

JANUARY CLASS OF 2022

Welcome & Congratulations

Hello my friend,

Welcome to the official 10-week Unleash Her Power Within program powered by Tony Robbins – and congratulations on making one of the most impactful decisions of your life!

You're embarking on a journey that will show you the way home – the way to true, impassioned and embodied freedom. The way to a whole new level of authentic self-awareness – or as we like to say it... the way back to you.

At it's core, this program is about you discovering who it is that you really are – and having the courage to unravel any patterns you've built over time that you don't wish to keep. This is not about changing who you are, it's about having the courage to be more of you.

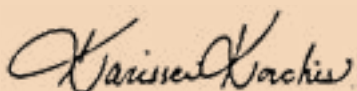
Tony always says that people who experience the highest levels of fulfillment in life are not lucky – they're doing something different than everyone else...

And you already did something different when you enrolled in UHPW. Whether you're here to make big shifts in your life or simply make some small distinctions – we are so happy you've decided to take this step in your journey.

Over the next several weeks, this workbook will serve as your personal development map, guide, journal, resource and trainer. You'll learn more about how to use it during your UHPW orientation.

I am so honored and excited to be your teammate on this journey to reaching your next level and becoming the most successful, free, joyful and fulfilled version of you. This is only the beginning – and I can't wait to see what's next. Let's do this!

With all my gratitude,



Program Overview

Unleash Her Power Within 2022

AWAKENING

Week One: Foundation – January 24..... 9

- Clarity on where you are now, so we can uncover where you want to go.
- Key learning: The ultimate success formula to achievement

Week Two: Fear into Power - January 31..... 23

- Understand the unconscious behaviors and thought patterns that stall, halt, or limit growth
- Key learning: Disempowering belief powering patterns versus empowering ones

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- Connect micro moments to real results as you sharpen and strengthen your decision-making abilities
- Key learning: The success cycle

REINVENTION

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- Reveal the inconsistencies that hold you back from putting your knowledge and instincts into action
- Key learning: Identity clarification process

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- Unlock the steps for creating and refining the identity that will serve as your ultimate soul map
- Key learning: Your identity formula

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- Uncover behaviors associated with your old identity and those linked to your new self.
- Key learning: Your personal success blueprint

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- Create the tool that will support you in fully integrating into your new identity
- Key learning: Your incantations

Week Eight: Identity Workshop - March 14..... 85

- Dedicate the time to fine-tuning your identity integration tool
- Key learning

Unleash the Power Within - March 17 - 20 93

- Unleash your full potential, energy, and power with Tony Robbins at Unleash the Power Within Virtual
- Key learning: The ultimate breakthrough

Week Nine: Unleash Her Power Within – March 21..... 95

- Follow up this life-changing event with a connection session to share your most powerful and transformative breakthroughs
- Key learning

MOMENTUM

Week Ten: Creating Lasting Change - March 28..... 101

- Create a lifelong system of support for adjusting your patterns and habits of behavior
- Key learning: The three-step process for CREATING lasting change and maintaining momentum

Prework

SECTION 1: WHY ARE YOU HERE? Write down why you made the decision to join this program. Make a clear, specific distinction as to why this process is necessary for you right now. Don't overthink – write whatever comes to you naturally.

(If no bold is available underline right now)

SECTION 2: UNDERSTAND YOUR VISION. Set a timer for 15 minutes for this writing exercise. In the box below, imagine and describe anything and everything you want to come true for you in the next 10 weeks. If you were to completely apply yourself to this program what could you create in your life? What excites you about the growth that's to come? What will your look look like at this next level? Be ambitious, don't hold back and do not try to be formulaic or perfect. Set your vision free!

A large, empty rectangular box with a thin black border, intended for the user to write their vision for the next 10 weeks. The box is centered on the page and occupies most of the lower half of the document.

SECTION 3: UPW PLAN. Your Unleash The Power Within Virtual experience is March 17-20, 2022. This event will go all day and night from approximately 10AM ET to 10PM ET. Block this time off in your calendar now and begin making the arrangements for child care, pet care, meal planning, setting up your space and anything else you think will help you make the most of this event.

In the space below, brainstorm your plan to create your most extraordinary UPW experience. What do you need to make this the greatest four days of your life? Do you need to reserve an AirBnB with friends in a comfortable location that inspires a creative and abundant mindset? Will you use a meal delivery service so you don't have to cook? Send your kiddos to the in-laws? Put up an away message on your email? Once you have your plan, share it in the Facebook group with #UPWPlan in your caption.

Your Guide to Janning

Janning is a combination of journaling + planning + mind mapping. It is the act of writing down the thoughts that create a compelling future and anticipating any obstacle that could get in your way.

Each week you will be provided with a Weekly Calendar Layout and Janning Prompts. These are optional resources that can maximize your 10-week experience. We encourage you to give these a try each week (no pressure if you don't get to it!).

There are no rules or set structures to Janning. You simply need the willingness to put pen to paper. Only 3% of humans write down their major life goals and less than 3% craft a written vision. There is no rule about how little or how much you should be writing here. Even if it's one sentence, one powerful thought or one intention on a napkin, you've succeeded. However, there is one critical Janning rule – you must be awake to the magic of your life.

4 STEPS OF JANNING

1. The Hot List section of your calendar layout is a space to capture any tasks you'd like to complete this week
2. The weekly calendar is a space for you to mind map your schedule for the week. In the blank layout, input your daily responsibilities (i.e. appointments, meetings or anything scheduled). Once this is complete, move on to your Janning Prompts on the following page. When you complete these steps, you can come back to this weekly layout and make adjustments if necessary.
3. Weekly Janning Prompts help you design your week so you can create your most desired outcomes. Experiencing your life is one thing; being conscious of how you create your life is another. Complete these prompts in preparation for a new week, ideally on Sunday or Monday. Remember, this is not about being perfect. Focus on writing exactly what comes to your mind, then adjust from there.
4. Weekly Power Moves help you be more adventurous in the pursuit of the next level of your life. What is a small/big task that if you completed it, would seriously move the needle in a positive direction for one of your goals? This should be something that is "cross-actable" meaning, you could execute it. For example, "eat healthy" is a goal... but "sign up for healthy meal delivery service" is a power move – it is cross-actable and action oriented. Pick one power move each week.

Week One: Foundation

AWAKENING



Welcome to Week one of Unleash Her Power Within. This week is about gaining clarity on where you are right now (a foundation) so we can discover where you ultimately want to go. The reason most people don't succeed is because they don't evaluate where they are – and clarity is power. This week's training will be longer than the others, so please allocate two hours of time for it.

