

# 100% YOU - THE BREAKTHROUGH PROGRAM

## Loving yourself and taking your Quantum Mindset to Mastery Level

**Decide – What breakthroughs have you committed to?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Commit ~ Getting Your Passion involved**

Pick one breakthrough from your first list and write down why you are committed to creating this shift in your life now? How will you feel? What will it solve? What will you be like when this shift is realized?

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**Take Action ~ what actions do you need to take to live your dream?**

List 7 action steps for fulfillment

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

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## Loving yourself and taking your Quantum Mindset to Mastery Level *continued*

### **Succeed – What do you do when you succeed?**

Practice celebrating in your mind's eye seeing your dream realized. Please describe here

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### **Focus and Follow Through**

List 3 areas you would like to improve in your follow through and for each area list 2 things that would help you follow through

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## Loving yourself and taking your Quantum Mindset to Mastery Level *continued*

### Disciplined Imagination

List 5 things you often tell yourself or others that is not in alignment with your vision of full self expression

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Now create a new way of speaking for each of the 5 areas that is aligned with your full self expression

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Gratitude Fortifier

Create a list of 25 things you are grateful and appreciate

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

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## Loving yourself and taking your Quantum Mindset to Mastery Level *continued*

### Gratitude Fortifier – *list continued*

13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_

### Habitual Excellence

Pick 3 areas you would like to improve

Diet and nutrition (I stopped eating sugar, gluten and dairy)

Fitness and exercise ( start a dance class, get back to yoga, walk run, lift weights

Education and wisdom trainings ( read 2 books a month listen to audio training while driving)

Rest & renewal (schedule & receive monthly massage, get a minimum of 7 hrs sleep, meditate daily)

Strategic business follow-up ( daily send a thank-you note, plan your business by the numbers and maintain discipline)

List 3 here and commit to one month on this new plan

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Your New Best Friend – Affirm many times daily*

***I am Powerful Beyond Measure!***