

ELEMENTS OF

MINDSET MASTERY

DAILY RITUAL
FOR SUCCESS

PASSION, PURPOSE
& HOBBIES

MORNING
RITUALS

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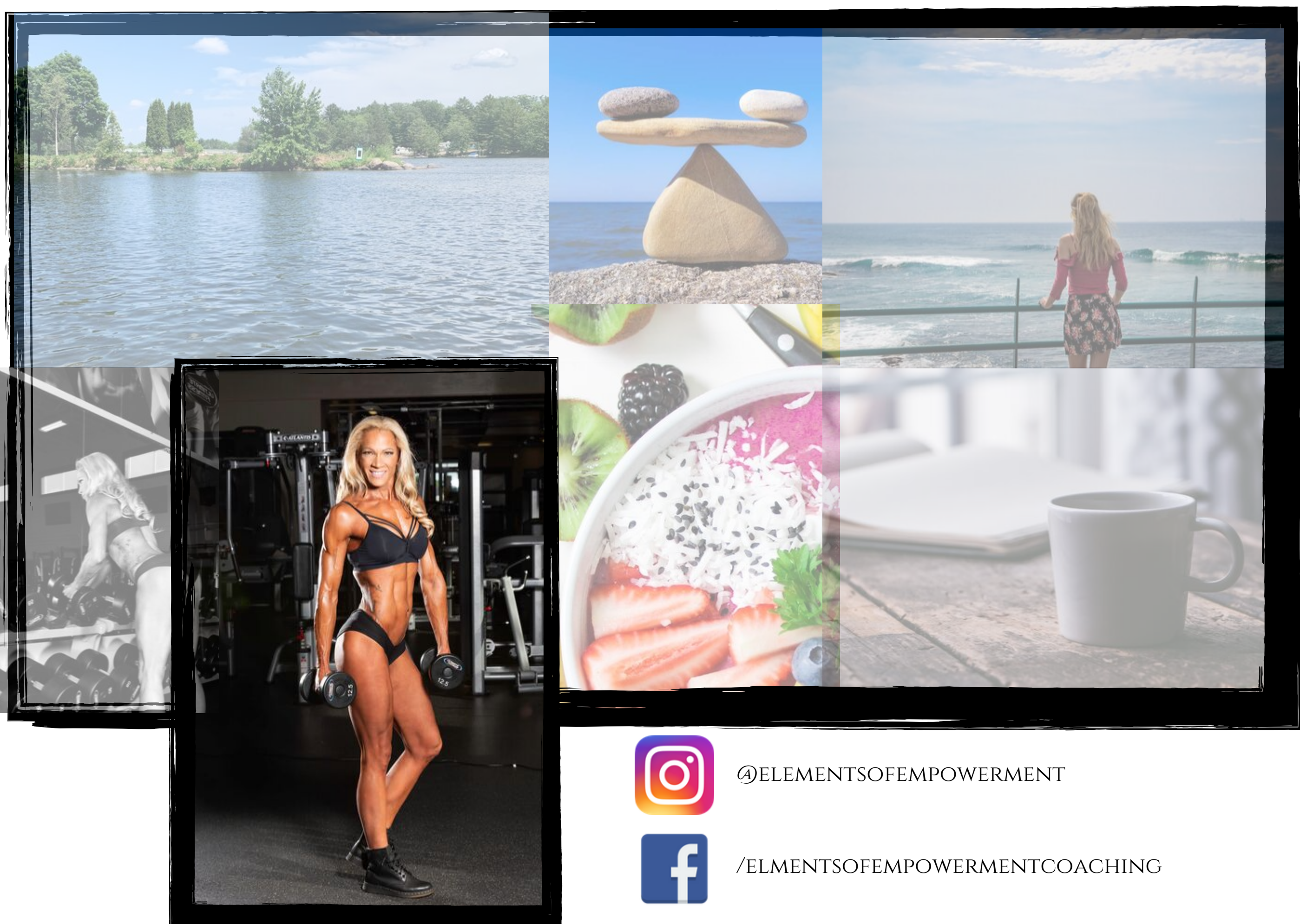
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CONTENTS