“Identify your
problems, but give
your power and
energy to solutions.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

JAN 24-30		MONDAY 24	TUESDAY 25	WEDNESDAY 26
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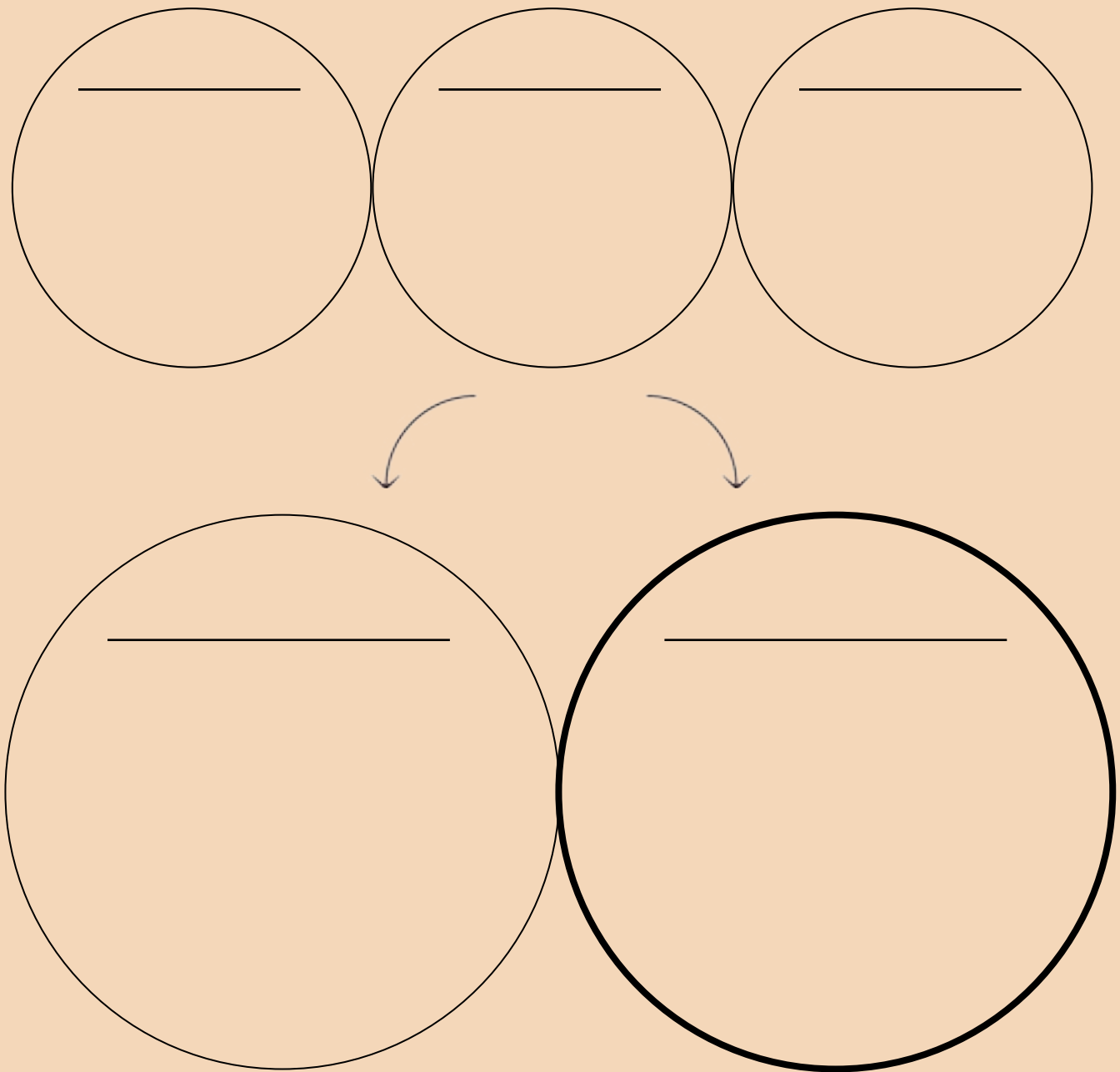
STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: "What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?". Now go back to your calendar and schedule in the solutions you came up with.

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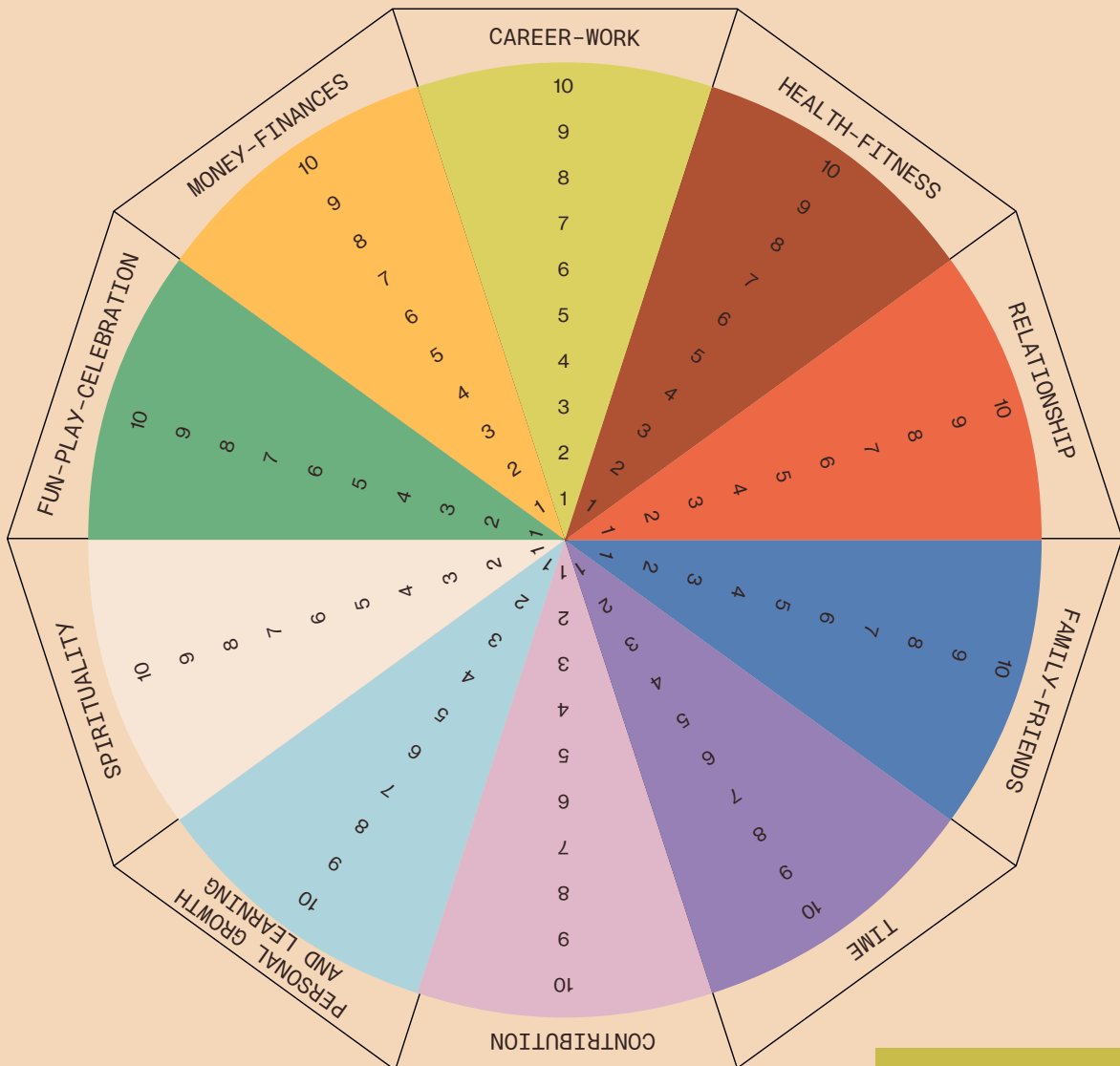
The UHPW Methodology



