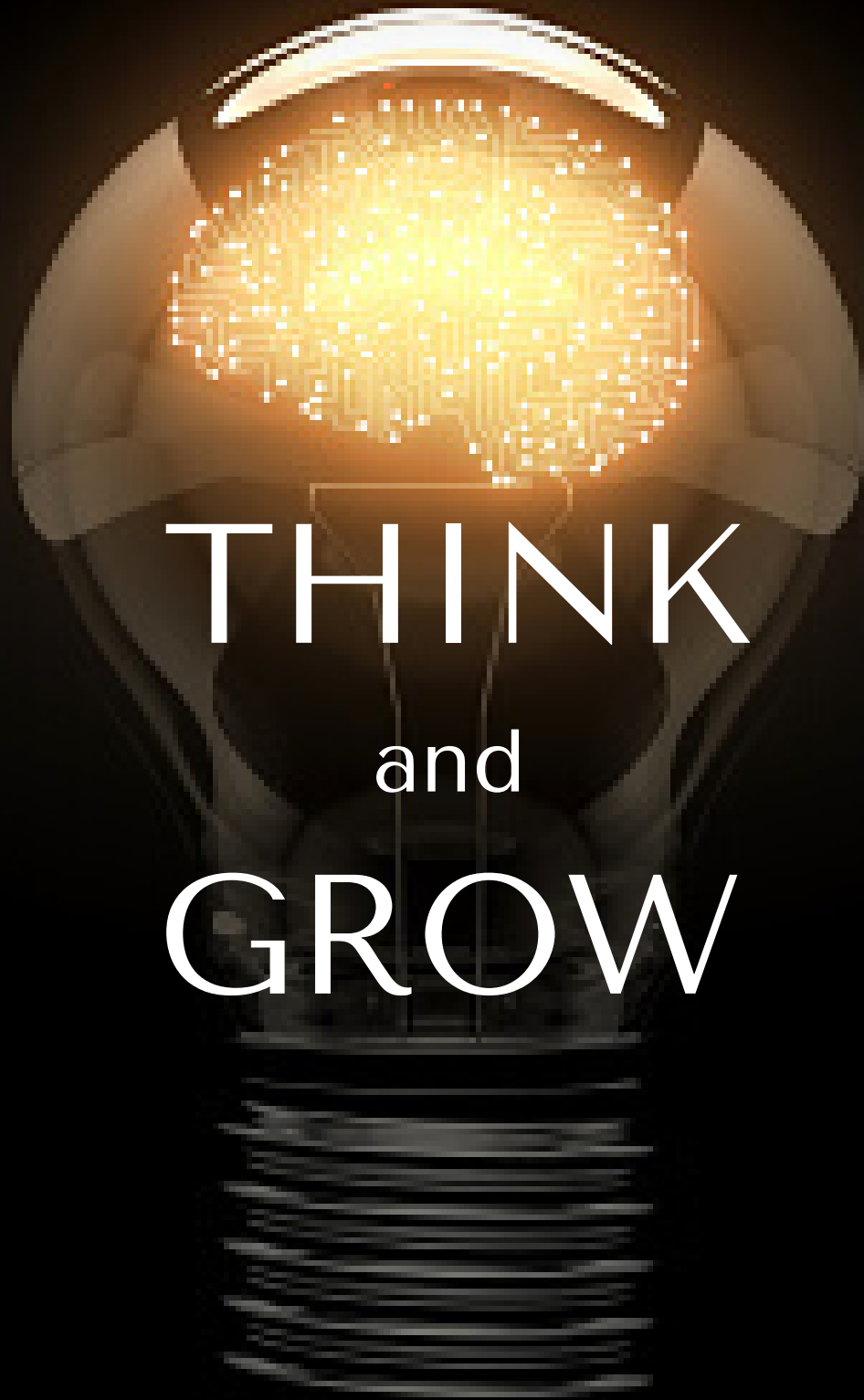


The Workbook



THINK
and
GROW

LESSON ONE

RECOMMENDED READING

You are the "master of your fate, the captain of your soul"
because ...pages 17-19

Desire: The point of all achievement

13 PRINCIPLES

DESIRE

(The first step toward Riches)

FAITH**AUTO-SUGGESTION****SPECIALIZED KNOWLEDGE****IMAGINATION****ORGAINZED PLANNING****DECISION****PERSISTENCE****POWER OF THE MASTER MIND****THE MYSTERY OF SEX TRANSMUTATION****THE SUBCONSCIOUS MIND****THE BRAIN****THE SIXTH SENSE****HOW TO OUTWITH THE SIX GHOSTS OF FEAR**

(Clearing the Brain for Riches)

THE DEEPER YOU DIG, THE MORE YOU
LEARN ABOUT YOURSELF AND WHAT
REALLY MATTERS TO YOU!

Identify specific ways you have been influenced in each area. How has it shaped your view of yourself? How has it shaped your view of the world?

(SOCIAL HEREDITY)

FAMILY:

EDUCATION:

RELIGIOUS TEACHINGS:

MEDIA:

Often, We hold on to a belief that is imposed upon us. What belief are you holding on to that holds you back from your passion/desire?

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Identify how each of the 4 influences in social heredity impacted your view of:

WEALTH

HAPPINESS

PEACE OF MIND

What personal qualities and achievements do you want to be remembered for?

What profound impact would you like to have on other people's lives?

Think about what you want your life-defining sentence to be. What would you like to be remembered for?

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WHAT SENTENCE WILL DEFINE YOUR LIFE?

I want to _____ because _____.

For example, I want to run a 10k because it will help me get into shape.

Then, insert the reason into the first part of the sentence and repeat the process over-and-over again.

For example:

- I want to get into shape because I don't have enough energy to be productive at work.
 - I want to be productive at work because it's important to provide for my family.
 - I want to provide for my family because being a great parent is rewarding.
 - I want to be an amazing parent because I believe it's part of leading a good life.
-

THE DEEPER YOU DIG, THE MORE YOU
LEARN ABOUT YOURSELF AND WHAT
REALLY MATTERS TO YOU!

Review your answers and choose the common theme that inspires you and gets you excited. Write one sentence that sums up. Again, you can go back to it and change it as many times as you need.