- 3 INTRODUCTION
- 4 THE RULES FOR BEING AMAZING
- 5 LIMITING BELIEFS - PART 1
- 6 LIMITING BELIEFS - PART 2
- 7 LIMITING BELIEFS - PART 3
- 8 DAILY RITUALS
- 9 PASSION, PURPOSE & HOBBIES
- 10 VISIONS & GOALS
- 11 WHEEL OF LIFE
- 12 A.M. ROUTINE



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Introduction

“PEOPLE WHO HAVE ACHIEVED GREAT SUCCESS ARE NOT NECESSARILY MORE SKILLFUL OR INTELLIGENT THAN OTHERS. WHAT SEPARATES THEM IS THEIR BURNING DESIRE AND THIRST FOR KNOWLEDGE. THE MORE ONE KNOWS, THE MORE ONE ACHIEVES”.

~ ROBIN SHARMA

Dear friend,

I know that your time is precious, so I wanted to thank you for taking the time to read this.

Elements of Empowerment® specializes in alternative and integrative approaches to psychology, human potential and performance, understanding, and personal growth. Our vision is for clients to reach and unleash their highest potential in health, wealth, love and happiness that has a ripple effect into the world. As specialized coaches, we provide transformational tools, techniques, coaching services and products that deliver the platinum standard in human potential and performance, with elements to achieve personal empowerment to inspire leaders to release limiting beliefs, transform and expand for breakthrough results.

THE RULES FOR BEING AMAZING

By Robin Sharma

.....

RISK MORE THAN IS REQUIRED. **LEARN** MORE THAN IS NORMAL.
BE **STRONG.** SHOW **COURAGE.**
BREATHE. EXCEL. LOVE. LEAD.
SPEAK YOUR **TRUTH.** LIVE YOUR VALUES.
LAUGH. CRY. INNOVATE. **SIMPLIFY.**
ADORE MASTERY. RELEASE MEDIOCRITY.
AIM FOR **GENIUS.** STAY HUMBLE.
BE KINDER THAN EXPECTED.
DELIVER MORE THAN IS NEEDED.
EXUDE **PASSION.** SHATTER YOUR LIMITS.
TRANSCEND YOUR FEARS.
INSPIRE OTHERS BY YOUR BIGNESS.
DREAM BIG BUT **START SMALL.**
ACT NOW. **CHANGE** THE WORLD.
DON'T STOP.

For more inspiration from Robin + a free 120 page eBook, visit robinsharma.com today.

FINDING OUT
Limiting Beliefs
& REALITY

What are you most common

- "I can't ____ because ____"
- "I'm/am not ____ because ____"
- "I don't ____ because ____"

"I CAN'T ____ BECAUSE ____"

(Eg. I can't do speeches because I'm an introvert)

"I AM/AM NOT ____ BECAUSE ____"

(Eg. I'm not good with finances because I'm not a numbers person)

"I DON'T ____ BECAUSE ____"

(Eg. I don't ask for help, because i have been rejected before)

GUIDE

- The first blank represents where your life is getting compromised with your perceived limits.
- The blank following "because" shows what limiting belief is holding you back.

DEMOLISHING
Limiting Beliefs
BY PROVING THEM BIASED

3-step action

- Pick 1 limiting belief from the list above, which you use the most
- Question their origin for you.
- Find real life proof against them.

MY #1 GO-TO BELIEF ABOUT MYSELF THAT DEFINES MY LIMITS

(Eg. I'm an introvert, I'm not smart enough etc.)

WHAT MAKES ME THINK IT'S TRUE FOR ME? WHAT DO I SHOW

(Eg. embarrassing/traumatic experiences, common social belief, always told so by elders etc.)

GO ONLINE & SEARCH FOR INSTANCES WHEN THE OPPOSITE HAS BEEN PROVEN RIGHT. WRITE THEM DOWN AS REMINDERS TO YOURSELF.

