

The Greatness Mindset Unlock the Power of Your Mind and Live Your Best Life Today Lewis Howes

*New York Times
Bestselling Author*

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INTRODUCTION

Think about where you are now. Next, think about where you want to be. The gap between those two places often feels huge. But what if there was a way to change your thinking and close the gap?

That's what this study guide is all about. As a companion to the book, *The Greatness Mindset: Unlock the Power of Your Mind and Live Your Best Life Today*, by Lewis Howes, this study guide will help you put into practice what you learn in the book. From developing a mindset of greatness, creating a Meaningful Mission, crafting a plan to navigate your fears, dreaming big dreams, to healing painful parts of your past, this study guide is immensely practical.

Following the structure of the book, you can expect to see this structure:

- **Big Ideas.** A sentence or two that highlights the big idea of the chapter, helping you to internalize the message at a glance and make it part of your new mindset.
- **Key Quotes.** Callout quotes that give you pause and make you think. Imagine these as the type of insights you might share on social media.
- **Reflection.** Questions or statements to engage with and ponder. These will draw out deeper insights as you engage with the book.
- **Action Steps.** This is where you get to work. The book has loads of helpful tools already. Here we pull out some of the best ones and enhance them with a few more.
- **Mindset Moments.** Since this book is all about mindset, this is a chance to put mindset to work with a thought, question, or idea that's stimulating and engaging.

When you use this guide along with the book you'll begin to deepen your level of understanding and change your mindset. The result—a practical path to greatness and the courage and confidence to design the life of your dreams.

—The Greatness Team

Chapter 1

CHASING GREATNESS

Is this the life I really want?

One of the hardest things to break free from is a “good but not great” life. There’s nothing wrong with living a “good” life. But the question is this: Is it the life you want? *The Greatness Mindset* is meant to help you unlock the power of your mind by showing you how to find your very own Meaningful Mission, overcome your fears and self-doubt, and finally accomplish those goals and dreams that may have felt so elusive.

Key Takeaways from Chapter 1

- Greatness is discovering your unique gifts and talents to pursue your Meaningful Mission and make the maximum positive impact on the people around you.
- You can make an authentic and unique contribution that makes the people around you better and the world a better place.
- At the heart of the Greatness Mindset is the unwavering belief that “I am enough!”
- Are you ready to discover your unique gifts and talents, going all in on pursuing those gifts and talents, and, in that pursuit, making the maximum impact on the people around you? If you are, you can master the Greatness Mindset and adjust your life story so that instead of you chasing greatness, greatness will chase you.

Are there other takeaways that stood out to you? Write them below.

Reflection

Take a moment to reflect on some of the bigger questions posed in Chapter 1. You can simply meditate on these questions or fill in your answers below.

1. How happy are you with the life you are living? Which areas would you like to improve?

2. What are some of the negative thoughts or mental chatter you know is unhealthy?

3. How does the possibility of greatness and adopting a Meaningful Mission make you feel?

4. Do you feel ready to accept the challenge of the Greatness Mindset? What excites you? What concerns you? Why?

5. Do you have friends or family you want to invite on this journey with you? Who are they? What do you hope they might gain out of the process?

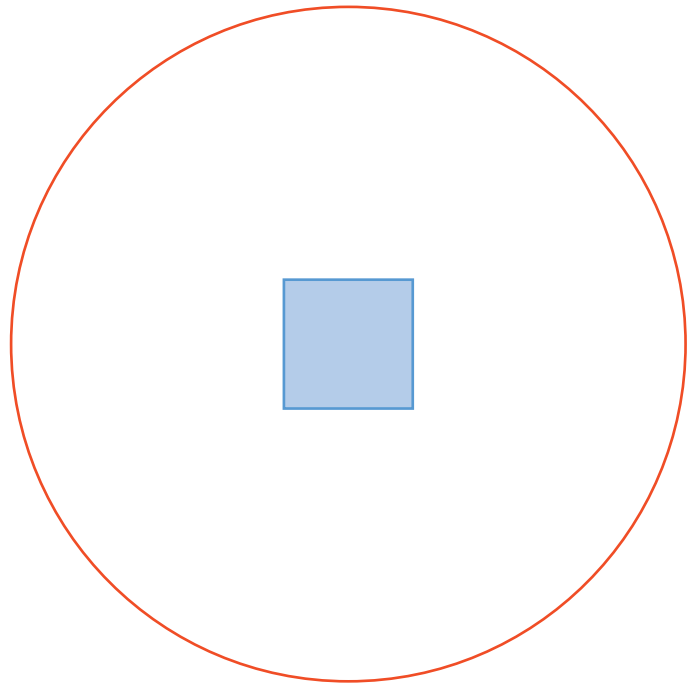
Action: Three Things To Do Right Now

Now that you're ready to take on the Greatness Mindset, let's take a few courageous steps toward a GREAT life.

- ▶ Write down where you hope to be by the end of this book. Be as specific as possible. Are you hoping to be walking toward your Meaningful Mission? Hoping to silence negative chatter? Believe in yourself more? Whatever it is, write it here.

- ▶ Write down your family or friends that you know you can depend on to support your Meaningful Mission. Place your name in the blue square, then write the names of your support circle around your name.

- ▶ On a post-it note, or something similar, write down this statement: *I am enough and I am becoming more.* Place this post-it somewhere you will see it often.



Mindset Moment

After you've made your post-it note and placed it somewhere, take some time to meditate on that statement. Close your eyes, relax, and get into a comfortable position. As you repeat the statement, some resistance may appear. Answer that resistance with something like the following — *I am ready to be great. I deserve to make an impact. I am enough.*

Chapter 2

THE GREATNESS ALTERNATIVE

*You can't change your life direction if you don't know
where you are right now.*

No one had a better excuse to “give up” than Jason Redman, but *he didn't*. And because he didn't give in to his sadness, suffering, loneliness, or new circumstances, he inspired millions and lives a life full of purpose. But it didn't happen by accident. His new life happened by design. You may look like you're living a great life, but if you are not intentionally living your purpose and mission, a meaningful life may pass you by.

Key Takeaways from Chapter 2

- So many great people live lives absent of greatness because they live by default and not by design.
- People let themselves be limited by fears, anxieties, and pain from the past instead of embracing a limitless, abundant mindset.
- When people live in the darkness of fear and uncertainty, they don't have what I call a Meaningful Mission, an underlying purpose that gives their lives a greater significance.
- You can't change your life direction if you don't know where you are right now.
- If you have peace and love and patience inside then that's what will come out when “life happens.” If you have anger, resentment, shame, and stress inside of you and haven't learned to process that pain, then that's what will come out of you when everything doesn't go according to plan.
- There's a level of resiliency that comes with choosing to drive forward. In other words, greatness won't happen by accident.

