

SYSTEMS FOR SUCCESS



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The Motivator

Fill in the table on the next page with your answers from the final section of “The Dream Activator”

The section entitled: “YOUR TOP PRIORITY DREAMS: YOUR CAUSE: YOUR VISION THAT’S WORTH DYING FOR!”

The objective of this activity is to paint as clear a picture as possible of what your better, brighter future looks like. What does the fulfilment of your wildest dreams look like?

The next activity is focused on finding or clarifying your “WHY?”. In this section, fill out **WHY** accomplishing your dreams in this in area is significant, valuable and worth all the hard work and sacrifice that will be required? The bigger or the more significant your WHY, the more powerful your motivation will be to accomplish this dream. So, think carefully about the value of your dreams and why accomplishing them is so significant that you are willing to invest your life into them. Are they dreams worth dying for? If so – why? If not – why not?

It’s only when you’ve truly found a cause worth dying for that you truly come to life! What about your dreams is so precious that it is worth dying for? What is your “WHY?” that sets your heart ablaze with passion?

WHY is your better, brighter future so important? Who will it impact if your dream is fulfilled? Who will it impact if your dream is never fulfilled? How will you feel if your dream is fulfilled? How will you feel if it is not fulfilled? What will your legacy be if it is fulfilled? What will your legacy be if it is not fulfilled? When you look back on your life from your death bed what is the legacy that you want to see?

MOTIVATION BUILDERS AND MOTIVATION KILLERS

What do you want and why?

**MY BETTER BRIGHTER FUTURE: MY CAUSE:
MY VISION THAT'S WORTH DYING FOR!!!**

FAITH

FAMILY

FITNESS

FINANCE

FELLOWSHIP

FUN

FUTURE

MY WHY!!!	
FAITH	
FAMILY	
FITNESS	
FINANCE	
FELLOWSHIP	
FUN	
FUTURE	

THE POWER OF FOCUS!

People think that motivation leaks, fades away or disappears. But that's not true. Motivation and passion get buried, covered up or hidden rather than disappearing. The secret to maintaining a high level of motivation and passion is to maintain your focus on the right things!

When you learn to master your focus, you can harvest passion at will by placing your focus on your "WHY?".

The secret to producing a never-ending supply of intense passion is to keep your focus on the significance, or the "WHY?" behind your dreams.

This is so critical in the process of bringing your dreams to life, because when the pressure of life and the adversities that you face in the process of bringing your dreams to life seem to be impossible – motivation and passion will empower you to do whatever it takes to overcome and bring your dreams to life.

Without the ability to harvest an abundant supply of passion on demand your dreams become vulnerable to the circumstances and pressures of life. But by learning how to master your focus, you can cultivate a lifestyle of high-level motivation and passion, which will empower you to bring your wildest dreams to life!

Actually, everyone is good at focusing. But not everyone is good at focusing on the things that will produce high levels of motivation.

A positive focus is illusive. This world is full of marketers who have invested their whole lives into capturing your attention, or in other words - distracting you! On top of millions of marketers around the world investing billions of dollars to distract you and get your cash, there are all the other pressures, obligations, urgent requirements, relationships and daily demands of life that are all ravenously and constantly attempting to distract your focus by grabbing your attention.

This Motivation Template is designed to help you master your attention and master the ability to focus on the thoughts that will produce a natural, authentic and sustainable highly motivated lifestyle of bringing your dreams to life!

DISCOVERING THE “WHY” BEHIND YOUR DREAM

Give a detailed description of the priority dream that you want to focus on:

What will your world look like when this dream is fulfilled?

HOW WILL YOU FEEL WHEN THIS DREAM IS ACCOMPLISHED?

Take time to imagine yourself standing in the moment of your dream being fully realised.

*Allow yourself to see the reactions on people’s faces, allow yourself to feel the emotions,
allow yourself to imagine the joy, the satisfaction, the feeling of success.*

Allow yourself to see how people’s lives have been changed.