(Eg. I don't ask for help, because I have been rejected before)

REMEMBER

- If you still think it's not a limiting belief but reality, then remember - **reality can be changed with imagination, creativity & hardwork if you truly want to.**

TURNING
Limiting Beliefs
INTO EMPOWERING BELIEFS

3-step action

- Think what reality you'd have preferred in it's place.
- Decide on your new empowering belief to replace it.
- Put it into action for imprinting it more prominently into your consciousness.

WHAT WOULD YOU'VE PREFERRED REALITY TO BE INSTEAD OF THE
BELIEF YOU POINTED OUT IN PART 2

(Eg. Sometimes I wish I wasn't' __ but __".)

DECIDE ON WHAT YOUR NEW REALITY WILL BE. BUT, TAKE BABY
STEPS, MAKE IT SOMETHING THAT DOESN'T OVERWHELM YOU.
ONCE YOU SUCCEEDED, ADD ON TO IT.

Eg. I can easily converse with everyone at the party" instead of "i am the
life of every party" as your new empowering belief)

PUT YOUR NEW EMPOWERING BELIEF TO PRACTICE. RINSE. REPEAT. USE THE
POWER OF POSITIVE THINKING TO REBOUND FROM FAILURES/MISSES & STAY
MOTIVATED.

Eg. What was my real life proof against this limiting belief)

REMEMBER

- If you still think it's not a limiting belief but reality, then remember -
**reality can be changed with imagination, creativity & hardwork if
you truly want to.**

My Daily Routine For Success

TOP THREE THING TO ACHIEVE TODAY

MORNING RITUAL

THINGS I'M GRTEFUL FOR TODAY

THINGS THAT ARE ON MY MIND

What's your Ikigai, your reason to get up in the morning?



Find more information here about finding you Ikigai

Vison and Goals

THIS IS WHAT I
Can do!
(AND I WILL)

My Vision:

FINANCIAL

6 Month:

1 year:

5 year:

RELATIONSHIPS

6 Month:

1 year:

5 year:

HEALTH & FITNESS

6 Month:

1 year:

5 year:

BUSINESS/WORK

6 Month:

1 year:

5 year:

SPIRITUALITY

6 Month:

1 year:

5 year:

PASSION/HOBBIES

6 Month:

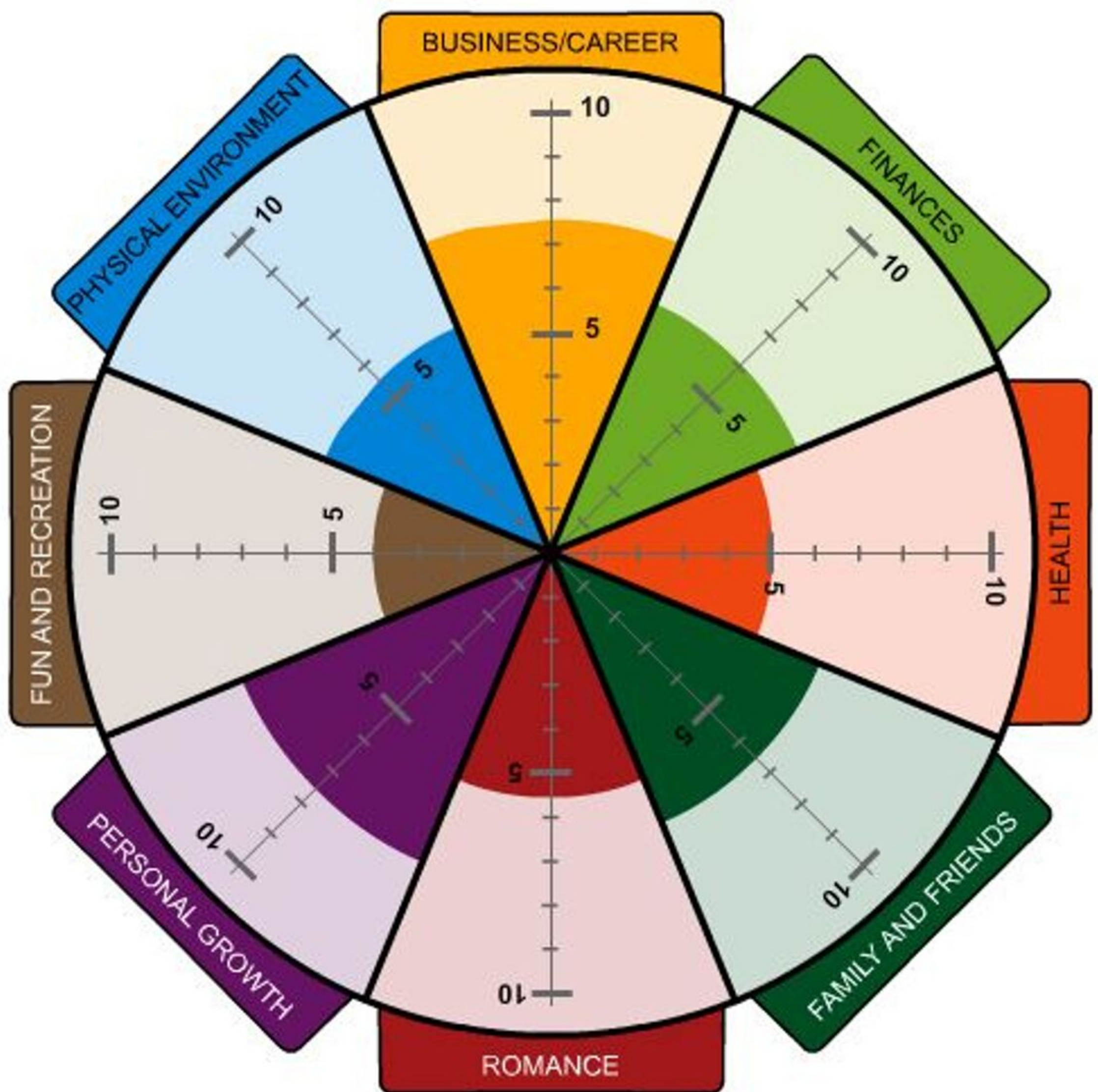
1 year:

5 year:

Your Wheel of Life

Welcome to your Wheel of Life!

As a starting point for creating balance, happiness and success in your life, the Wheel of Life is the perfect tool to begin your journey. Using this tool, you will be able to reflect and gain some insight into the balance of your life and how satisfied you are in life's different areas. Following on from this self-reflection, you can utilise this exercise to further delve into why your wheel of life looks the way it does, what you would like your wheel of life to look like, and further into how to make this happen.



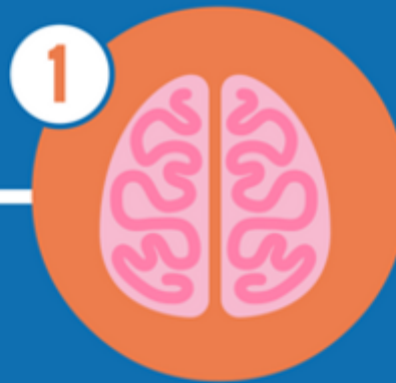
8 KILLER HABITS

For Success

Crush your day with this 8 step habit stack



Gratitude benefits us mentally and physically. Do a Triple-Gratitude session or journal every morning



Visualise the key moments of the day ahead. Picture what success looks like



Get rid of those toxins, boost your metabolism and energise with a glass of water



Get those endorphins going and be more productive in the day ahead with exercise



Overcome negative thoughts and start the day in a positive way with daily affirmations



Feel more energised, burn calories and activate your immune system with a 'Hot-to-Cold' shower



Refuel each morning to improve energy and concentration for the day ahead



Prepare your mind with meditation and experience greater calm and focus