THE SUCCESS SYSTEM
How many times have you heard it said, “Just believe that you can do it and you can”? Did you know that belief plays a huge role in your success? Belief empowers a person to do what others may consider impossible. The most simple act of believing is the starting force, the generating power that leads to accomplishment.

“Come on guys, we can beat them,” you hear someone in command shout at a sporting event. That sudden voice of belief, challenge and excitement, can change a game from defeat to winning, and all because some mighty believer knew that it could be done. To be successful you must believe but belief is not the only thing needed to get you to the finish line. Belief is just the laces to the race but you still need tennis shoes, oxygen and legs. Belief alone will not make you successful there are many other elements that come into play and are needed to reach your maximum potential but guess what. We are all capable of reaching our potential. The crazy part is MOST of us don’t reach our maximum potential. Not even close. Why don’t people reach their full potential and how can you? If you implement this “Success System” in this workbook, you WILL unleash your greatest being! If you work through these methods and work on yourself YOU WILL BE SUCCESSFUL in all areas of your life.
PART 1 [Vision] - Step 1 is actually quite simple and that's deciding EXACTLY what you want. Most people actually skip this part all together and without realizing, it sets them up for failure before they even start. What do you want? It's as simple as it sounds. **DECIDE EXACTLY WHAT YOU WANT.**

Below I give several lines for you to be very specific, and as detailed as possible. The more detailed that you can be the stronger vision you will have to hold onto. For example, in your end goal- What is your goal body fat percentage? What do your abs look like? How do you look in a swimsuit? If you need to write more, feel free to add an extra page to write your goal on! You can use this method in all areas of your life. The PURPOSE here is to take a few minutes and actually visualize EXACTLY what you your goal is. You must decide EXACTLY what you want.

Determine exactly what you want? WHAT IS YOUR GOAL?  

Now ask yourself "Can I dream bigger"? This isn't a trick question. What I mean by this is, can you do more? I really want you to shoot for the stars here. Really Challenge yourself. I promise you're capable. **SET THE BAR HIGH.**

Now can you think of anything else?  
If the answer is "yes", YOU CAN DREAM BIGGER, add more here:  

Why do you want to achieve this goal?
How badly do you want this goal? ________________________________________________

__________________________________________________________

__________________________________________________________

Have you ever been incredibly and solely focused on accomplishing one specific achievement or goal? Were you able to accomplish that achievement or goal?

What was your goal or achievement? What did it feel like when you did? __________________________

__________________________________________________________

__________________________________________________________

**Exercise A:**
Create a phrase that is centered around your goal, but replace your “WANTS” with “WILLS!”
For example: “I want to be successful at this 5 week challenge. I want to lose 10 pounds, gain muscle and lose fat.” Now change your “wants” to “wills”. “I will be successful at this 5 week challenge. I will lose 10 pounds, gain muscle and lose fat.”

Start repeating that phrase to yourself daily. Say this each day 5 times in the morning and 5 times at night.

**Exercise B:**
Write a couple words on 5 index cards or cut out 5 photos from a magazine or both just make sure that you do 5 that represent what your goals are. Put one on your bed, one on your fridge, one in your purse or wallet, one on your desk, another on your bathroom mirror and maybe save one as your screen saver on your cell phone. Repetition is key. I want you to always have your goal in mind.

**What 5 things did you list and why:**

1.) ______________________________________________

2.) ______________________________________________

3.) ______________________________________________

4.) ______________________________________________

5.) ______________________________________________

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Exercise C: TELL SOMEONE ABOUT YOUR GOAL. Telling people about your goals increase the likelihood that you will stick to your goal. This is a huge reason we hold the challenge photo contest!

Who did you tell and why: __________________________________________

______________________________________________________________________

PART 2 [Belief] - Now that you have a VISION... You MUST have a deep rooted belief! YOU MUST truly believe that you can achieve this goal. You need to both feel and think yourself successful. In order to succeed, You need to actually see yourself successful already. You MUST already see yourself achieving this goal before it is already met.

“If you want to reach your goal, you must ‘see the reaching’ in your own mind before you actually arrive at your goal.”