Are there other takeaways that stood out to you? Write them below.

Reflection

1. What in particular resonated with you within Jason's story?

2. Happiness has been trending downward, especially in the last 20 years. How would you rate your happiness on a scale of 1-10, where one is very unhappy, and ten is deliriously happy?

1	2	3	4	5	6	7	8	9	10
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very unhappy deliriously happy

What comes to mind when you think about this number? What things in your life contribute to your happiness? What things take away from your happiness?

3. How would you rate your anxiety on a scale of 1-10, where one is not anxious, and ten is extremely anxious?

1	2	3	4	5	6	7	8	9	10
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not anxious extremely anxious

What comes to mind when you think about this number? What things in your life contribute to your anxiety? What things relieve your anxiety?

4. Lewis shared that he had to heal his past to find his way toward his Meaningful Mission. Do you have any incidents in your past that you feel are keeping you stuck? Write them below so you can begin the process of healing.

Action: Write Your Door Manifesto

- Jason inspired Lewis with his commitment to embrace a positive mindset and begin healing. It was a painful experience, but he also inspired millions of people to begin healing. His manifesto went viral. Take a moment to write a door manifesto of your own. What would it say if you were to post a manifesto from the perspective of healing from your past?

Additional Activity: Greatness Performance Assessment

To dive deeper, be sure to complete the Greatness Performance Assessment on pages 27-30 in the book. What gets measured gets done, so use these measurements to take stock of where you are so you can begin to move to where you want to be.

Mindset Moment

Not living a life of greatness happens when we settle for a default life, instead of one that we design. To live a life of greatness, make a commitment that you won't run away from challenges or fears when they come. If you want to live a life of peace, purpose, and fulfillment, affirm your ability to face challenges head-on. *And don't let yourself settle into a "life by default."*
You are resilient.

Chapter 3

MISSING YOUR MEANINGFUL MISSION

Once you are clear on your why, the how takes care of itself.

There is no such thing as standing still. You are either grinding forward or you are drifting backward. That's what makes discovering your Meaningful Mission so important. Even worse, you may spend time chasing things that others value but have little positive impact on your own life. The antidote to this drift is to get intentional about discovering your mission and then putting it into action in your life. Do this, and you will always have the strength and determination to make a significant impact on the world.

Key Takeaways from Chapter 3

- The lack of a Meaningful Mission is the enemy of Greatness
- If you have clarity, however, you can learn how to convert fears into confidence and overcome that nagging sense of self-doubt.
- None of us can see how a mission can be accomplished at the start because our only perspective is what we have at that moment.
- You can't change your life direction if you don't know where you are right now.
- A mission, by definition, is greater. It takes time. It requires determination and grit to achieve. It often remakes the people who are part of it into something better. And it always implies that the destination is grander or greater than any you have previously achieved. After all, if it were something you had done before and could easily do again, it wouldn't be much of a mission.
- No matter how the mechanism evolves, your passion and strengths will always drive you to make a significant impact in the world from your sweet spot.
- Grasp your mission securely but hold the mechanism loosely. Don't let the how to stop you from focusing on and pursuing your why.

Reflection

1. When Dwayne Johnson wasn't clear on his Meaningful Mission in life, he struggled to make any progress. In what way can you relate to that?

2. Sometimes it's easy to think we are not good enough to achieve. Think of yourself from another's perspective. Why would they say you are more than qualified to achieve your Meaningful Mission? Write down your credibility markers below.

3. Sometimes, everything can change in an instant, like when Lewis was stuck in L.A. Traffic. Have you had an incredible idea recently that you haven't pursued but are interested in pursuing? What is the "why" behind this idea? Write it down below.

Action: Get Honest With Yourself

- To get started on your Meaningful Mission, you have to be honest about where you are and what you want out of life. Take a moment to think about where you are right now and where you want to be in one year from now. Without getting too critical of yourself, think about *one thing* that seems to always trip you up. Do you start but not finish things? Do you not start until everything is absolutely perfect? Do you give up easily? Write down one unproductive habit you know is in your way.

- ▶ Next, write down the name of someone who tackles projects and missions with gusto and seems to execute and complete everything they want.

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- ▶ If you know this individual personally, set up a meeting this week to find out how they stay on track.

Additional Activity

To dive deeper into uncovering your Meaningful Mission, be sure to work through the three activities in the book on pages 47-55. The first will help you Craft Your Perfect Day, the second will help you Write Your Obituary (sounds morbid but definitely helps you refine your life now!) and the third will help you Find Your Sweet Spot. Put these together and you're well on your way to greatness.

Mindset Moment

None of us can see how our Meaningful Mission will be accomplished because all we have at this moment is the perspective of *right now*. The first step is believing you deserve it. This week, as you continue reading the book and working on the exercises, I want you to say this every time you start to doubt yourself. *No matter what happens, I deserve to have a Meaningful Mission. I might not understand how I will get there, but I know I can.*

Chapter 4

FEAR #1—FAILURE

Failure is a critical part of the fabric of life.

When the founder of Spanx was handed setback after setback, she realized that the fear of not trying was greater than her fear of failure. She says she learned to go for it “no matter what, despite fear.” The fear of failure can be overwhelming, but when you move forward scared, you can change your life, live your purpose, and make a real impact. Failure is our opportunity to learn what isn’t working and *do something even better... maybe even great.*

Key Takeaways from Chapter 4

- We don’t want to think about our failures, remember our failures, or in some cases, even admit that we failed. And yet, without failure, we can’t move forward. Without failure, we’d never try anything new. Without failure, we’d never discover a better way. Failure is a critical part of the fabric of life.
- The fear of failure is common to us all.
- Failure is how we grow.
- All we can do is try to understand reality and learn how to approach it when failure happens.
- It is not the fear of failure but just the opposite that holds you back.

Are there other things that stood out to you? Write them below.

Reflection

1. In the book, Lewis writes *fear is our default position as humans*. What is your reaction to that statement? Where do you find yourself defaulting to fear? What might it look like if you shifted your default?

2. There are some things we should fear. There are things that will, in fact, harm us. Is there any “real” fear (not psychological fear) standing between you and your meaningful mission? If so, write it below.

3. Failures can help us learn and grow. Can you think of a recent failure that moved you forward and changed your life or growth path for the better? What lessons can you learn from that experience and how might they change you for the better?

Action: Help Yourself Move Away from Fear

- ▶ In the next 24 hours, search the internet for famous failures that turned into successes. Find three that resonate with you, and take a moment to write them down. Having concrete examples of how famous failures propelled successes will help you in your Meaningful Mission. Write a few of your favorites below.

- ▶ Chances are that you know successful people. Make a point to interview one or more of them this week. Ask them about failures they remember and how those failures were, perhaps, the “best thing ever.”

