

ACTION WORKSHOP

Live you dreams...

Congratulations on joining the Action Workshop to make 2018 EPIC!!

I am super pumped that you are ready to make sure 2018 will be your best riding year yet!

Why Are You Here?

This workshop is not so much about changing yourself, but uncovering yourself and becoming all that you can be.

Every single one of you has a reason to be here – every single one of you wants to create a change. Before we begin the workshop, let's make sure we are clear on the outcome that you want from the weekend.

Why did you make the decision to attend this event? What are you committed to getting out of this weekend? If this weekend was the most powerful, life-changing, exhilarating workshop you had ever been a part of, what would have happened?

We have a Facebook community set up purely for goalsetting superstars part of the Goal Setting programs (Goal Mastery and Life Mastery)

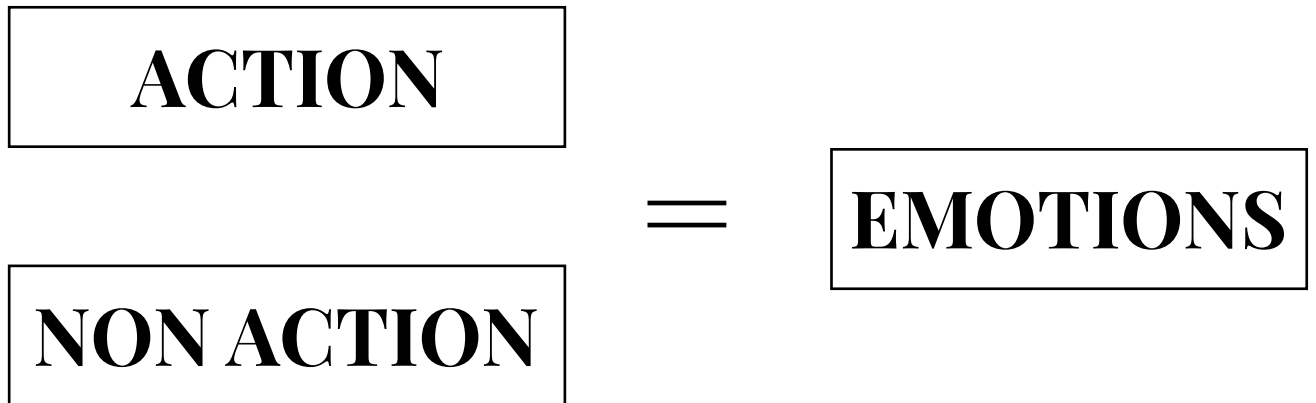
If you are on Facebook and would like to connect to the group (if you haven't already) make sure you search for "Life Mastery Members 2018" and ask to join the group (as it is a private group, once you request access we will need to arrive you which can take up to 24 hours).

I am really looking forward to supporting you and giving you the tools you need to make sure 2018 is your best riding year yet!