Evaluate Your Life

10 AREAS OF CONSTANT GROWTH FOR AN EXTRAORDINARY LIFE

Look at the wheel below and notice that it is divided into 10 different sections that represent the typical areas of a person's life: your career-work, health-fitness, relationship, family-friends, time, contribution, personal growth and learning, spirituality, play-fun-celebration and money-finances. The center of the wheel represents '1' and the outermost part of the wheel represents '10'. One by one, give yourself a rating on where you are showing up now versus where you desire to be in that category – 10 being the best.



What categories are going well for you right now? Why?

Why is succeeding in this/these area(s) important to you?

What could make it even better?

What needs the most work? Why?

What are the worst consequences if you keep these patterns the exact same as they currently are right now?

For you to get to the next level, what are the top 3-5 categories that must be your focus? In what order? Feel free to rename them if it serves you (i.e. physical body > health).

In the boxes below under the section called category, write in the 3-5 categories of focus that you identified in on the previous page. Then under LOYT, write out what this category would look like if it were going exceptionally well. What would this category of your life look like with you at your best – at the next level? No need to be realistic. Go on a rant and enjoy it.

1. CATEGORY

LIFE ON YOUR TERMS (LOYT)

2. CATEGORY

LIFE ON YOUR TERMS (LOYT)

3. CATEGORY

LIFE ON YOUR TERMS (LOYT)

4. CATEGORY-OPTIONAL

LIFE ON YOUR TERMS (LOYT)

5. CATEGORY-OPTIONAL

LIFE ON YOUR TERMS (LOYT)

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Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Two: Fear Into Power

AWAKENING



Welcome back to Week two of Unleash Her Power Within. This week is about turning fear or resistance into power. To do this, you will identify the chokeholds of growth in each category of your life and learn how to transform these beliefs with intention, ease and grace.

“Faith isn’t like toilet paper. There’s enough to go around.”

KARISSA KOUCHIS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

JAN 31-FEB 6		MONDAY 31	TUESDAY 1	WEDNESDAY 2
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THIS WEEK'S POWER MOVE

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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

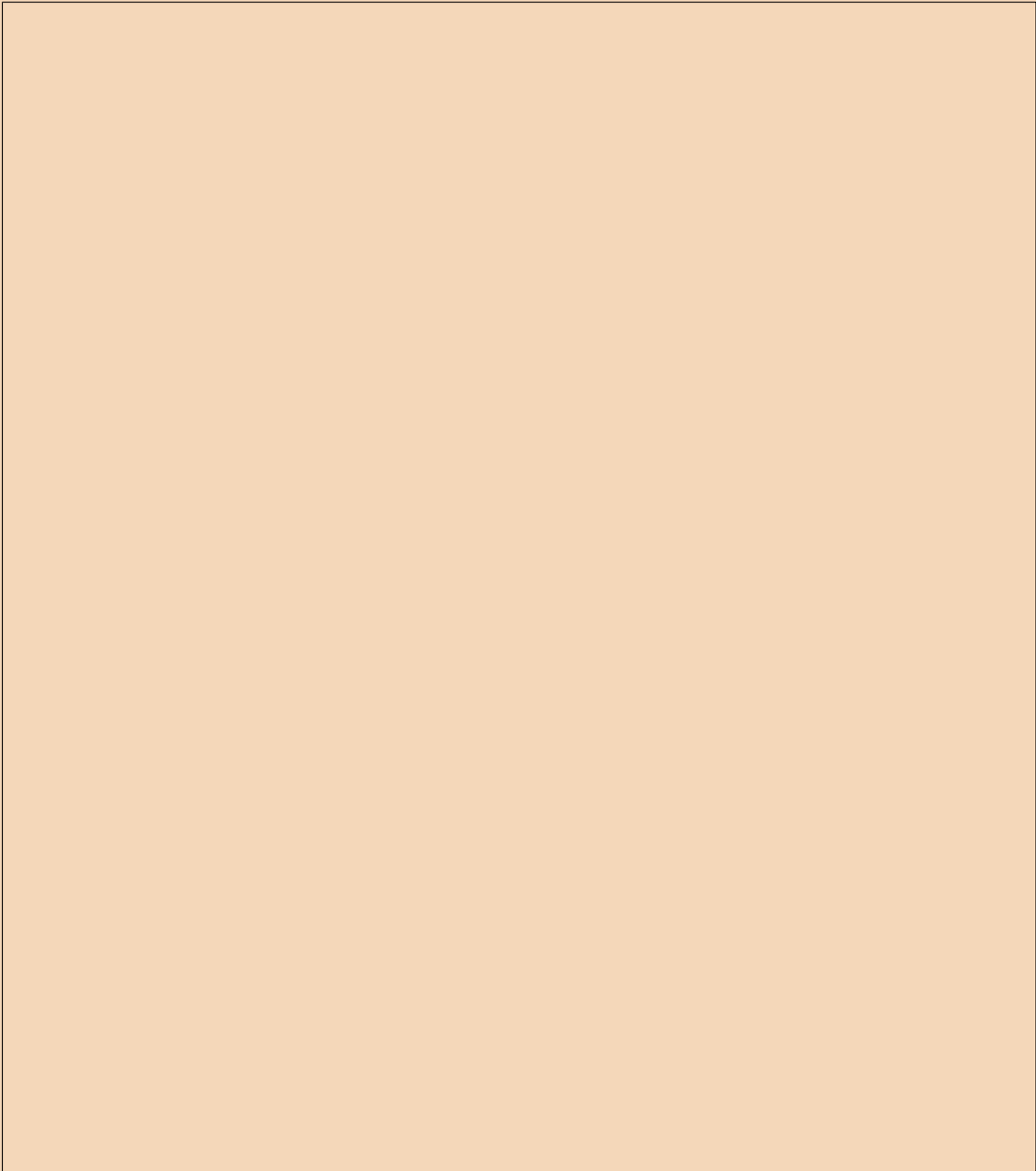
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Disempowering + Empowering Belief Patterns

CATEGORY	DISEMPOWERING BELIEF PATTERNS	EMPOWERING BELIEF PATTERNS
1		
2		

CATEGORY	DISEMPOWERING BELIEF PATTERNS	EMPOWERING BELIEF PATTERNS
3		
4 OPTIONAL		
5 OPTIONAL		

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What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE!