Mindset Moment

Successful people all have one thing in common—they all took that first step. They didn’t wait for their chance. They didn’t stall out and never start. This week, as you reflect on the stories of failures that graft into success stories, take a moment to tell yourself that *you deserve that success, too*. The world needs your Meaningful Mission. You can take that first step.

Chapter 5

FEAR #2—SUCCESS

Do you have a plan for when you succeed?

The fear of success may seem counterintuitive, yet as we saw in this chapter, it is very real. This fear can be a barrier to achieving our Meaningful Mission. The fear of success centers around what our success ultimately might cost. The key, as we learned, is to allow our mission path to *redefine* success. The end game isn't "success," the end game is *purpose*. We have to break up with the fear of success if we are going to pursue our Meaningful Mission.

Key Takeaways from Chapter 5

- You have to plan for long-term success in pursuit of your Meaningful Mission, and part of that plan needs to include pacing yourself.
- A mark of greatness is the understanding that success itself isn't the endgame. Greatness is being willing to change your definition of success as you pursue your Meaningful Mission.
- The goal is not passing specific success checkpoints but pursuing greatness.
- I don't need to have answers for what comes after I achieve success; I just need to push past my fears right now and move forward one step at a time.
- Even if you aren't everything you need to be for success right now, you are enough to start right now.
- Only when you pursue growth, push past the fear, and become authentic can you begin to position yourself to enjoy success on the journey.
- When you find yourself afraid of success or maybe resenting the success you've recently achieved, remember that change is uncomfortable but inevitable.

Are there other things that stood out to you? Write them below.

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Reflection

1. How concerned are you about what will happen when you cross the finish line? What doubts do you have about being able to handle success or being able to keep up the pace? Take a moment to think about any fears of success you might have and write them down below.

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2. Jamie Kern Lima learned the hard way that working 100-hour weeks wasn't setting her on the path of what she really wanted. When you think about achieving success with your meaningful mission, what are some boundaries you want to implement and maintain to protect what is important to you? Write them below.

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3. Have you ever had a situation where winning felt like losing? Or when you resent your success? How did it change your definition of "success," and what do you think you can learn from that as you pursue your Meaningful Mission?

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Action: Have a Plan for Success

- ▶ In the previous chapter, you were encouraged to call successful people in your life and ask about their greatest failures. Take some time to interview them again. This time, ask them if they've ever resented their success and how they handle it.
- ▶ Below, take a moment to write down some things that are non-negotiable for you. No matter how much success you achieve, what is important to you? What do you want to protect?

Mindset Moment

Remember, greatness is a process achieved one step at a time. No one is complete at the start of their greatness journey or their Meaningful Mission. But you *are* enough at every step of the way. Keep moving forward. When you are consumed by fear of the future, remind yourself, **“At this moment, I am enough. I might not feel it, but I know it’s true.”**

Chapter 6

FEAR #3—JUDGMENT

Why are we worried so much about what other people think?

Many of us struggle with the fear of judgment and it can fracture us from the inside out. We can't buy peace, we have to *be* peace. And peace comes from setting boundaries that align with our core values and honoring those boundaries no matter what relationship we are in or what vision we are pursuing or what other people think. When we are in alignment with ourselves, it's easier to eschew the judgment of others and move forward without fear.

Key Takeaways from Chapter 6

- You think people are judging you, and they may very well be. Those people only have power over us when we let them.
- Certain parts of the ego can be powerful and positive, but sometimes we need to purge the part that holds us back and limits us to break the invisible chains forged by the judgment of others.
- We might as well create a little idol called Other People's Opinions and worship it at an altar every day because that is how so many people live their lives—all because they need the approval of others to define their identity.
- We run from our fears, which is why we often distract ourselves or make creative excuses without taking action.
- Here is the truth: people will judge you no matter what you do. If you sit on the couch and do nothing, people will criticize you. If you chase your dreams, people will judge you.
- Some people are not going to understand you. Tune out the negativity and run your race. Life is just too short to waste any of our emotional energy on things that don't matter.
- Whether it's drowning out the negative opinions of others with positive opinions from those you trust, asking better questions that pull you out of the negative spin cycle, or joy conditioning so that you stop living fearfully, you can and must make the decision to step past the fear of judgment.

Are there other things that stood out to you? Write them below.

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Reflection

1. Lewis says his fear of judgment and disappointing the other person led to him abandoning himself in his most important relationships. In what ways may you have abandoned yourself because of a fear of judgment?

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2. Can you think of a recent time that you were not 100 percent authentic in your responses or actions because of a fear of judgment? How might defining that behavior as “abandoning yourself” help you reframe how you could have handled that situation differently? How should you have responded if you had been 100 percent yourself?

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3. Do you have a voice in your head that keeps you from starting your creative endeavor or Meaningful Mission? If so, whose voice is it? Where did it come from? After reading this chapter, how do you want to address that voice in the future?

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Action: Flip the Script

- In this chapter, we learned that asking ourselves the *right* questions can improve our lives. Asking negative questions reinforces the negativity. Asking better questions can change our path. Chances are, you have some negative questions that run on a loop in your head. Take a moment to write down those negative questions and reframe them *positively* below.

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- Dr. Wendy Suzuki believes in “Joy Conditioning” – mining our memory banks for positive emotional events in your life. Take some time to identify three positive emotional events in your life and relive them. Let yourself remember everything—what you were wearing, how you felt, how your body felt, who you were with, or even what the weather was like! Write them down and then use them to meditate on later.

EVENT	RELIVING THE MOMENT

Mindset Moment

Everyone has moments where they abandon themselves—whether it's fear of judgment or something else within us that keeps us fearful of being authentic. As you work to drown out the voice of others, seek to reveal your true voice. What does your voice believe about you? What does your core self believe you are capable of? If you have trouble believing you are called to greatness, call up your closest friends and family from your list in Chapter 1. Let them help you abandon the voices of judgment in your head by revealing your strengths and credibility markers. Remember this—your true self believes you can pursue greatness and change the world.

Chapter 7

THE DREAM KILLER: SELF-DOUBT

Don't let doubt be a limiting belief.

Lewis said, "Growing up, my father never acknowledged my birthday because he didn't want me chasing dreams that were limited by my age. He knew that age was one of the ways people can come to doubt themselves and so he taught me to be different." Self doubt is a dream killer. To overcome, we must embrace our individuality and our own story. We must show kindness, grace, and gratitude towards ourselves. When we learn not to diminish ourselves, we can be free to celebrate others and pursue true greatness.