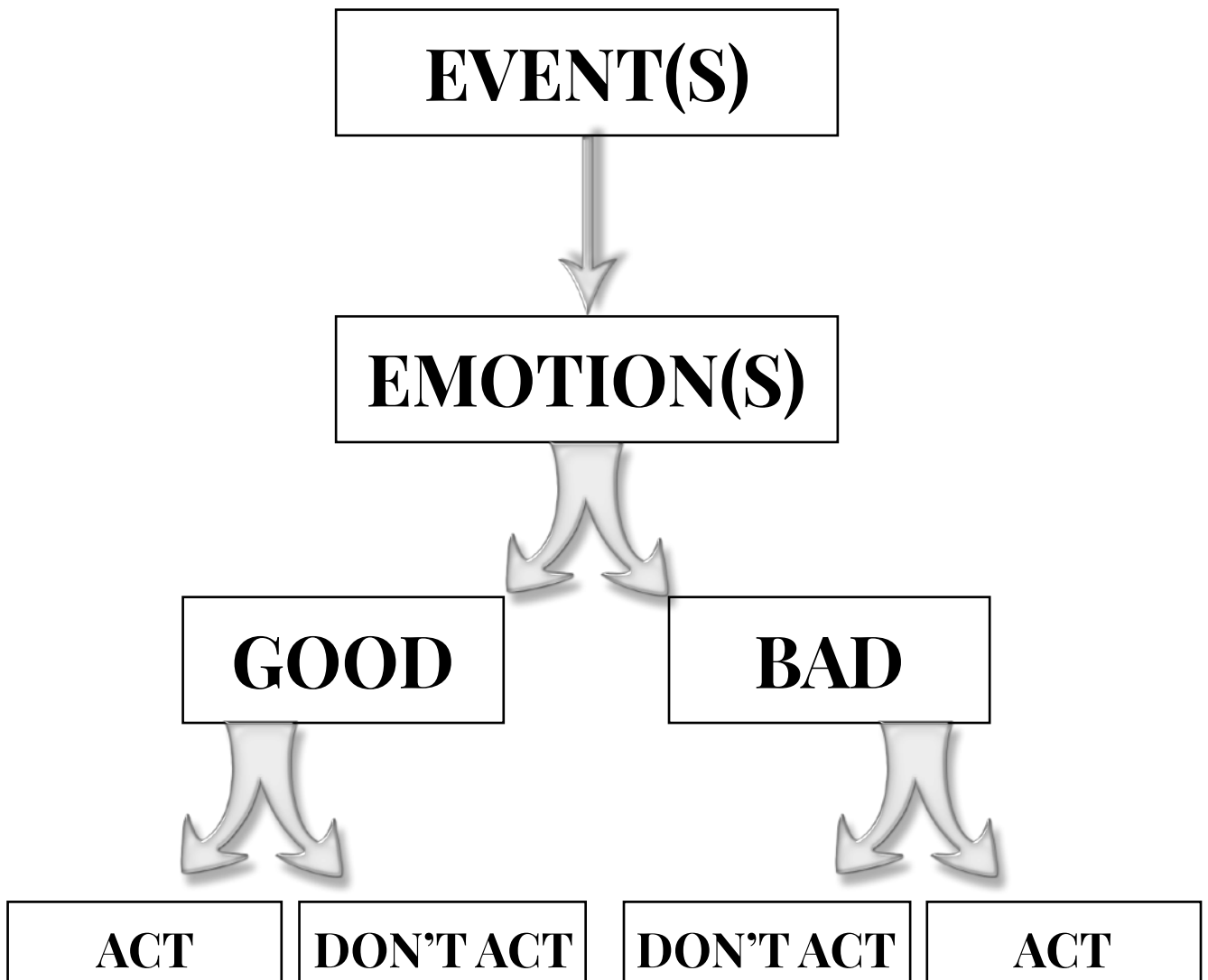
To Your Success in 2018 and Beyond,