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Three: Decision Making

AWAKENING



Week three is all about creating the outcomes you desire. We're talking about decisions and what it really takes to make an outcome a reality. This week's training will get you started in the process of building a new identity – it will set you on the path toward having the confidence to be who you really are at your core.

“We can change our lives. We can do, have, and be exactly what we wish.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

FEB 7-13		MONDAY 7	TUESDAY 8	WEDNESDAY 9
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THIS WEEK'S POWER MOVE

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The Success Cycle

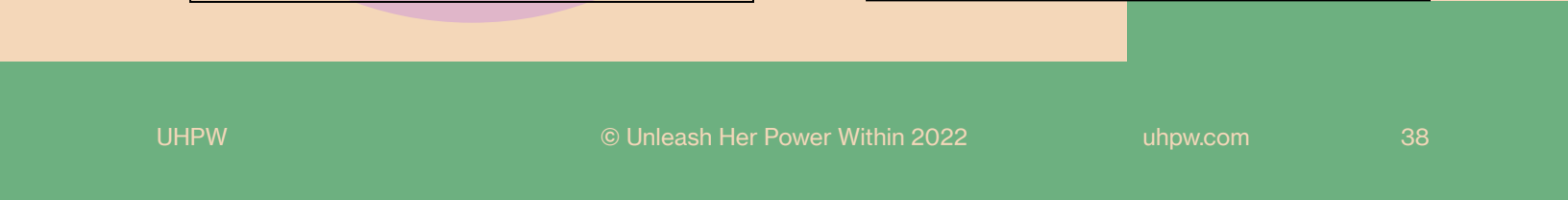
TURNING BELIEFS INTO RESULTS BY CREATING MOMENTUM

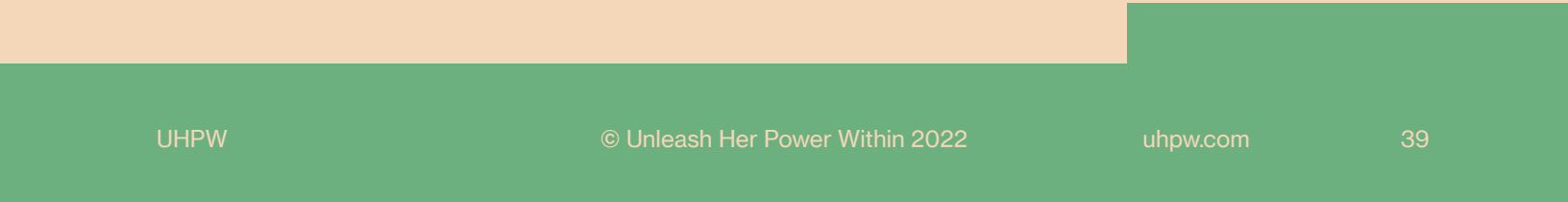
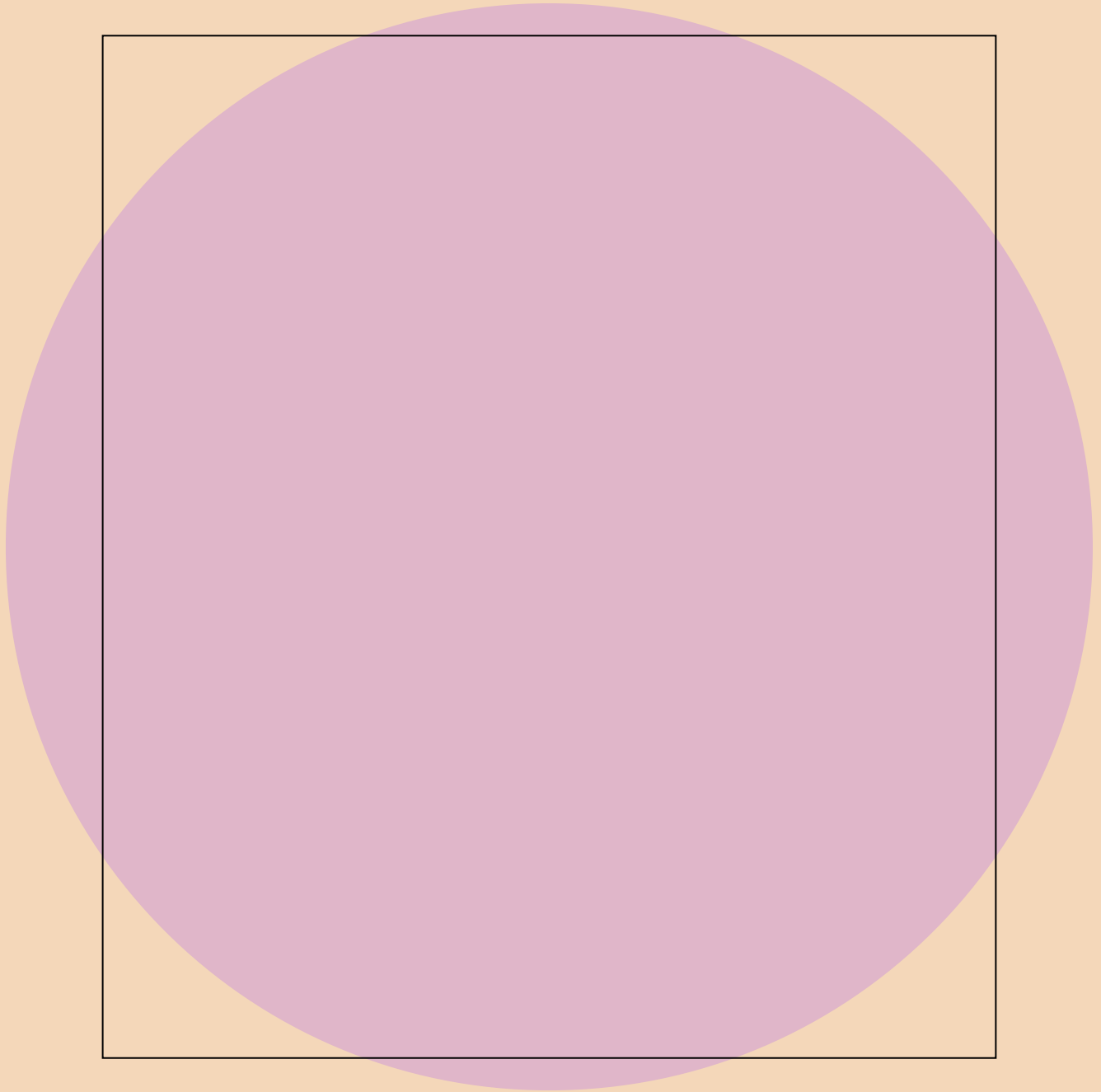
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(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Four: Mentor Vision

REINVENTION



Week four is the first part of your identity training. Most people know what to do to create lasting changes – but they don't implement what they know because of identity inconsistencies. This week's training will initiate the identity clarification process. You will learn exactly how to create, integrate, and unapologetically BE your truest self every day with clarity and confidence.

