

Session 7:

Taking

Massive Action



ACTION

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

– Dale Carnegie

The world doesn't pay you for what you know; it pays you for what you do. There's an enduring axiom of success that says, "The universe rewards action." Yet as simple and as true as this principle is, it's surprising how many people get bogged down in analyzing, planning and organizing when what they really need to do is take action.

When you take action, you trigger all kinds of things that will inevitably carry you to success. You let those around you know that you are serious in your intention. People wake up and start paying attention. People with similar goals become aligned with you. You begin to learn new things from your experience that cannot be learned from listening to others or from reading books. You begin to get feedback about how to do it better, more efficiently, and more quickly. Things that once seemed confusing begin to become clear. Things that once appeared difficult begin to be easier. You begin to attract others who will support and encourage you. All manner of good things begin to flow in your direction once you begin to take action.

Over the past three months we've asked you to take many actions. This program is truly about helping you go from where you are to where you want to be, and at the end of the day, it boils down to the actions we take. As you'll see in the pages that follow, we're asking you to take some time to reflect on your original Wheel of Life through the lens of action. If you've significantly improved in certain areas, what were the actions you took? If you haven't, what stopped you? We have one month left together, so it's time to go FULL THROTTLE and take massive action!



WHEEL OF LIFE



INSTRUCTIONS

To fill out your Wheel of Life, score your level of satisfaction in each of the 7 areas of your life. Zero being that you are not at all satisfied, and ten being that you're extremely satisfied with where you're currently at.



REFLECTION

How does your wheel look now compared to 3 months ago? What areas have you improved? Are there any areas that have declined?

Have you improved the one area that you wanted to improve more than any other? What do you think contributed to your success or lack of it in this area?

Looking at your wheel, what is the area you feel happiest with? What were some of the specific actions you took in this area over the past 3 months?



What is the one area that you'd like to focus on improving for these last 30 days and why?

What specific actions could you take to start improving this area?

What is an action you are committed to taking today to improve this area?

What would it look and feel like a month from now if you made this one area your singular focus over the next 30 days?



TAKE ACTION

What's one big, long-term goal you have?

What are some of the possible actions that you could take to move just one step closer to this goal?

Now, schedule it.

Actions I Will Take	I'll Start By	I'll Finish By	Done



ASK, ASK, ASK!

Perhaps the biggest reason most people fail to ask for what they need is that they aren't exactly sure about what they want or need. We've spent a lot of time in the club defining what we want and need, so asking becomes much easier as a result.

In the exercise below, you'll see that we've given you the categories from the Wheel of Life. Choose your most heartfelt or meaningful desire or need in each of the seven areas, then answer the questions that follow.

MY FINANCES

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?



MY WORK, CAREER OR BUSINESS

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?

MY RELATIONSHIPS

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?



MY HEALTH & FITNESS

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?

MY FREE TIME, FUN & RECREATION

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?



MY PERSONAL & SPIRITUAL GROWTH

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?

MY COMMUNITY & CONTRIBUTION

My most important want or need is:

The next most obvious step to achieving what I want or need is:

Who can I ask for help?

What will I ask for?