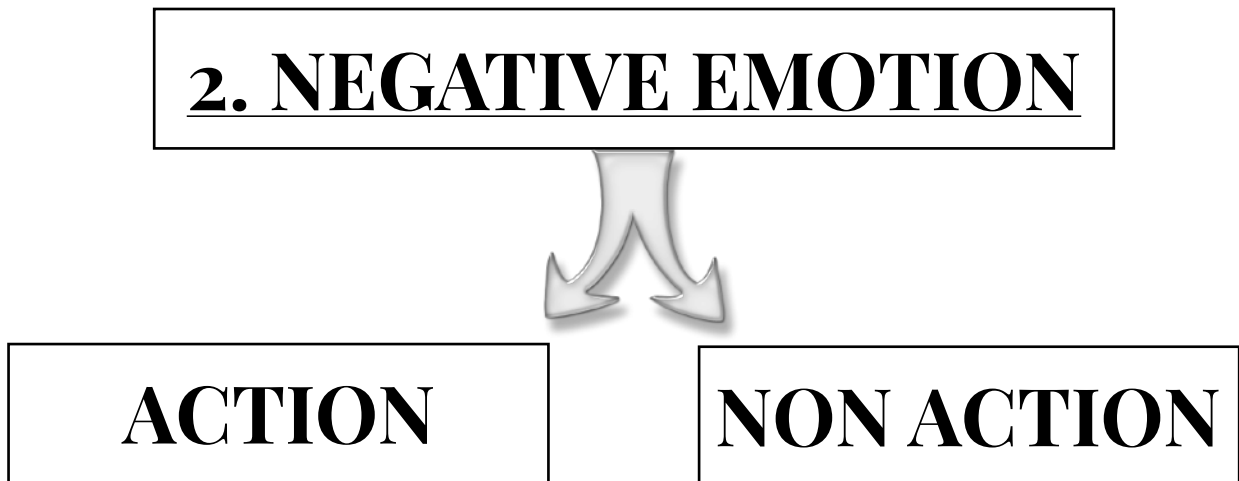
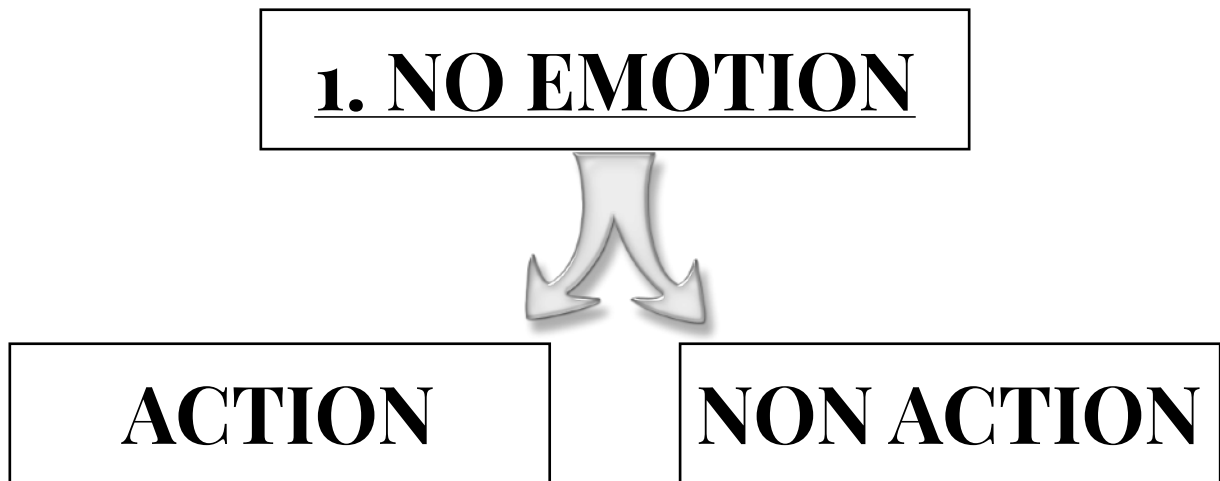
Natasha Althoff