“Once you adjust your identity around a decision, everything in your life will change because it's about ‘this is what I do, this is who I am.’”

KARISSA KOUCHIS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

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THIS WEEK'S POWER MOVE

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3 Keys To Achieving Anything That You Want_____.

Mentor Vision

Your mentors are your most trusted guides and influences who inspire you. They can be people you know or don't know – they simply need to be the people you look up to the most. Use this space to list out your mentors and what you admire – or even envy – about them.

Narrow down your list of mentors to your top 6. Who is most impactful to you? Write their names inside the circles below.

modeling, immersion, spaced repetition

In the box below, while referencing the top 6 names you've identified, write down the reasons you selected those specific people, or perhaps the qualities in them that you admire. No need to organize or categorize these responses, simply free-write on this page.

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CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Five: Identity Building Blocks

REINVENTION



During Week five, you will complete the second part of your identity training. Common questions about identity are: What is identity? Where does it come from? How does one “create” a new or true identity? Why would they create it? You’ll learn the exact formula for creating your own identity – and as a result discover that you are completely capable of becoming unstoppable when you live life on your own terms.

“Live in alignment
with your head,
heart, spirit, and
force of your
identity.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

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THIS WEEK'S POWER MOVE

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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: “What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?”. Now go back to your calendar and schedule in the solutions you came up with.

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The 3 Decisions that Shape your Life

1. _____

2. _____

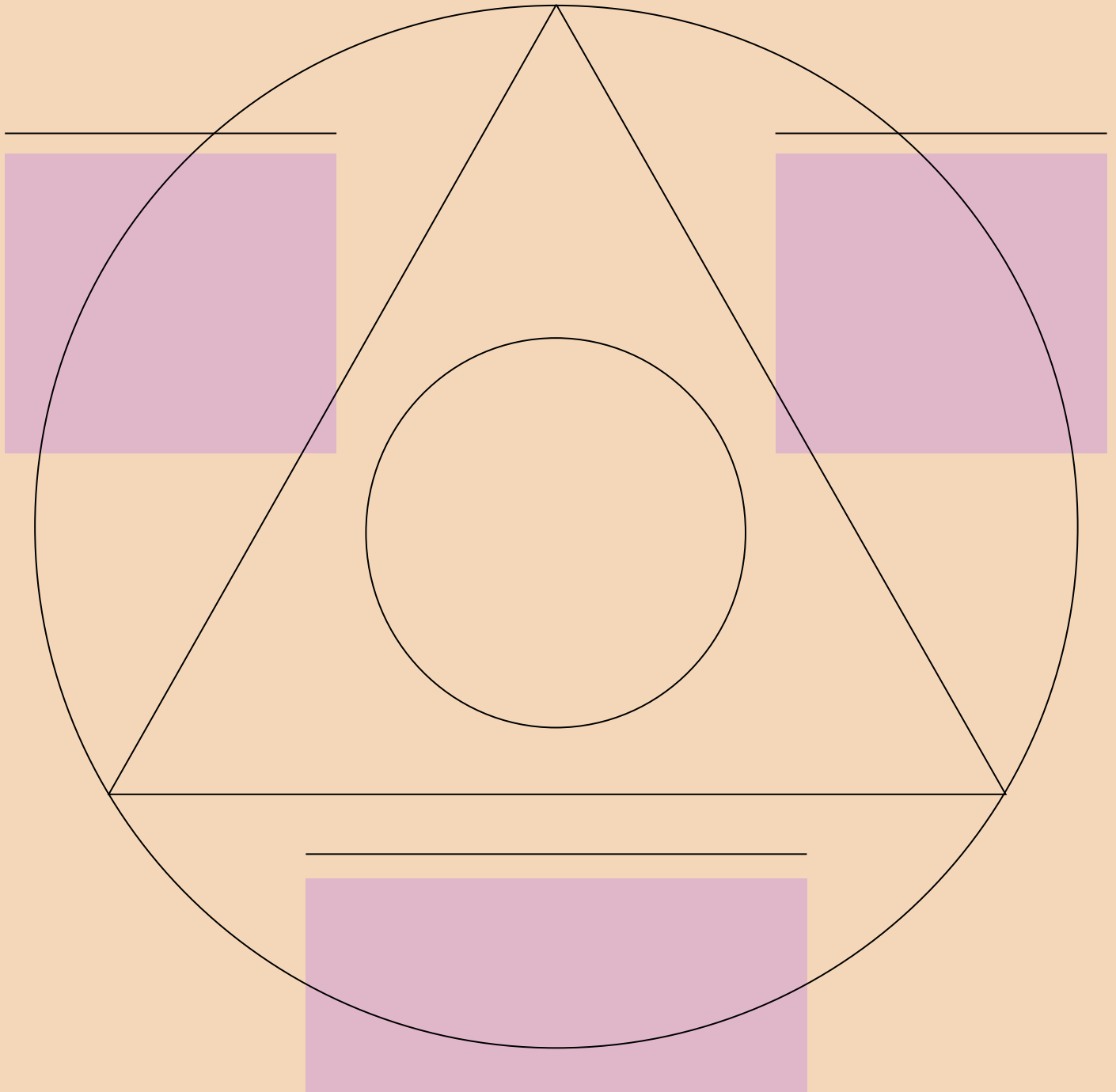
3. _____

What was an experience or time of your life when you felt most powerful? Why? Explain it in as much detail as possible. What was your physiology like? What were you focused on? What language were you using? Write down everything you remember.

What are you focused on?, What Meaning do you give it?, What action will you take?

The _____

Identity is everywhere; we live what we believe we are.





NOTES



NOTES

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Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Six: Pillar System

REINVENTION



It's Week six – and you are now officially more than halfway through Unleash Her Power Within! This week is about clarity – because as you learned in Week one, clarity is POWER. This week's training will be a working session. Arrive prepared with a highlighter and access to a quiet space where you can participate full out.

“What’s the first action you’d take if you believed in yourself deeply? Get closer to that action and you’ll be amazed at what you can create in your life.”

KARISSA KOUCHIS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

FEB 28-MARCH 6		MONDAY 28	TUESDAY 1	WEDNESDAY 2
Hot List	6:00			
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THIS WEEK'S POWER MOVE

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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: “What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?”. Now go back to your calendar and schedule in the solutions you came up with.

NOTES

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Pillar System

CATEGORY	CATEGORY	CATEGORY	CATEGORY	CATEGORY
OUTCOME(S)	OUTCOME(S)	OUTCOME(S)	OUTCOME(S)	OUTCOME(S)
IDENTITY	IDENTITY	IDENTITY	IDENTITY	IDENTITY
MASSIVE ACTION PLAN	MASSIVE ACTION PLAN	MASSIVE ACTION PLAN	MASSIVE ACTION PLAN	MASSIVE ACTION PLAN
OLD SELF	OLD SELF	OLD SELF	OLD SELF	OLD SELF
NEW SELF I'm the type of person that...	NEW SELF I'm the type of person that...	NEW SELF I'm the type of person that...	NEW SELF I'm the type of person that...	NEW SELF I'm the type of person that...

