

THAT'S ambitious

READY STAGE
Course 1 – Deeply Committed

PART 1

How to ditch an old habit and replace it with a new one.



Which habit do you have, that is not serving you well, are you finally willing to give up so that you can create a more empowering habit in its place?

How much time, if you ditched that habit, would you save per day and/or week?

What empowering habit or behavior do you need to develop?

Notes:

PART 2

How to become deeply committed by becoming deeply invested.



If you want to be deeply committed, then become deeply invested. If you have skin in the game, then the likelihood that you succeed in your new learned behavior will be increased significantly.

Here are 3 ways to become deeply invested.

1. Rather than make a promise to yourself, make a promise to someone that will be impacted by your failure.

I will make a promise to _____ that I will successfully complete my mission of creating a new empowering behavior.

2. If I fail in my mission, I will undertake and complete the following task that I do not want to do.

3. I will invest money in knowledge. Specifically, _____

Notes:

PART 3

A step-by-step formula on how to manufacture self-discipline.



1. I recognize that it takes an average of 66 days for a new behavior to become automatic. Check that you agree
2. I am willing to give up _____
3. I intend to _____
for _____ minutes per day for the next 66 days.
4. I will measure my results by _____
5. I will celebrate my results by _____

6. I will share my results with _____
7. Print out the calendar included in this PDF. For each day that you complete your new behavior check the box.

Notes:

June 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

July 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 28 | 29 | 30 | 31 | | | |
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August 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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