Action Simplified



Breaking Down the Emotions



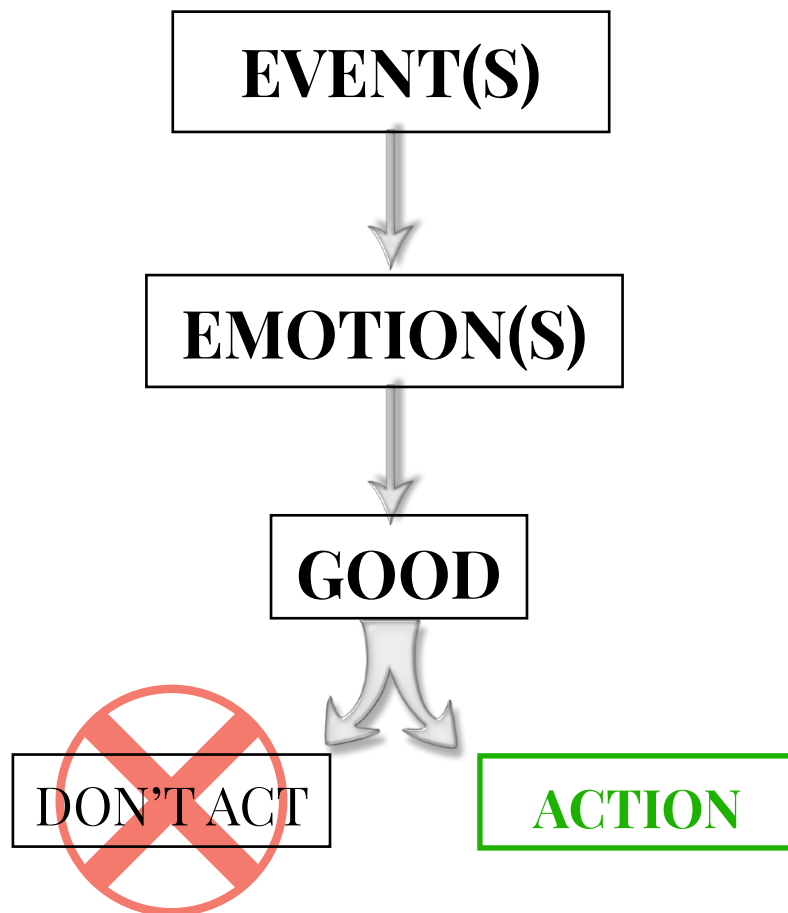
3. POSITIVE EMOTION



ACTION

NON ACTION

How to Stop Positive Emotion = No Action



Two Reasons we choose no action:

- 1. We want to stay safe, comfortable, certain, secure**
- 2. We have hit the standard we find acceptable**

Awareness Exercise

In the past, when did you choose comfort over action?

In the past, when did you choose certainty over action?

In the past, when did you choose happiness over action?

What did these choices cost you?

Your life = your standards

The secret to life = your standards

If someone has a better life than you, they have different standards than you.

Exercise:

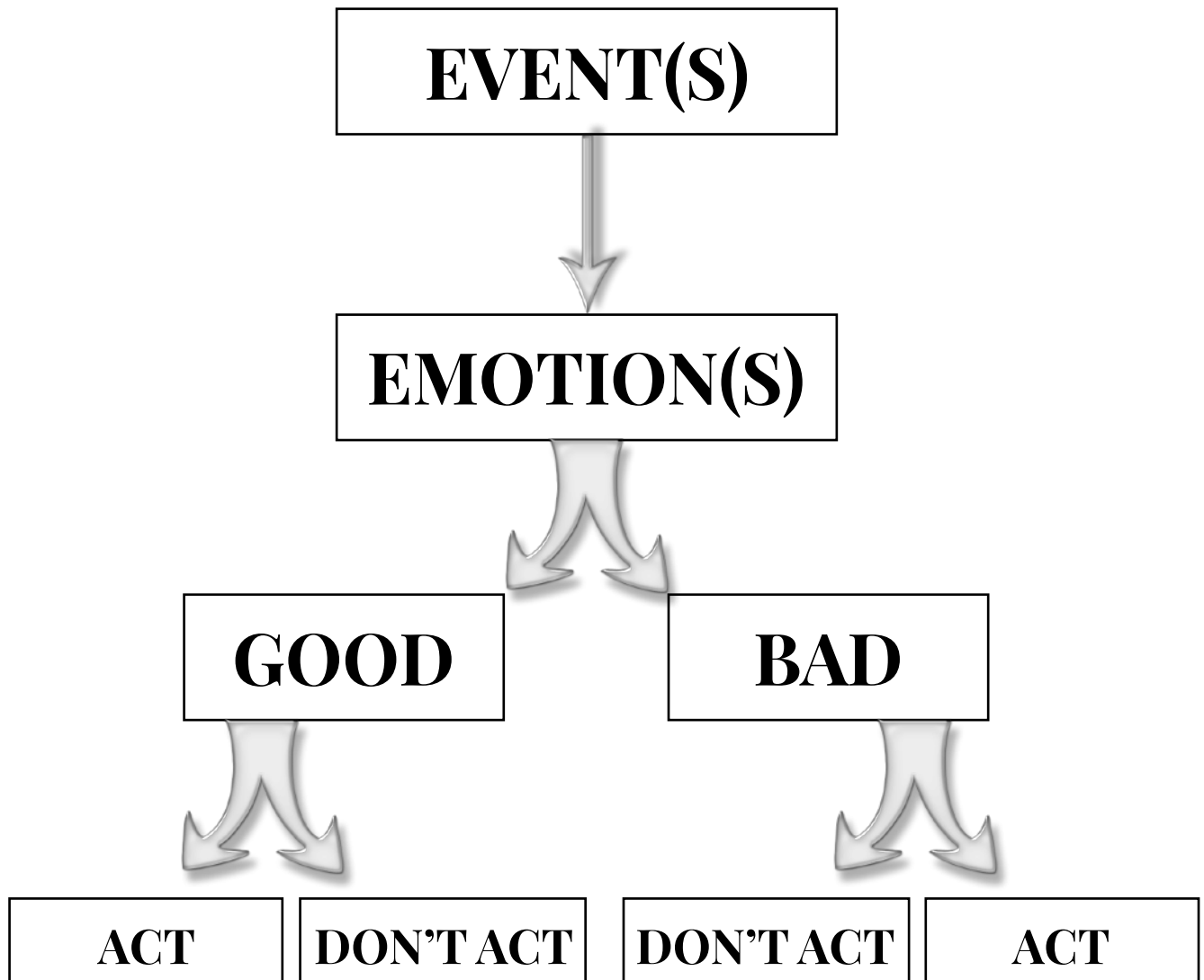
What are your current standards for (remember this isn't what you want, this is what you currently have):

