatively, rather than to hide or cover up. You must have a self that corresponds to reality so that you can function effectively in a real world. You must know yourself—both your strengths and your weaknesses and be honest with yourself concerning both. Your self-image must be a reasonable approximation of “you,” being neither more than you are, nor less than you are.”

–Maxwell Maltz

⚡ ACTION

Spend 5 minutes writing down words and phrases that describe yourself and your characteristics. Aim for “realness” vs. “correctness.” The reality is that the majority of these characteristics are not permanent. Some may be accurate, some may not be. The important thing is you realizing that you are speaking these words over your future.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

🔊 SCAN TO LISTEN



🎯 GOAL OF THE WEEK

Decide who you want to become.

💬 QUOTE OF THE WEEK

“You become what you think about.”

What Would The Rock Do?

Insight inspired by *Atomic Habits* (James Clear)

The key to building lasting habits is focusing on creating a new identity first. Your current behaviors are simply a reflection of your current identity. What you do now is a mirror image of the type of person you believe that you are (either consciously or subconsciously).

To change your behavior for good, you need to start believing new things about yourself. You need to build identity-based habits.

This means if you want to be a stronger and healthier person, pick a few small wins a stronger and healthier person might choose: exercising daily, not eating fast food, etc.

⚡ **ACTION**

Describe the type of person you want to become.

Write a few **small** wins you'll need to adopt to become the person you want to become.

🔊 SCAN TO LISTEN



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The Habit of Clarity

Insight inspired by *High Performance Habits* (Brendon Burchard)

“High performers are clear on their intentions for themselves, their social world, their skills, and their service to others.”

–Brendon Burchard

⚡ ACTION

Pick 3 words to describe your best self (**Self**).

Pick 3 words to define how you'd like to treat others (**Social**).

List 3-5 skills you're trying to attain in this season (**Skills**).

Pick 3 simple ways you can add value to the people around you this week (**Service**).

SCAN TO LISTEN



GOAL OF THE WEEK

Decide what you want, why you want it, and write it down.

QUOTE OF THE WEEK

“If you don't tell your mind what you want someone or something else will.”

Know Your Why

Insight inspired by *Start With Why* (Simon Sinek)

“There are only two ways to influence human behavior: you can manipulate it or you can inspire it.”

Very few people or companies can clearly articulate WHY they do WHAT they do. By WHY I mean your purpose, cause or belief – WHY does your company exist? WHY do you get out of bed every morning? And WHY should anyone care?

People don’t buy WHAT you do, they buy WHY you do it.”

–Simon Sinek

⚡ ACTION

Take 5 minutes to consider **“What”** you want to accomplish most in the season and then consider **“Why”** you want to accomplish it. If you don’t have a strong reason **“Why”** you may need to re-evaluate what you’re wanting to accomplish.

I WANT TO...

BECAUSE...

🎧 SCAN TO LISTEN



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Raising Necessity

Insight inspired by *High Performance Habits* (Brendon Burchard)

“Necessity is the emotional drive that makes great performance a must instead of a preference. Unlike weaker desires that make you want to do something, necessity demands that you take action. When you feel necessity, you don’t sit around wishing or hoping. You get things done. Because you have to. There’s not much choice; your heart and soul and the needs of the moment are telling you to act. It just feels right to do something. And if you didn’t do it, you’d feel bad about yourself. You’d feel as though you weren’t living up to your standards, meeting your obligations, or fulfilling your duties or your destiny. Necessity inspires a higher sense of motivation than usual because personal identity is engaged, creating a sense of urgency to act.”

–Brendon Burchard

⚡ ACTION

Spend a few minutes exploring why it’s **absolutely necessary** for you to achieve what you want most in this season of your life. Remember, if you don’t feel that it’s absolutely necessary, you likely will not achieve it.

IT’S ABSOLUTELY NECESSARY FOR ME TO _____ BECAUSE IF I DON’T...

🔍 SCAN TO LISTEN



🎯 GOAL OF THE WEEK

Decide what you want, why you want it, and write it down.

💬 QUOTE OF THE WEEK

“Goals are good for setting a direction, but systems are best for making progress.”

PART 2

Do Better

Develop better habits &
increase your productivity.

Choosing “Good” Goals

Insight inspired by *Why We Do What We Do* (Edward L. Deci)

“It seems that people who are the healthiest focus on developing satisfying personal relationships, growing as individuals, and contributing to their community. Surely, they also aspire to sufficient financial success to live comfortably. But wealth, fame, and beauty do not disproportionately occupy the consciousness of these people the way they dominate the experiences of individuals who are less psychologically stable.”

–Edward L. Deci

⚡ ACTION

Review your Future 4 Goals from Lesson 4 (Self, Social, Skills, and Service) and ensure they contribute to your personal growth and the **good** of others.