Key Takeaways from Chapter 7

- The dream killer of self-doubt can prevent people from achieving their goals before they even start because they do not believe in themselves or think that they are worthy of success.
- Incredible talent doesn't matter if you don't know how to believe in yourself.
- "You'll never rise any higher than the way you see yourself." (Joel Osteen) The only way to silence the negative recordings is to pay attention to your thoughts about yourself and align them with the vision you want for your future.
- Whatever success looks like for you, you have to be able to envision yourself achieving that dream or you'll never make the moves to achieve it. Fear of failure can become a self-fulfilling prophecy all because you don't believe yourself worthy.
- When you discover the value of your journey, past and future, you no longer need to measure yourself against others and can recognize your worth
- The Greatness Mindset is a growth mindset, not a fixed mindset, and part of the growth mindset means prioritizing your own journey, which is still in progress.
- Make the decision to show up and do the work. Push past the fears and be your own most powerful coach by putting in the reps. To be great, you can't let your insecurities and fears hold you back, even though we all have real flaws.

Are there other things that stood out to you? Write them below.

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Reflection

1. Lewis’s dad told him that people are limited by their age because they have a limiting mindset about time. Have you held yourself back from things because you believe you’re “too old” or “too young?” What dreams have you put on hold because of an age-limiting mindset?

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2. To overcome self doubt, we must show kindness towards ourselves. What are some kind things you can say about yourself or ways that you can practice kindness and self-care?

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3. Another way to stop self-doubt in its tracks is to show gratitude for our unique story and growth journey. Take a minute to write a few things down for which you are grateful below.

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Action: Change the Tape

- ▶ Joel Osteen discovered many people have a “natural recording” in their minds telling them they aren’t good enough. Let’s reset the track. Write down a few self-affirming statements below that are easy to remember or memorize. Every time your “natural recording” kicks in, start saying these statements instead.

SELF-AFFIRMATION STATEMENTS

Mindset Moment

Too often, we struggle to think we deserve greatness and we self-sabotage because we don’t believe we *deserve* success. You *deserve* success. You *deserve* greatness. You *deserve* to walk your path of growth and live out your Meaningful Mission. Regardless of where you’ve been, or how you see yourself, you *deserve* to grow. Your life is meaningful. In this entire world, there is only one you. When you embrace your individuality, you can free yourself from comparison and internal doubts. Do not diminish yourself, friend. *I believe in you.*

Chapter 8

YOUR FEAR CONVERSION TOOL KIT

If you want to achieve greatness, you must convert fear into fuel.

Since Chapter 8 is highly actionable already, the best way to grow is to use the tools in the chapter.

- **Exercise 1: The Fear Converter**, found on page 109 will help you flip the script on your fears.
- **Exercise 2: The Magic Minimization Formula**, found on page 112, helps you control the emotions that come from fearful situations.
- **Exercise 3: The Self-Coaching Solution**, found on page 115, helps you become “the coach in your own head” and change the dialogue that guides you.
- **Exercise 4: The Fear Sit-Down**, found on page 119, will teach you how to sit in your fears and rob them of their power over you.
- **Exercise 5: Your Alter Ego Locator**, found on page 122, helps you “step into” a character or alter ego who demolishes fear and takes action.
- **Exercise 6: The Joy Conditioner**, found on page 125, helps you discover and neutralize the triggers that drive you to fear.

Take some time to work through each of these tools and put them into practice as you dismantle fear and convert it to a strength.

Chapter 9

HEALING YOUR PAST

It's only by being honest about your past that you can fully embrace the present and get excited about your future.

It's impossible to make it very far in life without collateral damage and the way that damage often manifests is in the form of trauma. Sadly, many people never address the trauma from their lives and this halts their ability to fulfill their Meaningful Mission and discover greatness. There are some things you can do to begin to address the challenges you've faced in life and to change the direction of your life going forward. If you do, it will radically free you to unlock your greatness.

Key Takeaways from Chapter 9

- If your trauma is left unhealed, it will direct your future too.
- The only way to move on from unhealthy habits is to reconnect with the inner child and give the child what was needed in the first place.
- People should feel justified to call their suffering by its true name and unapologetically say, "I have been a victim." But victim consciousness happens when people tie themselves to that perpetration. Even if you are free of victim consciousness, your unhealed past can hold you back in other ways.
- The key to being at peace is to set relationship boundaries in alignment with your Meaningful Mission with people who share and support that mission.
- Our subconscious convinces us that the familiar is always better than something unpredictable, even if—and this is important—taking a new approach might turn out better.
- When you take back the power, heal your past, and start aligning with your vision, you will feel unlimited.
- It is impossible to make conscious decisions when the fear-based part of your brain is activated because you cannot calm down enough to make a conscious decision.
- You will not have a clear vision as long as you live in a chaotic state of mind.

Are there other things that stood out to you? Write them below.

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Reflection

1. Lewis says, “Only when I started to heal my inner child and the trauma from my past did I finally start to feel like I was acting authentically as my true self.” After reading this chapter, is there anything you feel like you’re holding onto from your past? What are some things from which you might need to heal?

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2. What are some steps you feel determined to take in order to heal? Do you need to take up journaling? Enter therapy? Adopt a meditation practice? Take a moment to write down your commitment to healing below.

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Action: One Step at a Time

- ▶ Today, I want you to just take *one step* towards your healing. If you wrote down above that you want to start therapy or start meditation practice or even hypnotherapy, I want you to take one big step towards that goal. Buy a journal, make an appointment, or narrow down your list of recommended therapists. The first step is the biggest one you'll take. Honor your inner child today and start your healing today.

Mindset Moment

Lewis's Uber driver said "I've learned how to turn pain into wisdom." Friend, that is what you are doing when you walk the path of healing your inner child. You are in the process of becoming something new and not something determined by your past. When you heal from your trauma, it can no longer direct your future. It will stay in the past where it belongs. You are worthy of healing and abundance. You are worth the work it takes to heal from pain and find a new way of living and being.

Chapter 10

FINDING YOUR IDENTITY

*Identity is both knowing where you came from
and deciding where you are going.*

This chapter is all about finding your identity and in many cases finding your present identity. The key to the path to greatness is to know yourself really well. No one else can understand or know us like we can. If we shortchange ourselves from getting to know ourselves, we may just miss out on the success meant for us.

Key Takeaways from Chapter 10

- Identity foreclosure is what happens when people commit to a single identity—even one they're excited about—before exploring other options.
- To live out your own greatness and not someone else's idea of it, you have to be intentional about crafting your identity.
- You are a combination of all your experiences, communities, and beliefs, and that one-of-a-kind combination is what makes you the best person to pursue your unique Meaningful Mission.
- If you hold a clear image of your ideal self as your North Star, you will make incremental life changes that will bring you closer to the meaningful success that you find fulfilling.
- Successful people try on and switch out many identities and do not simply accept identities to please others. They take the initiative to explore different roles to find the combination that feels right for them.
- “When you find out where you came from, who you are, and what your purpose is, you cannot be stopped.” – Tim Storey
- To pursue greatness, you have to first know yourself.
- There are essentially four primary characters in every story: the victim, the villain, the hero, and the guide. The victim believes they are doomed and have no way out. These four characters simultaneously exist in every story because they simultaneously exist in you and me.
- We may not be able to choose what happens to us, but for the most part, we can choose the role we play in the story.