NOTES

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Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

NOTES

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Week Seven: Incantation

TRANSFORMATION



Welcome to Week seven! This week you will create a tool that will support you in fully integrating your new identity – your incantation. Incantations allow you to take complete control of your state and improve your quality of life at any time.

“If you can’t, you
must.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

MARCH 7-13		MONDAY 7	TUESDAY 8	WEDNESDAY 9
Hot List	6:00			
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THIS WEEK'S POWER MOVE

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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: "What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?". Now go back to your calendar and schedule in the solutions you came up with.

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NOTES

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Creating Your Incantation

PILLARS OF LIFE: _____

INCANTATION FORMULA:

This is my year of _____

Where I _____

I am (insert I am words) _____

I am _____

PILLAR 1: Insert description...I am words...I am the type of woman that...

PILLAR 2: Insert description...I am words...I am the type of woman that...

PILLAR 3: Insert description...I am words...I am the type of woman that...

PILLAR 4 (Optional)

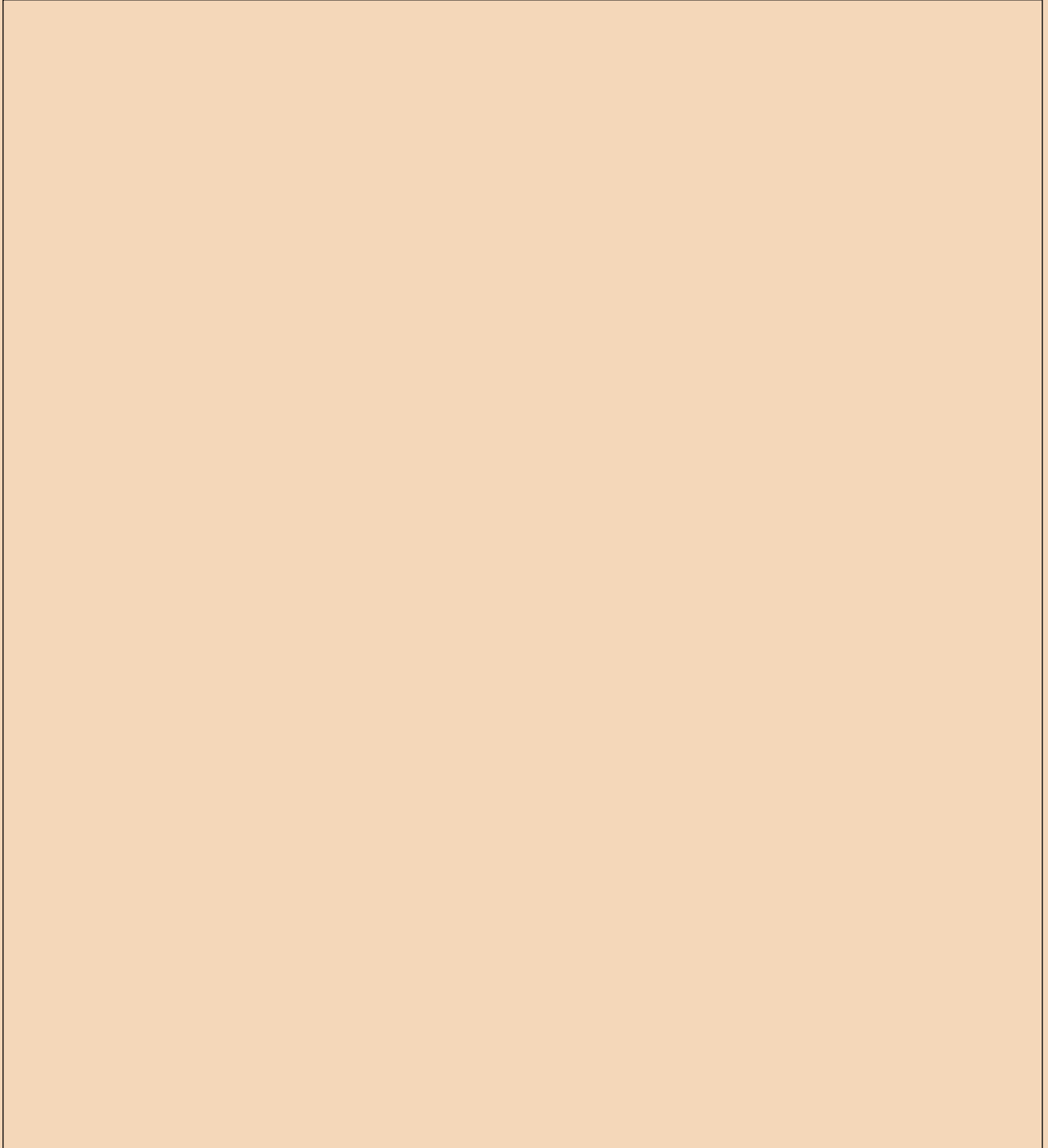
PILLAR 5 (Optional)

My purpose in this life is to...

NOTES

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Final Incantation

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NOTES

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Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week 8: Identity Workshop

This week we're dedicating time to workshopping our identity integration tool. One of the greatest gifts you can give yourself is focused time to fill yourself up, and this week we'll be doing just that. You'll have an opportunity to share your incantation with the full community for feedback, and ultimately by the end of today's workshop, your incantation will be complete.

“There is a powerful driving force inside every human being that, once unleashed, can make any vision, dream, or desire a reality.”