-Zig Ziglar

Exercise A: Lets go back to your goal and read what you wrote (rewrite your goal here): ____________________________

______________________________________________________________________

Now close your eyes for the next 2-3 minutes and play a movie in your head about you reaching your dream - see it, visualize yourself in the final state, live it in your mind as you have already reached your goal. Take the time to really get into it. Ask yourself, Where am I? What am I doing? Who is with me? How do I look down to the very detail... MAKE IT VIVID!!!
Exercise B:
Now that you’ve already visualized yourself successful. I want you to take a step further and think about how reaching your goal makes you feel. Imagine how you would feel changing in front of the mirror. How you feel when you receive compliments from friends and family? How much stronger do you feel working out, running or hiking? How proud of yourself do you feel?

List below the feelings you visualize from already achieving your goal: __________________________

______________________________

______________________________

You are, or will become, who you believe yourself to be.
Who do you believe yourself to be? The type of person who is able to stick to a diet and training program each day? The one who wakes up when the alarm goes off to go do cardio to go to the gym to train? If not, change your mindset now and believe that you are able to be this person. I have a small exercise to help you.

Exercise C:
When you get ready in the morning, in the bathroom, I want you to stand in front of the mirror, look yourself in the eye and tell yourself that you can do it.

Repeat the following to yourself:
• That you WILL reach your end goal.
• That you WILL give this ALL YOU GOT.
• That you WILL NOT allow yourself fail.
PART 3 [Action] - So now that you did the first two steps, you said what your goal is, you believe you can achieve your goal and you already saw yourself succeeding; now let’s talk about ACTION. In order to achieve success you must first get familiar with the action steps or small goals you need to take along your way.

If you have a goal that doesn't get implemented with action then you won't accomplish much. Many people have great and creative ideas, but they don't achieve their goals because they don't take action and don't put these ideas into practice. You might think that you have many talents or skills and a lot more potential than most people who are successful. However, often times the difference between a person who is just talented or skilled vs the less talented or skilled person who implements action, the one who puts forth action can and will exceed the rest.

In the next exercise I want you to list the steps you need to take in order to achieve your goal. If your goal is to become healthier and succeed with the challenge. For example: Your actions or small goals might be things such as meal prepping, scheduling time for the gym everyday, setting your alarm in the am everyday earlier than the day before, completely following your training and diet plan, participating in check-ins and question days, reading motivational books, setting weekly goals, continuing your journey after you reach your 5 week goal and other steps you need to implement that will take you closer to achieving your goal.

THIS IS ESPECIALLY IMPORTANT FOR BIG GOALS LIKE YOURS!

Breaking your goal down helps you be more specific. Write down smaller goals or the actions you are going to take to achieve your goal and try to SET SOME DATES to do these by. Having several actions or smaller goals written down make achieving your main goal more obtainable and gives you a feeling of success along the way. This also makes it more likely that you’ll stay on track towards your bigger goal.
MAKING OF LIST OF SMALLER GOALS OR ACTIONS THAT YOU WILL TAKE TO HELP YOU ACHIEVE YOUR MAIN GOAL. *This will be your action plan!*

1.) __________________________________________

2.) __________________________________________

3.) __________________________________________

4.) __________________________________________

5.) __________________________________________

6.) __________________________________________

7.) __________________________________________

8.) __________________________________________

9.) __________________________________________

10.) __________________________________________
TAKE ACTION AND FOLLOW THE STEPS ON YOUR LIST. PUT THIS LIST ON YOUR FRIDGE SO YOU CAN SEE THE STEPS YOU NEED TO TAKE EVERYDAY TO ACHIEVE YOUR MAIN GOAL!

Don’t just wait for things to happen because most likely they won’t. You gotta create your own success! Make a promise to yourself that you are gonna give this list your all! You owe it to yourself to reach your greatest potential. You have one life, Now lets make a memorable one!

Let’s talk about your list you created and let’s say that you’re already going through the motions of following your list you created, but then something on your list doesn’t work. Let me be the first to tell you that if a certain plan that you wrote down doesn’t work, LOOK FOR AN ALTERNATIVE PLAN! Just like there is more than one route to get to your house on the map, there is more than one route to reaching your goal and becoming successful.

The problem is most people don’t reach their goals simply because they quit way too easily. Not giving up on your dreams also means being smart; however, you can try all you want, but if you’re making the wrong set of actions you still won’t get very far. That’s why writing your plan out is very important, and accessing your plan after a few weeks to see whether or not it’s being effective. If you find that one or multiple things you wrote down aren’t working, don’t freak out. This is perfectly normal and has happened to me plenty of times. All you have to do is get out your creative thinking hat and start thinking of new ways to reach your goal. TRUST ME, there are plenty of routes, and the ways are endless just think outside the box and be persistent!