Are there other things that stood out to you? Write them below.

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Reflection

1. Lewis says, “I realized I was letting others define my identity when I was more focused on how to make more money, get more influence, and prove people wrong than on serving others and fulfilling my Meaningful Mission.” How might you be letting others define your identity?

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2. Donald Miller says there are four characters in every story – the hero, the guide, the victim, and the villain. Which one are you right now? Which one do you strive to be?

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3. Part of intentionally living out our own greatness is to reject some old parts of ourselves. What are some parts you need to reject?

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Action: Visualize the New You

- ▶ As part of living out your own greatness, you need to be able to visualize the *new you* that you want to become. Take a moment to write down this idealized version of yourself. Be specific. What can the idealized version of you do that you cannot? Who are your friends? What is a typical day? Write it all down and begin to see yourself in a new way.
- ▶ We learned that our past selves had different approaches to meeting a different set of goals. Take a moment to write down your *present* self's goal this week. What should you be focusing on? What will you do to meet your new standards? Write it all down and post it somewhere you can see it every day.

Additional Activity: Shape Your Identity

To dive deeper, be sure to complete Exercise 1: Your Current Identity on pages 157-62 to take inventory of who you are now and then write a manifesto about who you want to become. Next review Exercise 2: Identity Celebration on pages 163-167 to replace negative thoughts with positive celebrations. Finally, work through Exercise 3: Your Inspiration Finder on pages 168-171 to identify and visualize the types of traits you hope to develop.

Mindset Moment

You are a combination of all your experiences, communities, and beliefs. This one-of-a-kind combination makes you *the absolute best person* to pursue your unique Meaningful Mission. Your ideal self is waiting for you. As you hold up this ideal, notice yourself making incremental changes that bring you closer to success. Celebrate each one.

Chapter 11

THE MINDSET-IN-MOTION CYCLE

Every thought you think...you make real.

Thoughts can be strange things. Ever had a random thought pop into your head and wonder where it came from? Exactly. Strange, right? The truth is, we often overlook the power of our thoughts. But when we learn to really *think* about our thoughts, we unlock the potential to change our lives. When you think great thoughts you unlock a greatness mindset that changes how you feel and that changes how you act.

Key Takeaways from Chapter 11

- Mindset consists of three interwoven and overlapping components, your thoughts (how you think) your emotions (how you feel), and your behavior (how you act).
- If you think better thoughts, you get better emotional reactions and better responses.
- Becoming doesn't happen all at once. It happens gradually, over time, as your thoughts become actions, your feelings become thoughts, your behavior leads to more feelings, and your emotions affect your actions.
- The Greatness Mindset is the sweet spot where how you think, how you feel, and how you act all come together.
- Thoughts are the language of the brain, and feelings are the language of the body. Our thoughts talk to our brains, and our feelings talk to our bodies.
- We need to learn how to reject the thoughts that don't align with our greatness identity and to accept and solidify the ones that do. Greatness demands that you learn to order your thoughts and make them work for you.
- Emotional agility—working to keep our emotions and feelings healthy—is just as important as physical agility.
- Feelings, like pain, often serve an important purpose. Whether they're good or bad, positive or negative—feelings aren't final. Feelings come and go. The good ones won't sustain you, but it takes more than good emotions to lead to transformation and greatness.

Are there other things that stood out to you? Write them below.

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Reflection

1. Joe Dispenza referred to emotion that we cannot overcome as “karma.” He says not overcoming emotion is going to drive thoughts and behaviors as though we are living in the past. Are there any emotions you haven’t been able to overcome that are driving your present? What are they? How might they be keeping you living in the past?

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2. Emotions lead to thoughts and thoughts must be managed so they do not control our behaviors in a negative way. Which negative thoughts do you need to release? Take a moment to write them below.

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3. Having your own back is key to success and greatness because it allows you to take risks, be vulnerable, give love, and so much more! Do you feel like you have your own back? If not, what are some things you can do to help yourself be more forgiving, kind, and encouraging to yourself?

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Action: Change Your Life By Changing Your Own Mind

- ▶ Negative thoughts can keep us trapped. If you have negative thoughts on a loop, try something this week. Every time you have a thought like “I’ll never be enough” or “I won’t reach my goal, notice the thought and then say the exact opposite *out loud*. “I am enough,” “I will reach my goal,” etc. We may not have control over the thoughts that pop up, but we *do* have control over how we engage with those thoughts once they surface.

Additional Activity:

To dive deeper, be sure to complete the Exercise: The Abundance Matrix on pages 192-196. This exercise will help you bring your thoughts and feelings to light and then determine what to do with them in light of your Meaningful Mission.

Mindset Moment

On the path to greatness, we must take control of our thoughts. Ancient Scripture calls this “taking thoughts captive.” When you take thoughts captive, you can gain control over what you think about yourself, your life, and your future. What you allow to fester in your mind will either free you or hold you back. And you are worth being free, my friend. So pay attention this week to what happens in your mind and take the time to reset your negative thoughts when you notice them.

Chapter 12

ASK COURAGEOUS QUESTIONS

*Learning to ask courageous questions has a way
of getting to the heart of your heart.*

Asking questions is both an art and a skill. Asking questions of yourself is a way to break through the kinds of self-imposed barriers that you might not even be aware of at the moment. But when you learn to ask questions that are courageous and challenging, you can break through barriers and take your mission to the next level. The question is... do you have the courage to dig deep and break down the barriers that are holding you back?

Key Takeaways from Chapter 12

- By asking courageous questions, defining goals and deadlines, and taking imperfect action, you can take your mission to the next level.
- There are five questions that you need to answer to get to the heart of your personal greatness and push yourself to action.
 1. The Purity Question: If you were to be 100 percent authentic to who you are, what would you do differently?
 2. The Priority Question: If you absolutely had to double your goal in the next 30 days, what would be your first three moves?
 3. The Possibility Question: What would be possible for you if you could (insert your goal/dream/mission here)
 4. The Passion Question: What would it feel like if you could? (insert your goal/dream/mission here)
 5. The Prosperity Question: If you won the lottery today, what would you do next?
- The most important thing you can do is to develop the habit of asking yourself courageous questions on a regular basis.
- When you discover what you really want to do, and eliminate the things that hold you back, you free up energy to go toward your passion.
- When people go all in on the things they love, magical things start to happen.
- Courageous questions are focused and direct. They expand possibility thinking while helping you eliminate distractions.

