



3 Proven Strategies for Success



A Template to Rocket-Boost Your Success

Welcome to your Life-Success Template. Think of it as your personal roadmap to awesomeness. Fill it out today, and revisit it anytime negative self-talk tries to crash your party. Let's turn those "I can'ts" into "Watch me's."

STEP 1

Write out the negative self-talk, as completely as the message is in your head. Include any emotions that this thought or statement invokes in you.



STEP 2

In this section, you will begin with the left-hand column and list all of your “life proof” or experiences and knowledge that verify your statement in step 1 is absolutely accurate.

In the right hand column you will list all of the successes you have had to counter that primary statement (Step 1) and then 2 Reasons each to prove every statement in the left column is not true or no longer applies in your life.

Why my statement is
TRUE

Why my statement is
UN-TRUE



STEP 3

Now write your Statement of TRUTH.

The Positive Statement that EMPOWERS your journey and lets you know your are Limitless!

For the highest level of IMPACT in your life - Write this statement out 2-3 times daily and read it out loud as you write it.

Your potential is truly Limitless and you deserve to live the Life of your dreams.

Be Awesome~

Lisa



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