Allow yourself to see how it has changed your own life.

HOW WILL YOU FEEL WHEN THIS DREAM IS ACCOMPLISHED?

On a scale of 1-10 how much joy and satisfaction will you get from accomplishing this dream?

How will you feel if you never accomplish this dream?

On a scale from 1-10 how much pain will you feel if you never accomplish this dream?

Describe in your own words how accomplishing this dream will make your world better?

Who will benefit from this dream being accomplished?

How much impact will the fulfilment of this dream have on their lives?

Who will be impacted negatively if this dream is not fulfilled?

How will failing to fulfil this dream impact their lives?

WHY IS YOUR DREAM SO SIGNIFICANT AND VALUABLE THAT IT IS WORTH FIGHTING FOR, SACRIFICING FOR, WORKING HARD FOR AND GIVING YOUR LIFE FOR?

This is such a critical question to answer. This answer is the “WHY?” behind your dream, it’s the engine under the hood of your vision. This answer is the source of the raw passion that is going to get you out of bed early, cause you to get up and go again after a major setback, it’s the source of the drive that will keep you in the fight for your dreams long enough to do the impossible – to bring your wildest dreams to life! So answer this question vulnerably, courageously and powerfully.

WHY IS YOUR DREAM SO SIGNIFICANT AND VALUABLE THAT IT IS WORTH FIGHTING FOR, SACRIFICING FOR, WORKING HARD FOR AND GIVING YOUR LIFE FOR?

How often do you focus on the “why?” Behind your dream? (Please tick one)

Monthly? ☐

Weekly? ☐

Daily? ☐

Multiple times a day? ☐

Other (please specify) ☐

In the box below give an estimate as a % of how often you are focused on why you want this dream to come true?

In your own estimate and in your own words describe how much room you have for improvement in the area of maintaining your focus on “why?” You want what you want from life?

List your top three reasons of why this dream is significant

1.

2.

3.

Going forward how often would you like to focus on the “why?” Behind this dream?

List one thing that you could do a day in less than five minutes that would help you focus on your “why?”

THE POWER OF BELIEFS!

MENTAL HYGIENE, EMOTIONAL HEALTH AND POWERFUL FEELINGS

Feelings and emotions are always attached to beliefs. If you learn to identify the beliefs producing your feelings and emotions you can strategically transform your feelings and emotions into positive feelings and emotions. If you fail to identify the beliefs producing your feelings and emotions, you will remain vulnerable to being tormented by your own feelings and emotions.

The person who has no control over their own feelings and emotions becomes their own worst enemy – hijacking their own potential, killing their own momentum, smothering their own motivation, sabotaging their own dreams and ruining their own life.

The secret to developing empowering feelings and excellent emotional health is great mental hygiene. If you can identify beliefs that are producing negative feelings and emotions, then you can change the beliefs that produce negative feelings and emotions with beliefs that produce positive feelings and emotions.

Negative feelings and emotions are major motivation killers, that will rob you of your dreams. Positive feelings and emotions are motivation builders that will add massive momentum to your life as you pursue your dreams.

When you think about starting to work on this dream what are the most positive feelings and emotions that you have?

For example: Excitement / Significant / Productive / Hopeful / Diligent / Happy / Valuable

Can you identify any beliefs that are producing these positive feelings and emotions?

How often do you focus on these positive beliefs?

Weekly? ☐

Daily? ☐

Multiple times a day? ☐

Other (please specify) ☐

How often do you focus on these positive feelings and emotions?

Weekly? ☐

Daily? ☐

Multiple times a day? ☐

Other (please specify) ☐

How often would you like to experience these positive feelings and emotions?

What are you going to change in order to make this happen?

When you think about working on this dream what are the most negative feelings and emotions that you have?

For example: Inadequate / Fear, stress, anxiety / Insignificant / Frustrated / Hopeless / Unhappy / Worthless

Can you identify any beliefs that are producing these negative feelings and emotions?

How often do you focus on these negative beliefs?