SELF (HOW YOU DESCRIBE YOUR BEST SELF)

IS IT “GOOD”?

SOCIAL (HOW YOU’D LIKE TO TREAT OTHERS)

IS IT “GOOD”?

SKILLS (WHAT YOU’RE TRYING TO GET GOOD AT)

IS IT “GOOD”?

SERVICE (HOW YOU CAN ADD VALUE TO OTHERS)

IS IT “GOOD”?

🎧 SCAN TO LISTEN



🎯 GOAL OF THE WEEK

Create a system for making progress on your goals.

💬 QUOTE OF THE WEEK

“Goals are good for setting a direction, but systems are best for making progress.”

Choosing Your Daily Intentions

Insight inspired by *100 Ways to Motivate Yourself* (Steve Chandler)

“Once we get the picture of who we want to be, “definitely planned work” is the next step on the path. Definitely planned work inspires the energy of purpose. Without it, we suffer from a weird kind of intention deficit disorder. We’re short on intention. We don’t know where we’re going or what we’re up to.”

–Steve Chandler

⚡ ACTION

Circle or write in the **categories** you want to set daily intentions for in this season of your life.

SPIRITUAL

HEALTH & FITNESS

MINDSET

WORK

RELATIONSHIPS

FAMILY & FRIENDS

FINANCE

HOME

SELF-CARE

_____	_____	_____
_____	_____	_____
_____	_____	_____

SCAN TO LISTEN



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QUOTE OF THE WEEK

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Fail-Proofing Your Daily Habits

Insight inspired by *Elastic Habits* (Stephen Guise)

The world most of us are living in includes difficult days at work. Not getting enough sleep. Being in a bad mood. The list could go on and on. Life isn't perfect, so we need to set our goals with flexibility and margin in mind.

That's what "Elastic Habits" are all about. It's about bullet-proofing your intentions and setting at least 2 win/win levels for your daily habits.

⚡ ACTION

Take some time to create 2 levels of habits for each of your categories. One **normal** level and one **fall-back** level you can hit no matter what.

For example, 30-min Reading a Book or Listening to a Podcast

NORMAL HABITS

FALL-BACK HABITS

OR

👁️ SCAN TO LISTEN



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Protecting Your Most Valuable Resource

Insight inspired by *Indistractable* (Nir Eyal)

“Relying upon our feelings in the moment is too risky. The only way to truly know what we want is to plan ahead. In my research and consulting work, I’ve heard countless people tell me how difficult it is to manage their time. But when I ask them what they got distracted from, they have trouble answering the question. They don’t recall what they planned to do. When I ask them to show me their schedule planner so I can see what they intended to do, they show me a calendar full of white space. If there is only one takeaway, it’s this: you can’t call something a distraction unless you know what it is distracting you from. If you don’t schedule your day, you can’t possibly know the difference between what you intended to do and what was a distraction.”

–Nir Eyal

⚡ ACTION

Create 2 lists: one for **Traction** and one for **Distraction**. List all of the ways you want to gain traction daily (actions that move you toward what you want). Then, list all of the distractions you want to avoid daily.

To assist with your “Traction” list you can refer to your notes from Friday’s “Fail-Proof Your Daily Habits” micro-lesson.

TRACTION

DISTRACTION

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

🎧 SCAN TO LISTEN



🎯 GOAL OF THE WEEK

Protect your time and invest it in the areas that matter the most to you.

💬 QUOTE OF THE WEEK

“You need to be doing fewer things for more effect instead of doing more things with side effects.”

Protecting Your Most Valuable Resource

Insight inspired by *Stillness Is the Key* (Ryan Holiday)

Once you start making some solid progress and begin implementing new habits, the same problem tends to occur every time: you get in your own way.

More specifically, your poor thinking gets in the way. Slowly and incrementally you begin to lose focus and before you know it, what you once committed to now seems optional.

This typically occurs because of an overwhelm with your inputs. In *Stillness Is the Key*, Ryan shares that the true secret to psychological and practical success is stilling your mind.

One of the methods he provides to accomplish this feat is by limiting your inputs. That space between your ears is yours, and yours alone.

⚡ ACTION

Make a mental checklist of what sources of **“noise”** in your life you need to begin limiting. Pick at least 3 and commit to limiting those inputs for the rest of today and note how it improves your clarity.

SCAN TO LISTEN



GOAL OF THE WEEK

Protect your time and invest it in the areas that matter the most to you.

QUOTE OF THE WEEK

“You need to be doing fewer things for more effect instead of doing more things with side effects.”

PART 3

Lead Better

Become a person of
action & influence.