	My Current Standards	Actions I would take if I feel below standard
Health		
Riding		
Emotional State		
Physical Body		
Relationships		
Finances		
Growth		
Anything Else		

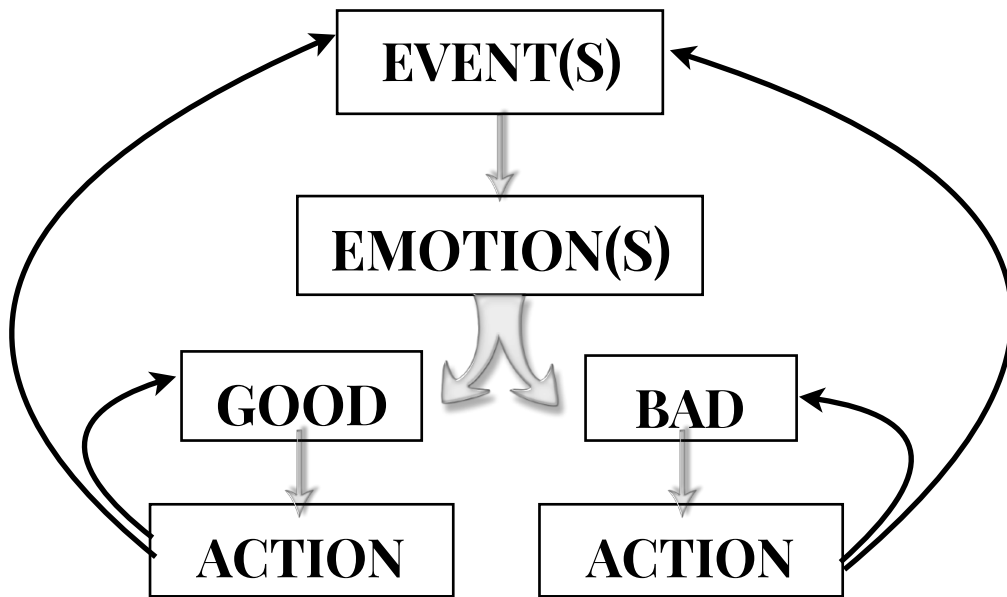
I commit to _____

	My new standards are	My new actions are
Health		
Riding		
Emotional State		
Physical Body		
Relationships		
Finances		
Growth		
Anything Else		