Weekly? ☐

Daily? ☐

Multiple times a day? ☐

Other (please specify) ☐

How often do you experience these negative feelings and emotions?

Weekly? ☐

Daily? ☐

Multiple times a day? ☐

Other (please specify) ☐

How often would you like to experience these negative feelings and emotions in the future?

What are you going to change in order to make this happen?

IDENTITY

A major motivation builder or killer is your personal conviction of who you are, your value, what you believe defines you and what you believe you are capable of.

The beliefs that you hold about yourself have a huge influence on your feelings and your mental and emotional health.

Big dreams often trigger a sense of personal inadequacy, which leads to negative thinking, feelings and emotions.

When we have a strong and positive conviction of our identity we develop great conviction of our own capacity to fulfil our dreams.

Who do you believe you are? What do you believe defines you?

Do you believe that you are capable of accomplishing this dream?

Can you identify any thoughts that you have in your mind that say that you are not qualified or not capable of bringing this dream to life? If so list those beliefs below.

Can you identify any feelings or emotions connected with the beliefs listed above?

FOR EACH OF THE NEGATIVE BELIEFS THAT YOU HAVE LISTED ABOVE, LIST A TRUTH IN THE BOX BELOW.

Negative beliefs will constantly kill your motivation by producing negative feelings and emotions. You can fight back against negative feelings and emotions by telling yourself the truth.

Identify the lie producing negative feelings and emotions and replace it with the truth.

By doing this your feelings and emotions will eventually change, your confidence will grow and your conviction of who you are will become strong and confident. Most people don't realise that they can control their feelings and emotions by developing a positive belief system. Understanding how to cultivate a lifestyle of positive feelings and emotions is one of the secrets to bringing your dreams to life!

If you can't identify the lies or list the truths, then you will greatly benefit from investing some time with someone, such as a life coach who can help you discover the answers to these questions. This will radically change your life!

LIST THE TRUTHS IN THE BOX BELOW.

When you think about this dream how much of your thinking is positive and how much is negative?

Try to give a rough estimate as a percentage.

**Positive
thinking %**

**Negative
thinking %**

List below your top three truths that state why you are capable of accomplishing your dreams

1.

2.

3.

THE POWER OF RELATIONSHIPS!

One word of encouragement in the midst of struggles, pressure, hard work and investing yourself into bringing your dreams to life can make a world of difference. Being surrounded by encouraging people is going to dramatically enhance your motivation. Being surrounded by negative, discouraging people is going to damage your motivation levels and also drain your emotional and physical energy.

Encouraging people create a positive growth environment that will position you to thrive and excel. Discouraging people create negative growth environments, which damage people.

The relationships that you surround yourself with can either position you to watch your dreams coming alive or to watch your dreams die.

List below the three most encouraging relationships in your life and beside their name an estimate of how much time you spend with them a month and also how you feel when you are around them

The person	Time you spend with them	How you feel around them

List below the three most discouraging relationships in your life and beside their name write an estimate of how long you spend with them a month and how you feel around them
(You may wish to use an alias for these people – if you can't find three that's amazing!)

The person	Time you spend with them	How you feel around them

Going forward, which relationships do you want to intentionally develop for the sake of your dreams and how will you do that?

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Going forward, which relationships do you want to intentionally disconnect from for the sake of your dreams and how will you do that?

If you have no idea how to create healthy distance in the context of an unhealthy relationship, you should speak to someone like a life coach for great communication tools and healthy relationship advice.

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What is the single most beneficial action that you can take right now to steward, foster and maximise the power of positive motivating relationships in your life?

What is the single most beneficial action that you can take right now to minimise, isolate or eliminate the power of destructive relationships in your life?

Do you need to develop any new relationships in order to move in the direction of fulfilling your dreams?

IS THERE ANYONE IN YOUR LIFE THAT YOU HAVE MADE YOURSELF ACCOUNTABLE TO?