TONY ROBBINS



POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

MARCH 14-20		MONDAY 14	TUESDAY 15	WEDNESDAY 16
Hot List	6:00			
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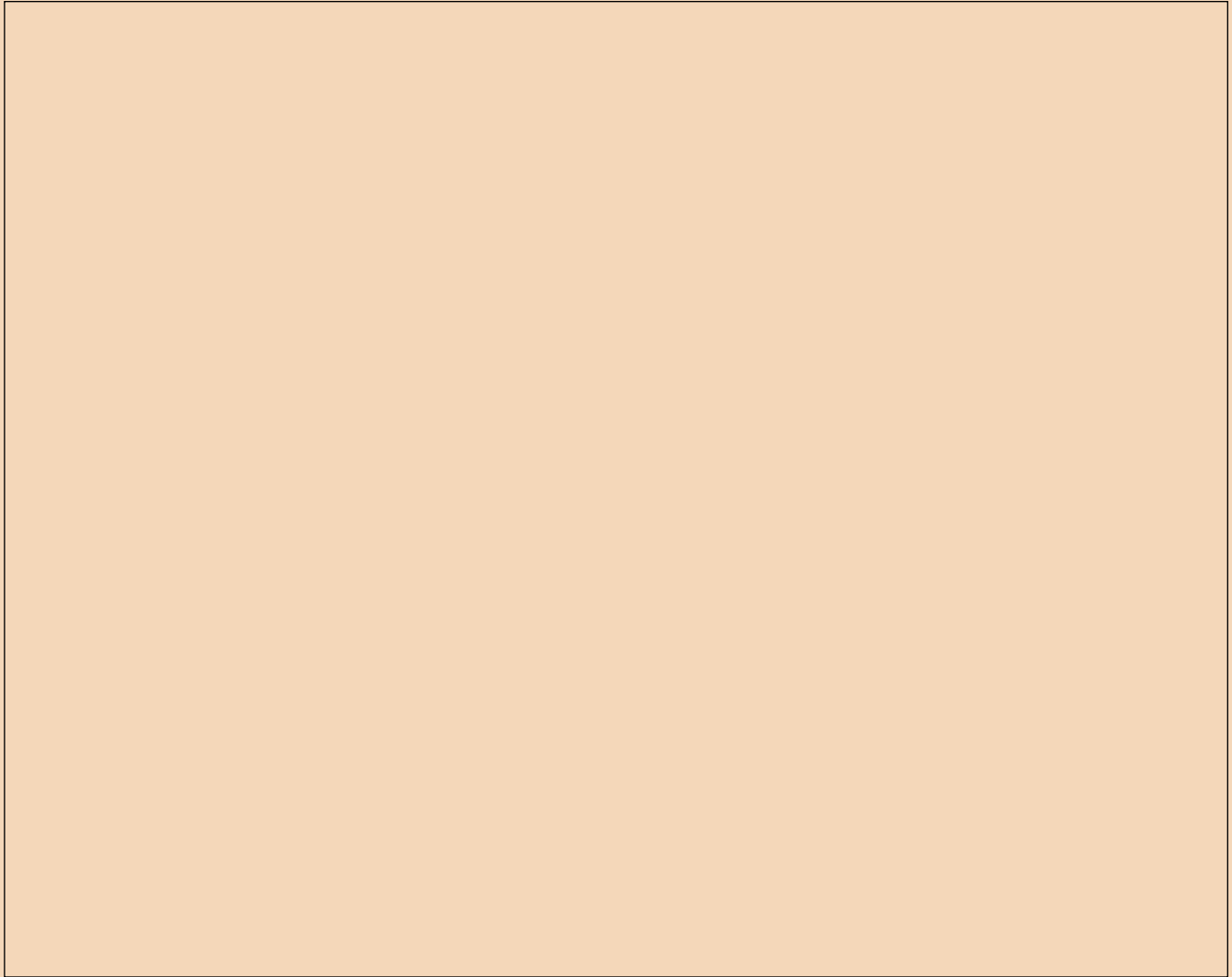
THIS WEEK'S POWER MOVE

	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

A large, empty rectangular box with a thin black border, intended for the user to write their journal entry during the scripting exercise.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: “What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?”. Now go back to your calendar and schedule in the solutions you came up with.

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NOTES

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Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Unleash the Power Within



This weekend, you are attending Unleash The Power Within Virtual, LIVE with Tony Robbins and finally executing your #UPWPlan. To make the absolute most of this immersive event, make sure you play full out, clear your entire schedule and have fresh notebooks and pens. It is recommended to expand your viewing experience by streaming to a television and using speakers for more sound. Keep us posted in the UHPW Facebook group with how you're doing throughout the event. Congratulations on taking this exciting next step in your transformation!

“If you talk about it, it’s a dream, If you envision it, It’s possible, but if you schedule it it’s real.”

TONY ROBBINS

POWERED BY TONY ROBBINS

NOTES

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Unleash The Power Within Debrief

TRANSFORMATION

You've done it. You've completed 55 hours of training with the world's number one life strategist. Today we will come together for a connection-session. We'll share our most powerful and transformational breakthroughs.

“I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

MARCH 21-27		MONDAY 21	TUESDAY 22	WEDNESDAY 23
Hot List	6:00			
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THIS WEEK'S POWER MOVE

	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

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Power Move Tracker

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Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

Week Ten: Creating Lasting Change

TRANSFORMATION



It's Week ten of our beautiful journey together and now it's time for one of the most important steps to be consistent in your new identity – the ability to create lasting change. You'll learn how Tony supports people in adjusting their patterns and habits of behavior for good – and how you can use these same techniques to influence yourself, your family, colleagues, and community.

“The path to success
is to take massive,
determined action.”

TONY ROBBINS

POWERED BY TONY ROBBINS

Use the space below to mind map your calendar this week.

MAR 28-APR 3		MONDAY 28	TUESDAY 29	WEDNESDAY 30
Hot List	6:00			
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THIS WEEK'S POWER MOVE

	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
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Complete the below prompts as you are preparing for your week (ideally on Sunday or Monday).

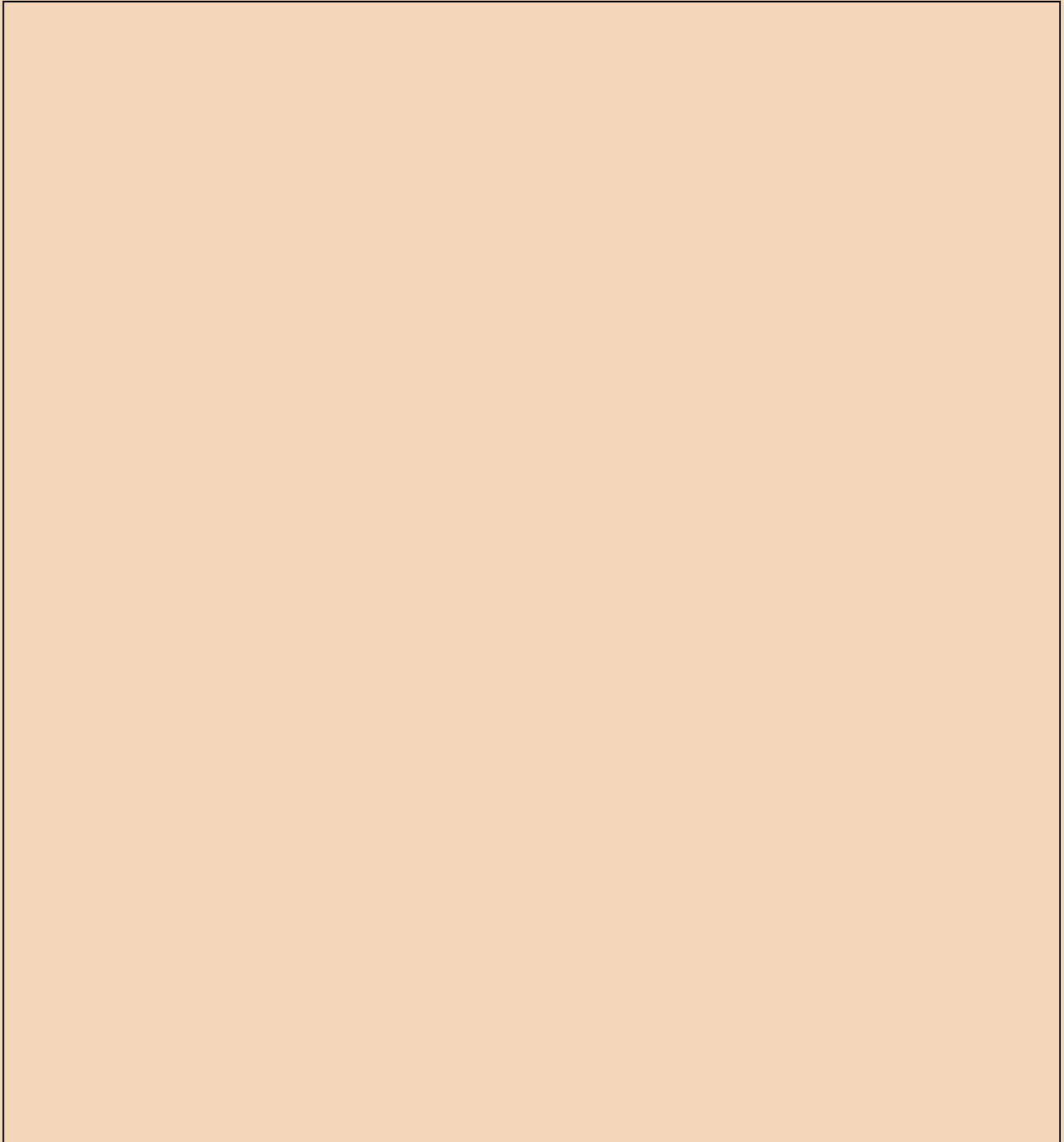
STEP 1: SCRIPTING. Scripting is a technique used in manifestation where a person journals as if their desires have already happened. Most successful people do this unconsciously.

