

Your Greatest You! At-a-Glance

(Cheat-Sheet)

This cheat-sheet is designed to assist you with your study of the **Your Greatest You! Your Step-By-Step Guide To Becoming Your Greatest Self**, eBook, Book and/or Free Mini-Course.

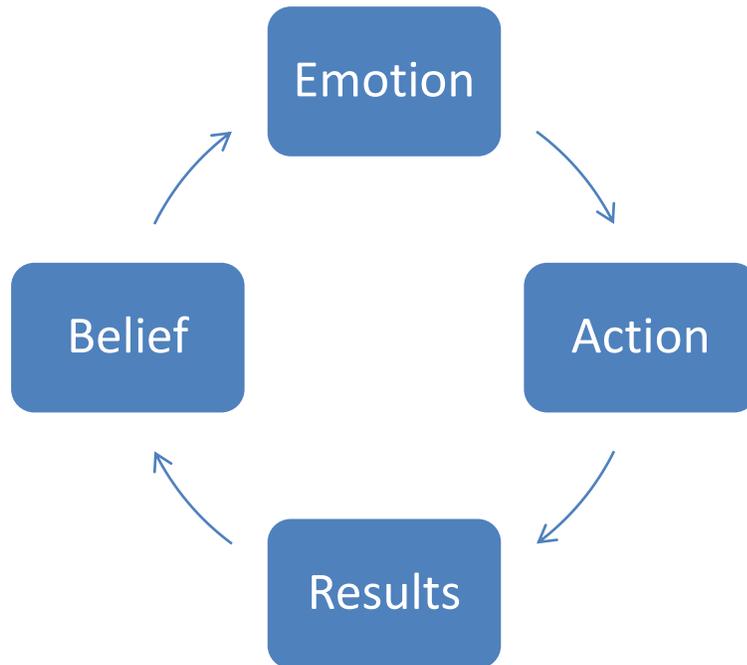
Remember that as you follow the 5 step formula outlined in my book and mini-course, you will absolutely see greater success, feel more alive, and reach your true potential.

I'm also aware that many people who will read my book and/or go through my course will not apply the steps as outlined and may not accomplish their goals or anything at all. As this is the case, I and/or any of my courses, books, and/or resources are not responsible for the outcome of any application or lack thereof, resulting from the information presented.

I pray that all of the resources I provide will be of benefit to you on your journey through life as you seek to continually develop your skills and mindset for true and lasting success.

Enjoy!

CONQUERING THE CYCLE OF DEFEAT



Your beliefs lead to your emotions which lead to your actions which lead to your results.

Therefore, negative beliefs lead to negative emotions which lead to negative actions which lead to negative results and vice versa when converted to a positive belief.

This cycle will send you spiralling into an endless cycle of defeat or success, depending on whether your beliefs are positive or negative, in other words, working **for** you or against you.



THE BELIEF REVERSAL SYSTEM



Your negative beliefs about yourself, others and the world in general bind you and keep you stuck time and time again.

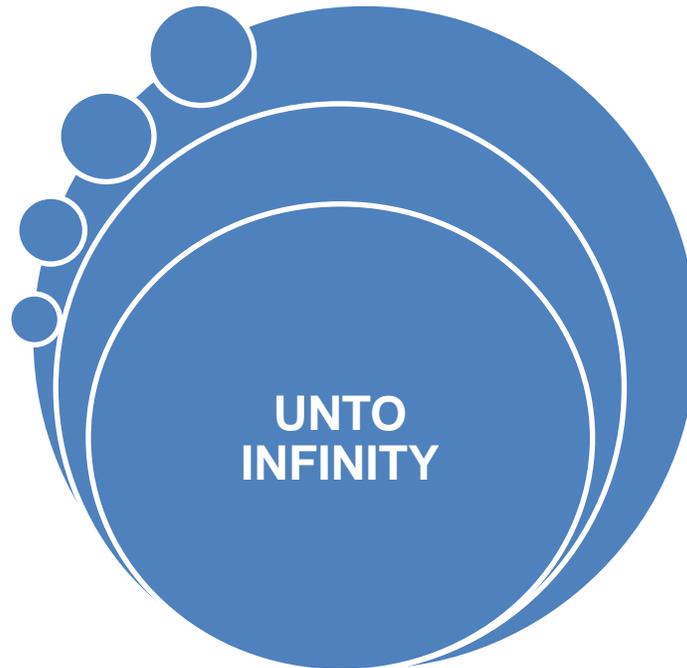
When you convert your negative beliefs into their positive counterparts, it sets you free from the negative emotions you once felt and gives you permission to go for it!

The more you share your new positive beliefs and goals, the stronger your desire will be to accomplish it and the more people there will be to hold you accountable for getting it done.

What is one goal you've wanted to accomplish for some time, but for some reason or another, you just haven't gone for it? Write that goal down, along with your reason why you haven't taken action yet. Now write the exact opposite. We'll need your new positive belief later in this cheat sheet.



INFINITY GROWTH POTENTIAL



This is your potential for growth and the secret to accomplishing any goal you desire!

You are the smallest circle on the chart. Your goal is the **biggest** circle on the chart. If you look from where you are now to where you need to be, it can seem quite overwhelming and daunting.

This is your opportunity for growth. With any goal, there is a series of little steps that are required to get there. Look at the circle just next to yours and it's not quite as daunting.

It's a bit of a stretch but nothing you can't handle. Focus on that first step and once accomplished, you have **become** that circle. You have developed yourself enough to do the following step. Keep moving forward with this process and with time, you will have **become** big enough to accomplish your goal.



THE PROCESS OF ACHEIVEMENT



Then you are on your way to accomplishing your 1st goal using the Your Greatest You! 5 Step Formula. **Congratulations!**



EXPANDING YOUR WALL OF ENDURANCE



Everyone hits wall within multiple areas of their lives.

The only difference between those who succeed and those who don't is what they choose to do when they've hit that wall.

Most people will hit the wall and stop dead in their tracks, while others will push right through it thereby expanding their wall.

Every time you consistently push through a wall, that wall will eventually get easier to break through until it's no longer your wall. You've just expanded it.

As you consistently do just a little more than what you believe you can, you will always be ahead of where you currently are.