Remember:



Our job is to ensure we stay either in good or bad feelings resulting in action:



Four Levels of Operating:

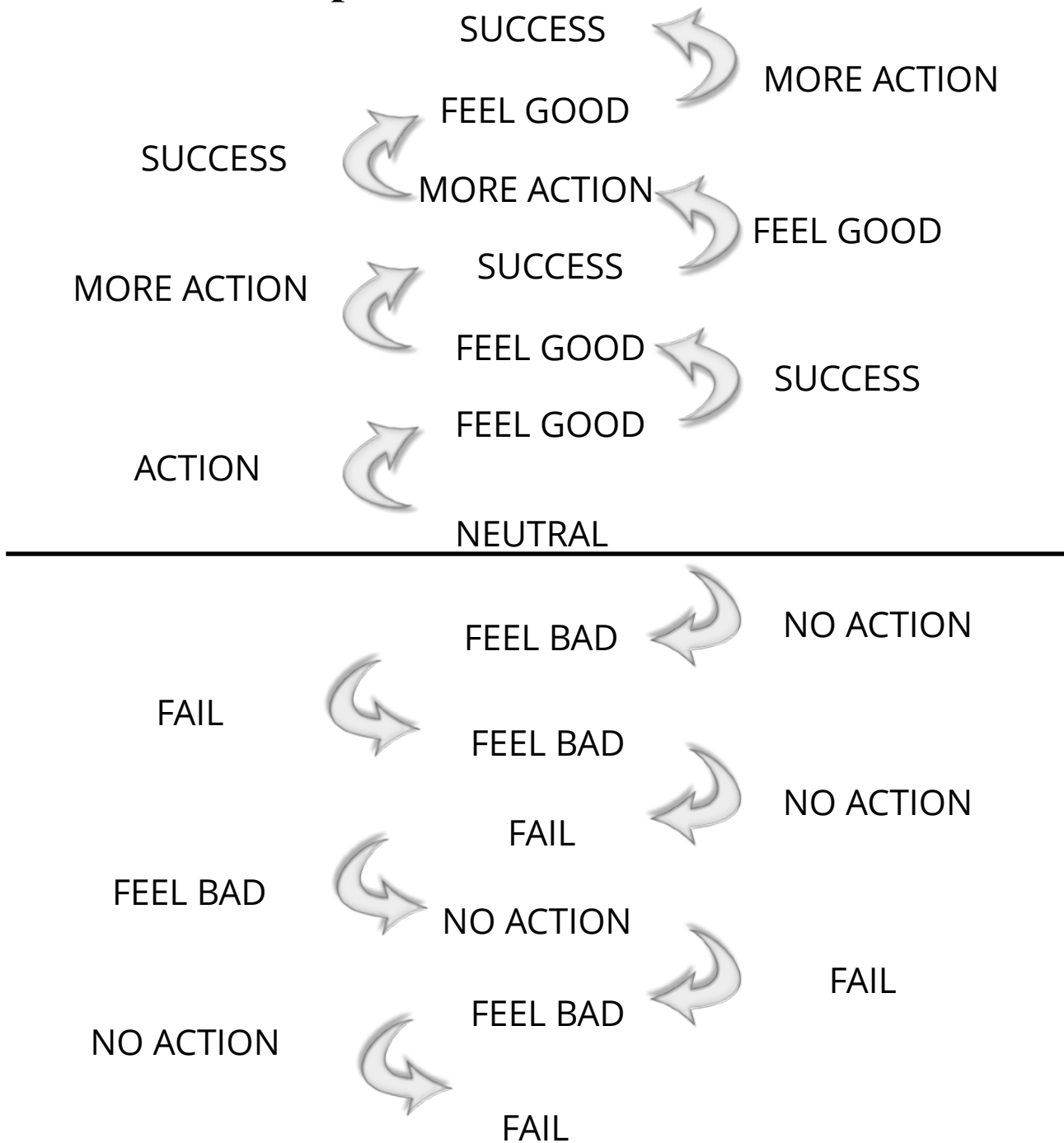
L1 Feels good and is good for you

L2 Feels good and isn't good for you

L3 Doesn't feel good and is good for you

L4 Doesn't feel good and isn't good for you

Self Confidence Spiral



How can you take tiny steps of action to therefore:

