Capture

Beautiful State

How have you approached life differently the last 3 days than you would have before given you've decided to live in a beautiful state?

Six Human Needs

Based on the 6 Human Needs you learned, what were your top 2 needs before Unleash the Power Within and what are they NOW?

OLD	NEW
_____	_____
_____	_____

Day 1: Breakthroughs

What was the limitation, belief or emotion you broke through at UPW? What emotion did you breakthrough to on the other side?

Power of Decision

On day two of Unleash the Power Within, you made two decisions – one big and one little. What were they?

TONY ROBBINS
UNLEASH THE POWER WITHIN

Closing the Gap

What areas did you pick? Have you made progress?

TONY ROBBINS
UNLEASH THE POWER WITHIN

CLOSING THE GAP

STEP 2:
WHERE DO YOU WANT TO BE?

Which one area do you most want to focus on improving?

What are the 3 most important actions you are committed to taking in order to close the gap in that area? Maybe one that you can take action on today?

What is the second area you would focus on improving? What is at least one action you can take to make progress on that today?

STEP 3: CHECKLIST TO CLOSE THE GAP

I. Get Focused and Clear
1. Clear and compelling vision
2. Strong reasons to follow through
3. Total honesty about where you really are

II. Get the Best Tools for Success
1. Proven map
2. Expert/effective guide/mentor
3. Principles and skills
4. Standards/rituals/schedule critical for success
5. System for training and conditioning for results
6. Team/peer group/community to call you to a higher level
7. Daily action, flexible approach, and constant measurement

III. Get Aligned, Get Integrated, and Get Results
1. Do you have beliefs, values, and goals in conflict? Do you have conflicts with other people about getting results in this area of your life?
2. What's your plan to transform these conflicts? Update your blueprint, integrate, align, and achieve.
3. How will you celebrate? What will you do for yourself and others? Whose lives will you touch?

STEP 1:
WHERE ARE YOU NOW?

1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE

STEP TWO: DESCRIBE WHAT YOUR EXTRAORDINARY LIFE FEELS LIKE

STEP ONE: DESCRIBE WHAT YOUR LIFE FEELS LIKE NOW

1. PHYSICAL BODY	2. EMOTIONS & MEANING	3. RELATIONSHIPS	4. TIME	5. WORK/CAREER	6. FINANCES	7. CELEBRATE & CONTRIBUTE

Put this page aside, we'll be using it for the second exercise.

Dickens Process

What are the three new beliefs you created during the dickens process?

Belief #1: _____

Belief #2: _____

Belief #3: _____

Power of Decision

Of these twelve principles, what are three you will commit to focus on for the next 90 days?

1: _____

2: _____

3: _____

The 8 Gifts - Give Yourself the Gifts of:

1. The Power of Vital Breathing & Lymphasizing
2. The Power of Living Water & Live Food
3. The Power of Healthy Fats & Oils
4. The Power of Alkalinity – Go Green!
5. The Power of Movement & Aerobic Energy
6. The Power of Maximum Nourishment
7. The Power of Structural Alignment & Maximum Strength
8. The Power of a Directed Mind & Heart

The 4 Poisons - Dramatically Reduce or Eliminate Your Intake of:

1. The Poison of Processed Fats
2. The Poison of Animal Flesh
3. The Poison of Dairy Products
4. The Poison of Acid Addictions

RPM

Rapid Planning Method

Question #1:

What's the **result** you're committed to achieve based on what you've learned here today? What result do you want to get in this area of life of your health, energy, and vitality?

Question #2:

WHY is this a **"must"** for you to follow through? What's your Purpose? What will it give you?

Question #3:

What's your **map** to get there? What are some actions – **write down 3, 4 or 5 specific actions** you can take to help you get to your result?