Creative thinking and persistence will get you far! If you find yourself continually struggling, ask people you know for advice and ideas on what you could do. They may help you see a different way, and having different ways to reach your goals make it more likely to be successful. If you’re still really stuck, take a break and then re-read the goal that you wrote down when you started. If you need to adjust you goal - that’s OK too! Then have another think about the actions and small goals/steps.
PART 4 [Sacrifices] - Perfect, now that you’ve completed the first 3 steps, you’re on the road to unleashing your greatest potential. As you may already know, the goals and dreams you have in mind for yourself will not magically manifest by themselves. You need to work hard at it everyday and potentially make some drastic sacrifices along the way. No matter what goals or aspirations you might have, one things certain; there’s a price you must pay to get what you want in life. Success requires some kind of sacrifice. You will NOT GAIN SOMETHING FOR NOTHING. That is not how the world works. If you’re not willing to make the necessary sacrifices in order to reach your goal, then you ARE NOT cut out to be successful and you can be stuck EXACTLY where you are right now in this very moment until you change your mind-set. You must know that there are sacrifices that are needed along the way to create the momentum you need to reach your desired goal. The end goal you want may require that you shift how you think, what you believe, the habits you now indulge in, the values you now live by and maybe even the people you surround yourself with. In FACT, it may mean that you might need to become a very different person than the person you are today in order to achieve these goals.

THIS IS A VERY IMPORTANT STEP: If you are unable or unwilling to complete this step then you are more than likely NOT going to be successful at obtaining your goal. Everyone that is successful has sacrificed something to get where they are today.

Things you might consider:

- Giving up something good to get something better.
- Eliminating distractions.
- Letting go of conflicts.

List 10 sacrifices you are going to make to achieve your goals (and yes, everyone can think of 10 things they should consider in order to achieve their goal). Here are a few example questions to ask yourself when completing this list:

- What must I sacrifice in order to reach my goal?
- What beliefs could actually prevent me from having this goal?
- What habits should I sacrifice in order to achieve my goal?
- What habits are sabotaging me from obtaining my goal?
- What does this goal demand that I change about myself?
- What things/people in my life are holding back from my goal?
I will be making these sacrifices in order to achieve my goals:

1.)

2.)

3.)

4.)

5.)

6.)

7.)

8.)

9.)

10.)
Examples of things I had to sacrifice order to be successful:

1.) I set my alarm every morning and force myself to wake up at 6am. I sacrificed the time I woke up every morning.

2.) The friends I surrounded myself with weren’t not supportive of my goal. I sacrificed the people I hung around and surrounded myself with like-minded people.

3.) I spent my spare time practicing and getting better. I sacrificed what I did in my spare time to center it around my main goal.

Great job, I know that’s hard! Admitting what we need to sacrifice can be challenging but it is a necessity. You need to be willing to give up who you were yesterday for who you want to be tomorrow. Your goal is all about the process and getting better! You’re on the right path! Anything worth while takes hard work. It requires considerable effort, thought and time invested in performing tasks and acquiring the necessary knowledge, skills, resources and experience that will help you reach your goal.

PART 5 [Repetition] - Repetition and consistency breeds SUCCESS. Most people underestimate what the can do in 5 weeks, 5 months or 5 years. A continual increase of progress toward your goals for instance: saving money, paying down debt, losing weight, sculpting the perfect body, developing your social media, increasing your business, learning the bible, you name it. Its the gradual negligence and bad habits that cumulate to cause the collapse of health, a marriage, financial or spiritual conditions. You can reverse any area of your life and its direction by setting goals and making small changes along the way. I’m sure you’ve heard the saying “Practice makes perfect.” Repetition, repetition, repetition and yep, you’ve guessed it more repetition. Thats what it takes to really get good at something and to succeed at something. After everything else is mapped out, thats the recipe for success. Do something over and over again until it becomes apart of you and then do it over and over again to become better at it. Always remember you can never become too good at something and even when you feel like you’re at the top, You can always be better!

So why is REPETITION, which is simply the act of doing the same thing again and again, so powerful? Because it is when you make a consistent effort and have a continual focus on that will propel you forward. Mastery of a goal comes through repetition and consistency and the first change with most
main goals is that they require us to learn something new (small goals or actions) and it is through repetition and consistency that these new skills can become new habits. Repetition, like habits can either make or break your goal depending of which direction you repeat. Will you repeat new habits that will propel you to your goal? Or will you repeat habits that will get you farther away? Repetition and consistency is the key to having long term success in any goal.