Succeed
Feel good
Take more action
Succeed
Feel good
Take more action

Awareness Exercise

What are you really good at?

Where do you experience success already?

What activities make you feel good about yourself?

What are you doing when you feel invincible?

What makes you feel happy?

What makes you feel energised?

What makes you feel motivated?

Remember a specific time you felt super motivated and pumped:

What did I hear?

What did I see?

What did I feel?

What did I tell myself?

Use these pages whenever your self confidence decreases, to go back up the spiral

Why Do You Want To Be?

Why do you want to be _____?

Why do you want to be _____?

Why do you want to be _____?

Why do you want to be _____?

Why do you want to be _____?

Why do you want to be _____?

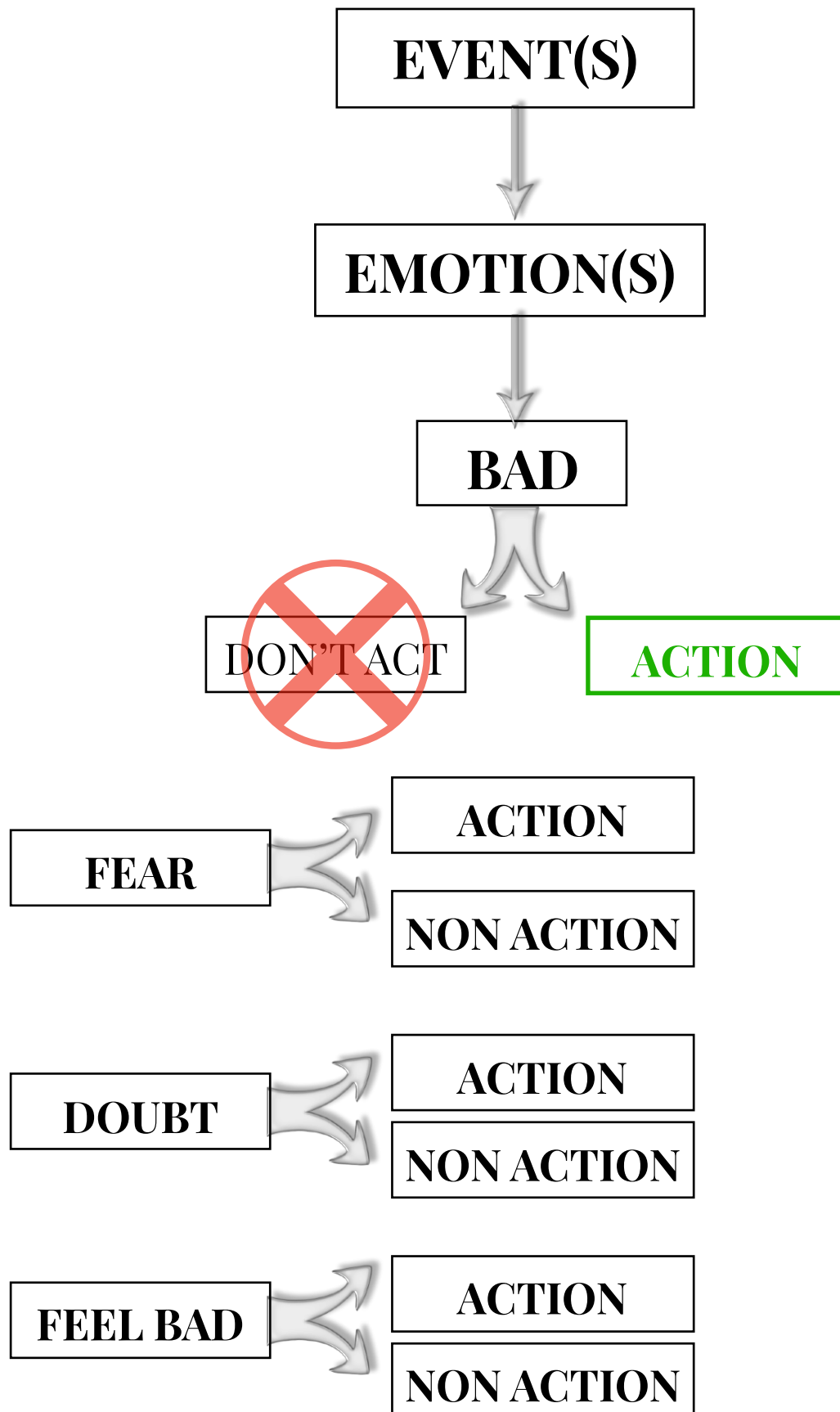
Why do you want to be _____?

