

Three Nightly Practices For Exponential Growth

Envisioning a 10x Future

"Your eyes only see and your ears only hear what your brain is looking for." - Dan Sullivan

1. Where did you already experience 10x growth? Income, knowledge, relationships?

2. Where do you want to have 10x growth? Measurement? By when?

3. Imagine your future as if you are already there. See it! How does it feel like do enjoy 10x results? Go deep.

4. Go back to your current situation as your past. What did you do to get to this 10x present?

Transforming Procrastination into Courage

"There is no growth in your comfort zone and no comfort in your growth zone." - John Maxwell

I am procrastinating on:

Which ones have the strongest emotional bite?

Task	1	2	3
Why am I procrastinating?			
Where do I have to be courageous?			
What measurable jump I will get?			
Confidence level if I stay with my anxiety?			

Adding Value To People

"This exercise will set you apart from 99 percent of all the other people in the world." John Maxwell

1. Where will I go tomorrow? With whom will I meet?

2. What can I *say* to them, *give* to them or *do* for them that will make our time together memorable, be unexpected and add value to them?

3. In the morning review your ideas to potentially improve them.