The purpose of accountability is not to invade your privacy but to give someone the authority and opportunity to speak into your life to hold you accountable to your greatness!

IF YOU ARE ACCOUNTABLE TO SOMEONE – LIST THEIR NAME BELOW. IF YOU AREN'T LIST THE NAME OF SOMEONE WHO YOU WOULD BE HAPPY TO BE ACCOUNTABLE TO.

If you don't have someone in your circle of relationships that would be available to regularly provide accountability, then a life coach is a great option.

IS THERE ANYONE IN YOUR LIFE THAT YOU HAVE MADE YOURSELF ACCOUNTABLE TO?

If you do have someone that you are accountable too, please rate how valuable that accountability relationship is to you using a scale of 1-10. 10 Being the highest value possible.

THE POWER OF COACHING!

Look at any athlete that is serious about success and you will quickly discover something in common with all of the most successful athletes. They have a coach. The role of that coach is to bring the very best out of that person! It is to encourage them, push them, give them reality checks, attitude adjustments, perspective, help them process failure and success, keep them accountable to their greatness and unlock their potential so that they can be the best that they can possibly be.

I don't want to get to the end of my life and then have the realisation that I did not fulfil my potential. If I'm not fulfilling my potential, then I want to know about it now not later. Personally, I believe that I am currently fulfilling about 2% of my potential. That is not because I lack hope. It's because I have an extreme amount of hope and enormous vision for what is possible and what I am capable of.

By studying the lives of people who have walked in greatness, I have learnt that I have so much more potential to write history and influence nations and to leave a legacy of blessing than I am currently walking in. So, I have developed a precision vision plan to unlock that potential.

I have great people around my life. I am accountable to someone amazing who is committed to regularly speaking into my life and keeping me accountable to my greatness. If I want to grow and maximise my potential in an area of my life I get a specialized coach. I have had coaching sessions this year from multiple coaches.

The power of a coach to help problem solve, add perspective, give expert advice, provide specialized training in a particular area of my life with game changing "How To's" and feedback on my technique and performance is priceless.

I personally attribute recent success that I've had to the power of coaching. Coaching has taken me from fulfilling 1% of my potential to fulfilling 2% of my potential. The personal gains and returns from coaching in my life is so high that it is difficult to estimate exactly how much benefit that I have received from coaching. Only time will tell how fruitful coaching has been in my life!

*How much of your potential do you believe you are currently fulfilling on an average day?
Give an estimate in a %.*

Describe what your world would look like if you were fulfilling 100% of your potential?

How would your life change if you were living out your full potential?

How would you feel if you got to the end of your life and realised that you never fulfilled your potential?

Do you need any professional advice, how to's, tips, tricks or training to help you fulfil your potential?

Have you ever had a coach before? If so how was that experience for you?

Do you have a mentor or coach that you work with on a regular basis? If yes – who is it?

On a 1-10 scale how valuable would you rate coaching?

Do you have someone in your life right now who has the time and the ability to regularly coach you to succeed in life?

*Did you rate the value of coaching less than a 7 out of 10?
If so – can you personally change to get more out of your coach?
Do you need to get a coach? Or do you need to get a new coach?*

What is the best way that you currently steward your own potential?

What is the worst way that you currently sabotage your own potential?

How do you think a coach could help you unlock more of your potential?

What do you think is the next best action that you can take to maximise your potential?

THE MULTI-MILLION DOLLAR QUESTION???

On a scale of 1-10 how difficult do you believe it will be to bring this dream to life?

Are you willing to commit to doing whatever it takes to accomplish this dream?

CIRCLE ONE

NAME

DATE

SIGN

Yes

No

YOUR NEXT STEP IS CRITICAL!!!

The next template in “The Focus Package” is the Strategic Planner. If you are serious about setting yourself up for success and bringing this dream to life, then utilise The Strategic Planning template to help you develop your own Precision Vision Plan that will position you to bring this amazing dream to life!

Enjoy the adventure! You are on the way to the fulfilment of your wildest dreams!