Are there other things that stood out to you? Write them below.

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Reflection

1. When Rachel Rodgers admitted that she had a fear of “doing it wrong” and that it had been holding her back from starting her Meaningful Mission, it was a gateway to gaining traction. What is holding you back from starting on your Meaningful Mission?

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2. Just like Rachel, answer the following question: “How would it make you feel to have a successful Meaningful Mission?” Write how that would make you feel.

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3. Do you already have people in mind to help you execute your ideas? Are you scared to reach out, or have you already done so? If you haven’t reached out, write their names below, *and then next to their name write a target date for asking them to help.* Put each date on your calendar!

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Action: Question Your Questions

When you take the time to really think about the questions you ask yourself, you will discover that not all of them serve you well. The actions below will help you to remove the ineffective questions and begin to replace them with courageous questions.

- ▶ Do a brain dump of fear-based questions. Chances are, you have a list of fear-based questions in your mind that play on repeat. These are the opposite of courageous questions. In fact, they hold you back. Take some time to really think about these questions. Write them down so they are out of your head, and then ball up the list and throw it away. Now that they are free from your mind, you can begin to ask more effective and courageous questions.
- ▶ Use the best questions from others. Just like Lewis did with Grant Cardone, sometimes having someone else ask you great questions can lead to a breakthrough. Think about someone you know and trust who is closer to where you want to be. Reach out to them and ask them for some courageous questions that you can copy and use in your own life. Do this for as many people as you can think of that might help.

Additional Activity: The Five Courageous Questions

To dive deeper, be sure to complete the Exercise: Ask Yourself Courageous Questions on pages 213-215. Build in the time on your schedule to really dive deep and think about your answers. Then begin to take action in the right direction.

Mindset Moment

The path to greatness is peppered with key moments to be courageous. Asking yourself courageous questions can get you to the finish line. When you go *all in*, your personal magic will start to unfold. Your Meaningful Mission and greatness follow courage. There's no other way. So remember: You are courageous, friend. You are incredible. We can't wait to see what you will do!

Chapter 13

GIVE YOURSELF PERMISSION

Stop waiting for others to pick you. Choose yourself.

It can be challenging to bet on yourself. After all, what if you fail? But that's not greatness thinking. Greatness thinking recognizes that we must stop waiting for someone else to give us a greenlight. Sometimes, you've simply got to take a risk and bet on yourself. When you do, something amazing happens and you begin to move forward with greater confidence.

Key Takeaways from Chapter 13

- Whether it's from a therapist, coach, friend, client, or family member, we're all looking for someone to give us permission.
- There are three forms of permission you might need to give yourself on your way to accomplishing your Meaningful Mission: to become your ideal, to eliminate, and to show emotion.
- Give yourself permission to become your ideal. Our hesitancy to give ourselves permission to succeed is born out of fear, not from our Greatness Mindset in pursuit of our Meaningful Mission.
- Give yourself permission to say no. Successful people say no to some things so that they can give a fully committed yes to other things. You have to give yourself permission to eliminate things from your to-do list and from your life so you can focus on what is most important to you.
- Give yourself permission to show emotions. Maybe you didn't give yourself permission to feel that pain because it was uncomfortable or awkward. Avoiding emotions can lead to all sorts of coping behaviors or addictions that only hold you back from greatness.
- Proactive people take responsibility for their stories, and it all begins with giving yourself permission to take charge of your greatness journey.

Are there other things that stood out to you? Write them below.

Reflection

1. As Lewis mentioned in this chapter, if you don't practice giving yourself permission to eliminate tasks, you risk getting distracted by all the tasks others ask of you. What are some tasks you need to start saying no to? What stops you from doing so?

2. What are the things that are most important to you? With the tasks from the previous question eliminated, what are the things you can now focus on?

3. How will focusing on the things that are most important to you and eliminating wasteful tasks help you with your Meaningful Mission?

Action: Say Yes

- ▶ Pain is tricky, and when we avoid it, pain can keep us in prison instead of pursuing our path of greatness. If you have been avoiding processing your pain, the time to face it is now. Decide how you want to face it this week – whether that be journaling, artistic expression, counseling, confrontation, etc. And take *one step* towards facing the pain. Make an appointment, buy a journal, etc. But do something. You deserve it.

Additional Activity:

To dive deeper, be sure to complete Exercise 1: A Matter of Life and Death on pages 223-224. This exercise will force you to confront your goals with a new perspective and perhaps make different choices. Follow that up with Exercise 2: Grant Yourself Permission on pages 224-225 and you will develop a new set of permission statements to recite when doubt starts to creep in.

Mindset Moment

No one is in charge of you *but you*. What are you going to do with this power? Are you going to have grace for yourself or beat yourself up? Are you going to decide you are enough or that you are lacking? It's time to take ownership of your power. You are the one who decides how high you can fly.

Chapter 14

ACCEPT THE CHALLENGE

*Give yourself permission to tackle the thing you want,
then accept the challenge and go all in.*

Progress is delayed when we heap shame and guilt upon ourselves anytime we think we are not where we should be in life. No matter when you start, the only thing that matters is that you started at all. We have to give ourselves permission to have fun, start new things (even when we won't be perfect), and move forward into our Meaningful Mission.

Key Takeaways from Chapter 14

- A lot of our social fears, like the fear of public speaking, come down to community boundaries.
- A lot of people care so much about being accepted by the people in a community that they don't try new things long enough.
- Meeting new challenges is always going to be uncomfortable. But if you can make the uncomfortable fun, then you are already halfway to overcoming your fear.
- If you want to become fearless, you have to check off the items on your Fear List by going all in on your fears until the fear disappears.
- I discovered that with every fear I overcame, I believed myself more capable of going into the next fear challenge. Because I could learn to talk to women and salsa dance, that confidence transferred into believing I could be a public speaker, make successful webinars, and write a best-selling book.
- Challenges help us work toward who we want to become.
- Challenges give us consistency in our lives.

Are there other things that stood out to you? Write them below.

Reflection

1. Lewis joined Toastmasters and took salsa dance lessons to help himself overcome fears. Can you think of activities you can do to help you overcome fears? What are they?

2. We have to give ourselves permission to tackle the things we want, then go *all in*. What are some things you need to give yourself permission to do? Do you need to give yourself permission to start? To not be perfect? To be scared, but start anyway? Whatever it is, write it down.

3. Lewis says, "I once had a chance to sit on a stage with Tim Ferris, all because I had the courage to ask what was possible." If you had that kind of courage, who is someone you would want to talk to or work with? What's stopping you from reaching out?

Action: Make Good On Your Desires

It's time to accelerate our progress. Let's take some time this week and work through your reflection answers as action items.