Set a timer for 10-20 minutes and write through your experience of this week as if it already happened and it was magnificent. As you're writing, focus on feeling whatever emotion you desire to feel (gratitude, excitement, etc.), and enjoy the process. No need to be realistic, whatever your mind creates is perfect, as are you! Once complete, add anything new that you came up with to your schedule if it serves.

STEP 2: FUTURE PROOF. Now take a look at your schedule for this week along with the results and emotions you desire to create. Then ask yourself a few questions: “What must I do to make sure these tasks/activities go exceptionally well? What could interrupt my success? How can I anticipate those obstacles? What can I do to solve for them ahead of time?”. Now go back to your calendar and schedule in the solutions you came up with.

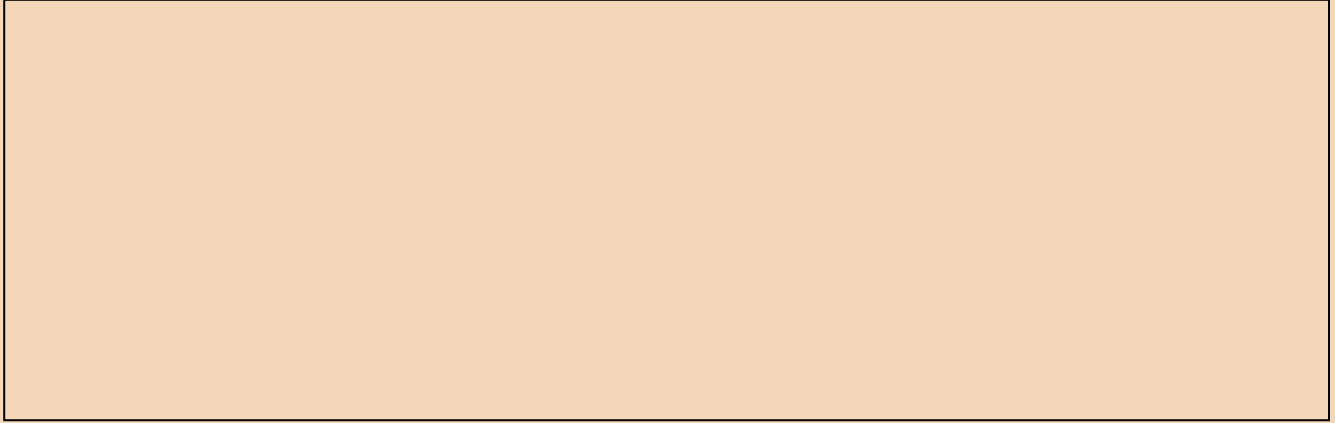
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Take a moment to reflect on the last 10 weeks. Where were you when you began this program and where are you today? What has shifted? What has changed? Take a moment to acknowledge yourself for how far you've come.

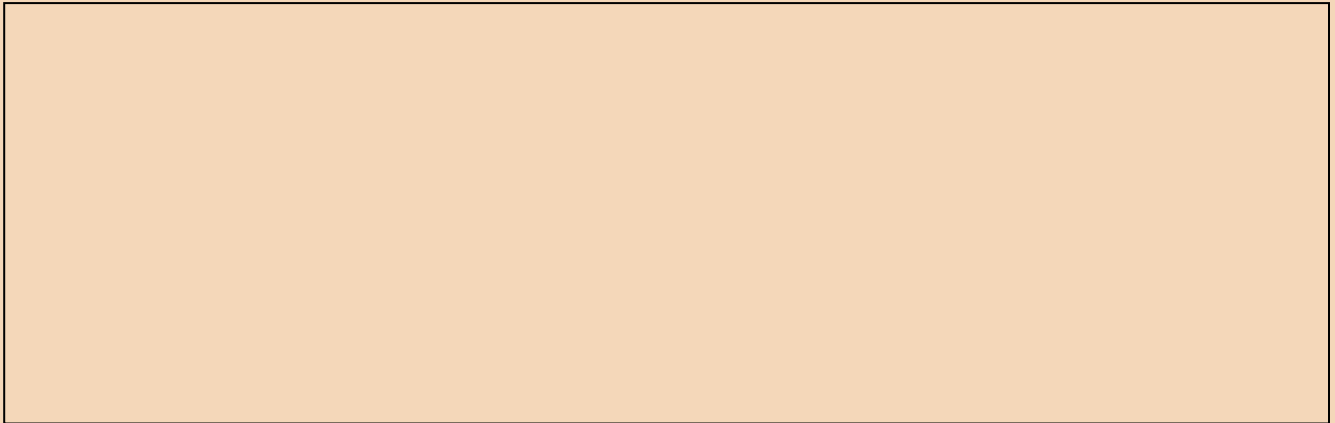


3 Steps to Lasting Change

#1: Change



#2: DIP



#3: Daily Consistency Plan



Power Move Tracker

What is your POWER MOVE for this week?

Explain how completing this POWER MOVE will benefit you.

What B.S. belief do you have about this POWER MOVE?

What is your strategic plan for executing this POWER MOVE?

(When...Where...With whom?)

CONGRATS ON COMPLETING YOUR POWER MOVE! _____

What are your key takeaways? What did you learn? BRAG ABOUT YOURSELF!

NOTES

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“Life Will Never
Be The Same
Again.”

TONY ROBBINS

NOTES

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NOTES

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