



LEADER HOUSE

COACHING | TRAINING | STRATEGY

PRINCIPLES OF SUCCESS

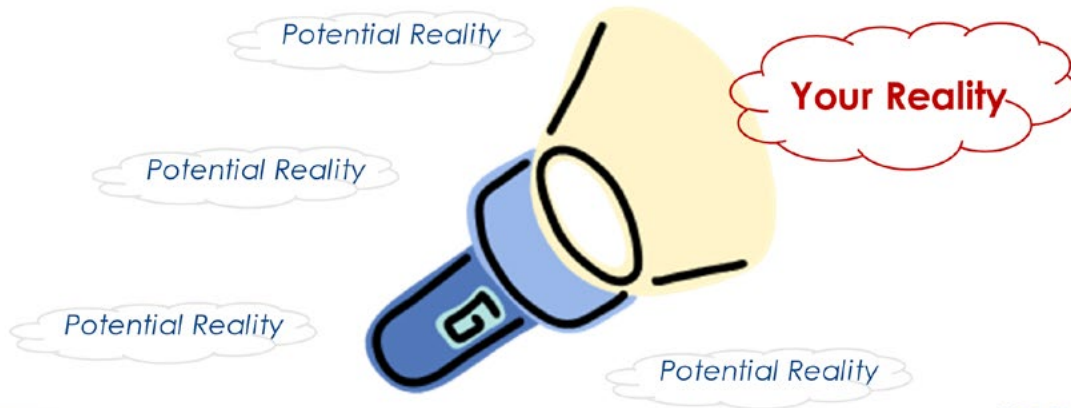
ELEMENT 1: FOCUS

WORKBOOK

"Success isn't just about how high we climb, it's also about how many we lift with us along the way."

- Mark Hamawi

What you focus on, is what you get...
...to the exclusion of everything else.



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Did you know that there is an island where people still practice cannibalism and voodoo worship? Despite the fact that we live in the reality we experience, there is a vastly different reality being lived on that island.

It is the same with your everyday life. The reality you live is your island. Some people may share that island, others may live on a different one. And some may even visit your island from time to time.

Whatever the case, reality is simply what we focus on. Our island. And in order for you to change what your island looks like; you need to shift what you are focusing on.

What do you focus on each day?

What, if anything, is better to focus on?

EASIEST WAY TO REPROGRAM THE RAS

- *Create goals and track the results*
- *Daily, Visualise your ideal outcomes*
- *Daily, repeat your affirmations*
- *Every week, do something unfamiliar*
- *Re-write your limiting beliefs*

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List your SMART goals

If your life could be a 10 out of 10 in 12 months, what would you be seeing, hearing, feeling and thinking to yourself? Describe the scene and visualise it

List 10 positive affirmations that are specific to helping you reach your goals and ideal life

THANK YOU FOR ENJOYING OUR WORKSHOP

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If you would like to experience effective leadership,
connected teams and successful business,
call Leader House NOW for a complimentary discovery session.



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Effortless Leaders. Connected Teams. Successful Business.