

**BE MORE FEARLESS AND
FOCUSED DURING COVID-19**

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- ▶ Living in Barcelona



TODAYS AGENDA

- ▶ 1) Create a Fearless Focused List
- ▶ 2) Three Steps to the Fast Forward Mindset
- ▶ 3) Creating Your Own **Fast Forward Mindset Plan** to take action each Step

EXERCISE

WRITE A LIST

3 STEPS

▶ **STEP 1 - Take Action**

(To break out of your comfort zone.)

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(To break out of your comfort zone.)

▶ **STEP 2 - NIP fear in the Bud**

(To prevent yourself from emotionally retreating back to your comfort zone.)

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(To break out of your comfort zone.)

▶ **STEP 2 - NIP fear in the Bud**

(To prevent yourself from emotionally retreating back to your comfort zone.)

▶ **STEP - Find Your Focus**

(To stay out of your comfort zone longer and more often)

STEP 1

TAKE ACTION

4 RULES: BUILD YOUR CONFIDENCE

- ▶ Rule 1: Say “Good Thing, Bad Thing, Who Knows”

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- ▶ Rule 1: Say "Good Thing, Bad Thing, Who Knows"
- ▶ Rule 2: You Control How You Think & How You Feel
- ▶ Rule 3: Know What Makes You Unique
- ▶ Rule 4: Take Action Now!

STEP 2

NIP FEAR IN THE BUD!

NIP

- ▶ **Not Alone**



NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**

NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**
 - ▶ **Fill Your Bucket**

NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**
 - ▶ **Fill Your Bucket**
 - ▶ **90 Days to Gratitude**

NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**
 - ▶ Fill Your Bucket
 - ▶ 90 Days to Gratitude
 - ▶ No Complaint Bracelet

NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**
 - ▶ Fill Your Bucket
 - ▶ 90 Days to Gratitude
 - ▶ No Complaint Bracelet
 - ▶ Journaling

NIP

- ▶ **Not Alone**
- ▶ **I Will Get Through It**
 - ▶ Fill Your Bucket
 - ▶ 90 Days to Gratitude
 - ▶ No Complaint Bracelet
 - ▶ Journaling
- ▶ **Play the Part**

STEP 3

FIND YOUR FOCUS

3 RULES: FIND YOUR FOCUS

- ▶ **Rule 1: Keep Your Agreement**
(Principle #54, The Success Principles)

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- ▶ **Rule 2: Set Goals & Dates**
(Marathon training plan)

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- ▶ **Rule 1: Keep Your Agreement**
(Principle #54, The Success Principles)
- ▶ **Rule 2: Set Goals & Dates**
(Marathon training plan)
- ▶ **Rule 3: Keep track of Progress**
(Don't break the chain)

FAST FORWARD MINDSET PLAN

- ▶ **Agree to Break Out of Your Comfort Zone**
(Step 1 - Build Your Confidence)

FAST FORWARD MINDSET PLAN

▶ **A**gree to Break Out of Your Comfort Zone

(Step 1 - Take Action)

▶ **O**wn Your #1 Fear

(Step 2 - NIP Fear in the Bud)

FAST FORWARD MINDSET PLAN

▶ **A**gree to Break Out of Your Comfort Zone

(Step 1 - Take Action)

▶ **O**wn Your #1 Fear

(Step 2 - NIP Fear in the Bud)

▶ **K**eep Your Agreement

(Step 3 - Find Your Focus)

AGREE TO BREAK OUT OF YOUR COMFORT ZONE

- ▶ **Where** do you want to be more fearless or focused (ie. Complete a 26.2 marathon)?

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- ▶ **What** Step out of your comfort zone is it?
- ▶ **Why** are you doing this?

AGREE TO BREAK OUT OF YOUR COMFORT ZONE

- ▶ **Where** do you want to be more fearless or focused (ie. Complete a 26.2 marathon)?
- ▶ **What** Step out of your comfort zone is it?
- ▶ **Why** are you doing this?
- ▶ **When** will you start?

STEP 2: NIP FEAR IN THE BUD!

OWN YOUR #1 FEAR

- ▶ **What is Your #1 Fear?**

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- ▶ **What is Your #1 Fear?**
- ▶ **Not Alone**
(Who else is going through this?)

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(Past experience that shows you have what it takes)

OWN YOUR #1 FEAR

- ▶ **What is Your #1 fear?**

- ▶ **N**ot Alone

(Who else is going through this?)

- ▶ **I** will Get Through This

(Past experience that shows you have what it takes)

- ▶ **P**lay the Part

(Why you are fearless and do not care what others think of you)

KEEP YOUR AGREEMENT

▶ **Training Plan**

(Basic overview of Dates & Goals)

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- ▶ **Training Plan**

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- ▶ **Accountability Partner(s)**

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- ▶ **Training Plan**

(Basic overview of Dates & Goals)

- ▶ **Accountability Partner(s)**

- ▶ **Your Victory Feeling**

(In past tense as if it already happened)

KEEP TRACK

FIRST 30 DAYS

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