In the next exercise I want you to use the next blank lines and write about how you plan to stay consistent and how you will be repetitive with you actions through your goal and then there after.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Take a look at your life in 5 weeks, 5 months and then 5 years if you just practice the little disciplines even just one more percent a day. How much different will your life be! One word comes to mind for me and it is PROUD! I know how proud of myself I will be if I continue to make good choices towards conquering my goals! What word comes to mind for you? (Write that below)

________________________________________________________________________

CELEBRATE! When you reach your goal take time to enjoy it and that those who have helped you! Think about what you enjoyed and learned along the way. Now, what is your next goal or project going to be?

________________________________________________________________________
________________________________________________________________________
The next few pages go over how to goal set even after the challenge is over. I want you to be successful and you can use this system in every area of your life not only just in your health goals but with other goals also such as finance, relationships, spiritually, business and so much more. In the next exercise I want you to really think about the things that you want in life and I want you to make a list of all your goals. Include small and big goals, All of your weekly, monthly, yearly or life goals.

1.) __________________________________________

2.) __________________________________________

3.) __________________________________________

4.) __________________________________________

5.) __________________________________________

6.) __________________________________________

7.) __________________________________________
*Use the back of the page also if you run out of room. The more things you want to achieve in your lifetime the better!*

Now, go back to your list and rank them according to most important. Star ("*";) the ones that are the most important to you and also make a note next to each one of the goals to determine whether the goal is a short-term goal (something that happens quickly) or a long-term goal (something that happens over time).

Try the best you can to think clearly about how long each goal might take to properly access. Remember the good thing about your own personal goals is that YOU have the power to always change this.

Now after you distinguish all the things you want out of life and you figured out the importance and time frame of each goal, let's split your short term goals and your long term goals up into two categories. (you can do this on the back of this page) Use your way through the workbook again for your lengthy goals, creating action plans and the other important steps we covered to each your more lengthy goals. With this Success System you will no longer be a rational dreamer. You now will know what you want by creating a system that works by arranging check points along the way like we did throughout the workbook to your desired goal. Approach each lengthy goal setting like creating a road map to chart your success.
Now with your more shorts goals, I've dedicated the next two pages in showing you how to master small goal setting up to where you can cross off nearly 100 new goals a year!

I want to share with you how I continually better myself with short term goals outside of having main (long term) goals that I set, I have found that creating small monthly goals propel me to conquer many things overtime! During the Fit in 5 Challenge you should already be setting goals and conquering them but I wanted to share an effective way to grow in every area of your life.

SET MONTHLY GOALS:
Make monthly goals at the beginning of every month. You can use some of the goals that you listed on the previous pages. Setting small goals are what get you to achieve more greatness over time. Just imagine if you create 1-2 new habits a month in 4 different areas of your life... I like creating 1-2 new goals a week in 4 different areas. Spiritually, Physically, Mentally and in Business. Once the month is up, don't quit at these new habits/goals, Keep practicing these goals but then implement 1-2 more monthly goals the following months. If you implemented this system you will have created nearly 100 new habits/goals a year.

Spiritually
1.) Pray 1 hour a day
2.) Read 1 verse a day

Physically
1.) Increase my squat max
2.) Stay on track with my diet

Mentally
1.) Read a new chapter everyday.
2.) Write 1 new chapter of my book a week

Business
1.) Add something to better my Fin in 5 Week Challenge
2.) Network with 3 new people
Spiritually

1.)

2.)

Physically

1.)

2.)

Mentally

1.)

2.)

Business wise

1.)

2.)

**You can always reprint and re-use this page for coming months.**
Don’t be one of the millions who coast through life leaving their potential unleashed. You owe it to yourself to step into your untapped potential. This potential is in all of us! Think about how much greater your life will be if you face your fears and conquer your dreams.

You WILL reach your BIGGEST goals and become the successful person that you envision yourself of being by using this Success System, and following all of the steps I have just outlined for you.

Come back and review this program as often as you need to and make sure that you are still as motivated to succeed as you were filling out these pages.

Be bold, imaginative and learn to build a deep belief in yourself, and that the limits of your potential stretch far beyond what you ever before believed possible. Live your dreams and reach your goals no matter what. NO ONE is going to experience it but you. Take control of your life and never let anyone discourage you from reaching for the stars!