Why do you want to be _____?

What did I learn when I took action?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

How To Turn Negative Emotion Into Action Not Inaction? i.e. into power emotions



Awareness Questions

In the past, what emotions led you to taking no action?

In the past, what events led you taking no action?

Go deep - what is the root emotion?

How can you heal the root emotion another way?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Why is it a must you take action now?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Create one sentence explaining your defining decision

Create a word or an image that captures this decision

Self Discipline

Needs to be grown and developed like a muscle.

Can be increased by:

1. Less thinking
2. Always linked to a motivating why
3. Clear goal
4. Clear plan
5. Make less decisions
6. Significance/competition/pride
7. Create more unconscious habits
8. Enjoy the benefits

21 day sprints

1. Have a clear outcome goal
2. See hear and feel achieving your goal
3. Create a plan
4. Take the extreme action

What to expect

- At the beginning it won't be so hard because you will have motivation and inspiration and to do anything for 1-2 days is quite easy!
- After this initial motivation has passed, the rest of the week will be the hardest part This is where you will need to dig deep and keep reminding yourself why this is important.
- The second week will be easier and the third week will be the easiest.

What will your 4 quarterly 21 day sprints be?

Q1 _____
Q2 _____
Q3 _____
Q4 _____

Q1

1. I will achieve...

2. By achieving this goal I see, hear and feel...

3. To achieve this goal in 21 days my plan is...

Q2

1. I will achieve...

2. By achieving this goal I see, hear and feel...

3. To achieve this goal in 21 days my plan is...

Q3

1. I will achieve...

2. By achieving this goal I see, hear and feel...

3. To achieve this goal in 21 days my plan is...

Q4

1. I will achieve...

2. By achieving this goal I see, hear and feel...

3. To achieve this goal in 21 days my plan is...

Be the Professional

The amateur

- Our youth
- The addict
- Running away from their calling
- Terrified = fear
- Fear of failure, success, looking foolish, poverty, loneliness, exclusion from the tribe
- Biggest fear is accept the call, turn pro, the tribe will hate him for it and kick him out

The pro

- The artist
- The hero
- Acceptance of the call
- Also terrified but find the courage anyway
- Instead of running from fears, we turn and face them
- When we turn pro we choose the life we want for our future and turn away from the life we have left behind. It's a decision we have to re-commit to every day
- The professional: shows up every day, is committed over the long haul, patient, seeks order, acts in the face of fear, accepts no excuses, plays it as it lays, is prepared, endures adversity, courageous, can't be distracted, defers gratification, doesn't wait for inspiration

How will you commit to being a pro in the next 12 months?

What about when something really bad happens? What will you do?

When you get horribly disappointed, what will you do?

When you get hugely hurt, what will you do?

When you are completely afraid, what will you do?

When you have failed, what will you do?

When you feel lost, what will you do?

Notes

[illegible]