

# PROFITS PYRAMID PROGRAM $^{TM}$

### Training #3

## Mindset - Part 2

Write down where in your life you are not being congruent – where your thoughts, feelings, words and actions are not all in alignment

### What self belief, self love and deserving issues do you have?

Don't worry you don't need to show us this. This is purely for you, so be honest and truthful here.	

What are you proud of yourself for? What have you achieved in your life that is really amazing?

What hurdles or challenges have you overcome in your life that can show yourself that you have great character and abilities?

What are you really great at in your life? What are you really talented at?

How are you going to appreciate yourself and look after yourself?

Outline Your Daily Success Ritual Here. What are you going to do every day to lift your vibration, to energise you, to inspire, to empower & motivate you?

Remember the 4 foundation rituals I gave you: Reading Your Goals, Affirmations with feeling, Meditation and Getting Clients & Delivery.

Then add any of the Success Ritual Super Chargers that you feel inclined to add at this stage, or if you have another success ritual that would be ideal for you, then add that here too.

What affirmations are you going to do daily?	

What are you grateful for in your life right now?

Any other comments, "aha" moments or notes that you want to write about that came up during this week's trainings?

## This Week's Checklist

- Watched all the training videos for Mindset Part 2
- o Completed this Action Guide
- o Attended the Kaizen Q&A Webinar on Monday afternoon
- Continue to observe of your thoughts, language, behaviours, habits during the week
- o Start your daily success rituals