- ▶ You listed some activities that might help you overcome fears in Reflection Question 1. This week, make plans to sign up for one of those activities. It's time to go all in on one of your fears.
- ▶ You listed some things in Reflection Question #2 that you need to give yourself permission to do. Take a moment to write each one of those things out as a statement.

Examples

I give myself permission to be a successful public speaker.

I give myself permission to take classes for public speaking and get better as I go.

I give myself permission not to be a perfect public speaker the first time I try.

Write down each on a separate sheet of paper and then post them where you can see them every day.

- ▶ In Reflection #3, you listed a person or people you would like to work with for your Meaningful Mission. Reach out to them this week. Is the person famous? Use social media. Is the person someone within your circle? Make a phone call. Is the person the contact of a contact? Ask for an introduction. It's time to be bold.

Additional Activity:

To dive deeper, be sure to complete Exercise 1: Pursue the Impossible. This exercise will help you take a big swing at something that seems impossible. Then move to Exercise 2: Create a 20-Day Game Plan to break a big goal into smaller incremental steps.

Mindset Moment

Once you go “all in” on something, a few things might happen. You might hear your inner critic pop up and tell you that you're not good enough. You might have the urge to procrastinate. You might even find yourself talking yourself out of your Meaningful Mission. Remember this—**nothing is more empowering than facing the fear that controls you.** You have what it takes to face your fears, go all-in on your challenge, and succeed at your Meaningful Mission. No matter what skills you need to develop, what fears you must face, or how incapable you feel—you are good enough right now.

Chapter 15

DEFINE YOUR GREATNESS GOALS

When you can't see your direction clearly, you can't map out a strategy to get there.

Goals help us set a clear path of intention toward our Meaningful Missions. When we set goals, our next steps are clarified, and we can walk the path of Greatness. But goal setting can be tricky and overwhelming if not done with intention. That's the focus of this chapter. Spend some time defining your goals and you can create a strategy for your Meaningful Mission.

Key Takeaways from Chapter 15

- If you don't set goals, you will have a hard time achieving greatness because you won't have a clear picture of where you're going.
- Goals give focus and determination to get to where you want to go.
- If you aren't getting the outcome you want, you probably need to evaluate your goals and focus. You need to have set goals and the focus and drive to achieve them.
- If you actually give yourself deadlines, create a result, and watch yourself succeed, you just build confidence because you measured yourself against where you were before you achieved the goal rather than against your ideal.
- Your goals can change in different seasons of life. When I was playing sports, my goal was to be in the best shape of my life. When I was living on my sister's couch, my goal became to get off the couch and live a productive life.
- When you get control of your vision, mission, and goals, you can start living an intentional life throughout the day and ask yourself, What am I doing today to support my mission?
- When it comes to goals, a lot of people feel stuck, and I think it's because they don't set goals correctly, including because they have too many goals. As counterintuitive as it may seem, you need to focus on fewer goals to achieve more.

Are there other things that stood out to you? Write them below.

Reflection

1. Goals and deadlines actually help us build confidence. On a scale of 1-10, where ten is “amazing at meeting deadlines,” and one is “miss almost every deadline,” rate yourself on how well you currently meet deadlines.

1	2	3	4	5	6	7	8	9	10
amazing at meeting deadlines					miss almost every deadline				

2. What are some things that help you keep deadlines, or what are some reasons you miss deadlines? How do these impact your ability to meet your goals?

3. I have found that the key to meeting goals and deadlines starts in the way I start the day. I know the exact conditions I need to be successful. What are some steps you can take to create the “perfect conditions” for meeting deadlines pertaining to your Meaningful Mission?

4. In this chapter, Lewis challenged you to begin mapping out the strategy for your Meaningful Mission. What are some of your known goals? How might they become cornerstones of your strategy?

Action: The Three Questions

I have three questions I ask myself every time I set a goal. In Reflection Question #4, you listed some goals around your Meaningful Mission. Take a moment to ask yourself these three questions for each one of your goals.

- ▶ What do I want?
- ▶ Why do I want it? (Do I really want it?)
- ▶ What's the next step?

When you're done with these action questions, take a moment to mark off any of the goals that no longer make sense. Then, put the "next steps" in your calendar as *deadlines* so that you can start meeting your goals.

Additional Activity:

To dive deeper, be sure to complete Exercise: Your GPS Goal Setting Plan to begin to develop Business, Relationship, and Wellness goals. Start there and get to work!

Mindset Moment

Sometimes less is more, my friend. We can map out so many goals for our Meaningful Mission that we get stuck in "analysis paralysis" and never start at all. If your "to-do" list feels overwhelming, it's time to focus on fewer goals. Your Meaningful Mission requires intense focus on the goals you set, but you don't have to do everything all at once. Take a moment to be still with those three questions above. Let your gut and higher self guide your goal setting. Be kind and compassionate to yourself as you map out your strategy. And, remember, the world needs you—just as you are—to begin your Mission.

Chapter 16

ENLIST SUPPORT

No matter the goal, accountability and support can be the difference between success and failure.

No matter what your goals are, whether in Business, Relationships, or Wellness, having an accountability partner is a critical component of the process. An accountability partner can help you stay on track with your predetermined goals and provide motivation or tough love. Don't underestimate the power of having someone in your corner who will keep you accountable and motivated towards achieving anything that you set out to do.

Key Takeaways from Chapter 16

- No matter if your goal is in the area of Business, Relationships, or Wellness, accountability and support are the magical keys and can make the difference between success and failure.
- There are three levels of accountability:
 - a. Accountability to yourself
 - b. Accountability to someone else
 - c. Accountability to a community
- When you give permission to someone to hold you accountable, you have created a commitment device that either implies a penalty of embarrassment or shame by letting someone down or actually delivering some sort of consequence you would prefer to avoid.
- Team accountability can be incredibly intense because you not only have to admit your failure to the group, but your failure is their failure.
- Harnessing the power of community can give you the edge in achieving your greatness goals.
- The more layers of accountability you put in place, the more likely you will stick to your commitment.

Are there other things that stood out to you? Write them below.

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Reflection

1. How good are you at holding yourself accountable? How might you improve in this area?

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2. Do you have people in your life that hold you accountable to goals and deadlines? Write their names below. If you don't have a set of people that can hold you accountable, who are some people you know who might be a good fit?

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3. What are some "community" areas of accountability you have built into your life? If you don't have any, what are some places, clubs, or groups that you can join in order to get this kind of accountability?

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Action: Take the Steps for Accountability

Let's increase our confidence through accountability. Let's take steps to build accountability based on your answers to the reflection questions above.