The Unsexy Secret to Success

Insight inspired by *The Compound Effect* (Darren Hardy)

“I want you to know in your bones that your only path to success is through a continuum of mundane, unsexy, unexciting, and sometimes difficult daily disciplines compounded over time.”

–Darren Hardy

It may not be sexy, but the only way to achieve your goals is to start treating your list of habits seriously and take consistent action on them every day.

⚡ ACTION

Take a few minutes to write down some small things you can **stop** doing that might be hindering your success. What are some small things you can **start** doing that might make success easier?

I CAN STOP...

I CAN START...

SCAN TO LISTEN



GOAL OF THE WEEK

Develop a bias for consistent action.

QUOTE OF THE WEEK

“It is better to make something happen—good or bad—than to have it happen to you.”

Developing a Bias Toward Action

Insight inspired by *The 5 Second Rule* (Mel Robbins)

“The moment you have an instinct to act on a goal you must 5-4-3-2-1 and physically move or your brain will stop you.”

–Mel Robbins

Taking action is like building muscle. The more action you take, the stronger you become at taking action towards your goals, and the more confident you will become. And remember, even if you don't hit it 100% — imperfect action is better than no action at all.

⚡ ACTION

Practice the **5 second rule** with your habits and goals. The next time you're contemplating a positive action toward your goal, give yourself a countdown of 5 seconds before you physically move your body toward your goal.

👁️ SCAN TO LISTEN



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💬 QUOTE OF THE WEEK

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Taking Massive Action

Insight inspired by *The 10X Rule* (Grant Cardone)

“I want you to know in your bones that your only path to success is through a continuum of mundane, unsexy, unexciting, and sometimes difficult daily disciplines compounded over time.”

–Darren Hardy

It may not be sexy, but the only way to achieve your goals is to start treating your list of habits seriously and take consistent action on them every day.

⚡ ACTION

What **massive action** do you need to take? Review Week 2 (see Know Your Why & Raise Necessity micro-lessons) and take a look at what you said you want to achieve most this season and the reason why. Consider what massive action you can take that will help you get closer to what you want to achieve in this season.

🔍 SCAN TO LISTEN



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Redefining Failure

Insight inspired by *Failing Forward* (John Maxwell)

“The essence of man is imperfection. Know that you’re going to make mistakes. The fellow who never makes a mistake takes his orders from one who does. Wake up and realize this: Failure is simply a price we pay to achieve success.”

–John Maxwell

It’s time to redefine failure. As John Maxwell states, the essence of man is imperfection.

⚡ ACTION

Think about the last **mistake** you made.

IN WHAT WAYS DID YOU FAIL FORWARD?

IN WHAT WAYS DID YOU FAIL BACKWARD?

DECIDE HOW YOU CAN AVOID FAILING BACKWARD IN THE FUTURE AND COMMIT TO A ZERO-TOLERANCE POLICY FOR FAILING BACKWARD.

🔍 SCAN TO LISTEN



🎯 GOAL OF THE WEEK

See failure as the opportunity to learn from your mistakes.

💬 QUOTE OF THE WEEK

“The more you do, the more you fail. The more you fail, the more you learn. The more you learn, the better you get.”

Pain + Reflection = Progress

Insight inspired by *Principles* (Ray Dalio)

“Pain is a signal that you need to find solutions so you can progress.”

–Ray Dalio

Most people get comfortable operating without pain. It’s easier that way. But those who succeed in life embrace the pain, learn from what went wrong, take ownership of it, and eventually see progress.

⚡ ACTION

You cannot improve and be better if you do not reflect on your moments of pain. Think about your **main sources of pain** in this season (a difficult co-worker, a big project, feedback you’ve received, etc.) and take a few moments to reflect on it.

WHAT LESSONS CAN YOU LEARN FROM THE PAIN?

SCAN TO LISTEN



GOAL OF THE WEEK

See failure as the opportunity to learn from your mistakes.

QUOTE OF THE WEEK

“The more you do, the more you fail. The more you fail, the more you learn. The more you learn, the better you get.”

Don't Be a Quitter

Insight inspired by *Think and Grow Rich* (Napoleon Hill)

“If you give up before your goal has been reached, you are a “quitter.” A quitter never wins and winner never quits. Lift this sentence out, write it on a piece of paper in letters an inch high, and place it where you will see it every night before you go to sleep, and every morning before you go to work.”

–Napoleon Hill

Most people get comfortable operating without pain. It's easier that way. But those who succeed in life embrace the pain, learn from what went wrong, take ownership of it, and eventually see progress.

⚡ ACTION

Write down the sentence:

“A quitter never wins and a winner never quits.”

Place it somewhere you'll see it every day. The next time you feel like giving up on your goals, think about this line.

🎧 SCAN TO LISTEN



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