- ▶ So much pride and integrity come from holding ourselves accountable. You wrote down some ways in which you could improve self-accountability above. This week, start to institute those changes.
- ▶ In Reflection Question #2, you wrote down the names of people who could hold you accountable as you pursue your Meaningful Mission. Reach out to them this week and invite them into your greatness journey.
- ▶ Community accountability amps up the stakes. You wrote down some possible community accountability partners above. If you need to join something or start a new community partnership, this week is the week. Take the first steps!

Additional Activity:

To dive deeper, be sure to complete Exercise 1: Handling Irrelevant or Unsolicited Advice. This activity will help you determine which voices are worth listening to and which ones don't deserve a voice. Then move to Exercise 2: Be Your Own Worst Critic. This exercise will help you fine-tune your plans so you can move forward with confidence and clarity.

Mindset Moment

Accountability partners act as independent observers to our greatness journeys. They can give us an unbiased perspective on our achievements and improvements and even offer unbiased praise. It may seem scary to invite someone in to hold you accountable, but these kinds of partners can help us get to where we want to go while staying high-energy and less distracted. And isn't your Meaningful Mission worth that?

Chapter 17

GET STUFF DONE

At some point you've got to push back fear, strive to get better, and move forward—even if you don't feel ready.

At some point, you've just got to move forward. That's what this chapter is all about—putting your thoughts into action, your intentions into traction, and your mindset into motion. It's easy to let perfectionism overwhelm you—don't do that! You've done the work, you've pushed back your fears, now is the time to act.

Key Takeaways from Chapter 17

- What all the greats know is that there is a time to prepare, and then there's a time to get stuff done.
- Set a schedule to create or learn, grow, move, etc., and then determine to get just 1 percent better each time you act. The 1 Percent Rule acknowledges that you won't be perfect right out of the gate. But you *can* become 1 percent better.
- At some point, you've got to push back fear, strive to get better, and move forward—even if you don't feel ready.
- It doesn't have to be perfect in order to be great, impactful, helpful, of service, meaningful, fulfilling, expressive, artistic, and powerful, and get big results.
- You can always make things better, but you can't let that stop you from starting.
- The first thing you have to remember when it comes to getting stuff done is that there are things you can control and things you can't control. To get the right things done, you must recognize the difference between those things that are under your control and those things that are not under your control.
- If you don't have a clear idea of where you are heading, you may stay busy, but you won't move toward greatness.
- Greatness requires thinking more about how and where you spend your time. Greatness is a marathon, not a sprint.

Are there other things that stood out to you? Write them below.

Reflection

1. One of the things we learned in this chapter is that if you tie your confidence to your accomplishments, you’re likely going to be focusing on things you can’t necessarily control. Have you seen evidence of this in your life? In what way do you think you can remind yourself to tie your confidence to the right things?

2. Lewis mentioned that the way we multiply time is by giving ourselves emotional permission to spend time on things today that create more time tomorrow. Let that sink in for a moment. What are some things you can do *today* to create more time *tomorrow*?

Action: Gain Traction

In this chapter, I challenged you to write a few lists. Take some time this week to complete those lists.

- ▶ Write a list of things you *want* to do each day.
- ▶ Write a list of things you *need* to do each day.
- ▶ Block out your calendar to prioritize the items on these two lists.

Additional Activity:

To dive deeper, be sure to complete Exercise 1: The Significance Strategy. This robust exercise will walk you through The 1 Percent Rule and give you practical and concrete steps for ensuring that you aren't just moving forward—you are moving forward into significance.

Mindset Moment

The goal of greatness requires thinking about how and where you spend your time. As you fill out your lists and reflect on your path to greatness, be sure to protect your time. Prioritize the hours of the day where you are going to be most creative or productive, and spend time on the things that are time makers not time wasters. Knowing where you are heading moves you one step closer to greatness.

Chapter 18

CELEBRATE: YOU ARE ENOUGH!

Pause and appreciate wins, whatever size they may be.

Derek Hough said a life-changing moment for him was when someone told him, “If you were in a field by yourself with no clothes, no possessions, no trophies, absolutely nothing—just you, by yourself, you are enough. You always have been, and you always will be, no matter what.” When we accept that we are already *enough*, we can accelerate our Meaningful Mission. Our joy will be unparalleled, and our ability to celebrate and give thanks will grow as well.

Key Takeaways from Chapter 18

- Celebration allows us to enjoy those powerful moments instead of feeling pressure to keep going because “I’m not yet good enough.”
- When there’s a moment of more considerable success or a milestone achieved, you can celebrate that too. Still, every day should be a celebration of your consistent effort toward accomplishing your Meaningful Mission.
- As you follow through with the Greatness Game Plan, setting goals and crushing them, take time to celebrate your successes.
- Take time to acknowledge how far you’ve come and celebrate your wins.
- Take time to celebrate your successes.
- Celebrate! **You are enough.**

Are there other things that stood out to you? Write them below.

Reflection

1. Lewis says he used to think that celebrating the little successes would make him complacent but that he changed his mindset. Does this idea resonate with you? What are some “little” successes you can (and should!) celebrate right now?

2. Some days are hard, and we need to acknowledge the effort we’ve made to follow through on anything we said we were going to do. What are some things you can say to yourself on these days to celebrate or stay in gratitude? *Examples: I’m grateful that I showed up for my Wellness today; I’m grateful I showed up for my Relationship and for my Business goals.* Write a few below that can encourage you when it’s hard to show up.

Action: Celebrate

It’s time to get into the habit of celebrating *you* and every step you take toward your goals, your path to greatness, and your Meaningful Mission. Your last action item for this book is a game-changer. This habit will change your life!

- ▶ Every night, ask yourself, *What are the three things I can celebrate and be grateful for today?* Write your answers down somewhere where you can reflect back on your wins weekly, daily, or monthly. Do this every day.

Additional Activity:

To dive deeper, be sure to complete Exercise: Create a BRAG List to help you celebrate where you've come from and guide where you want to go. Then commit! It's time for a GREAT life.

Mindset Moment

We must get out of the habit of not celebrating ourselves because we're not "done" with what we set out to do. My hope for you is that you are never done. I hope you keep growing, learning, developing, and creating, no matter how many big wins you tuck underneath your belt. You don't have to push yourself to be better or bigger or more in order to celebrate yourself. Enjoy every win, big or small. Each moment is powerful and a grand reminder that you are just as you are right now, no bigger or better or more *enough*.

CONCLUSION

Greatness is possible. Do you believe it?

Hopefully this study guide has helped you walk through and apply the lessons from the book. When you put what you've learned into practice you're able to navigate the steps necessary to defeat mediocrity, overcome your fears, define and pursue your dreams, heal the broken places in your past, and unlock your courage.

That sets you up to create and tackle your own Game Plan for Greatness.

When you do—watch out world—because greatness is just around the corner!

Remember, you are enough and you are becoming more!

—The Greatness Team