

January Jumpstart Success-ercises Session 4

1. Complete your “Removing Obstacles” sheet. Let your internal “Doubter” speak. List EVERY obstacle that comes to mind about why you can’t make your #1 Big Juicy Goal become real in one year or less. Review each obstacle. Is it a...

- a. ROADBLOCK in need of a STRATEGY?
- b. CONSCIOUS LIMITING BELIEF?
- c. Does it have elements of both?

Share what you notice and/or your insights about these obstacles with your buddy during your call(s) this week.

2. Complete your TRANSFORM A LIMITING BELIEF sheet. List ONLY those obstacles you identified as CONSCIOUS LIMITING BELIEFS on the left side of your page.

On the right side of your page, identify the UNCONSCIOUS LIMITING BELIEF that your Conscious Limiting Belief is pointing to and put a check mark in the appropriate box.

- If I Try, I will Fail
- No One Will Want Me
- I'm Not Worthy

- a. Ask and answer the following questions:
 - Is this belief really TRUE? How do I know that?
 - Who says it's true?
 - Am I adopting someone else's belief as the truth?
 - What evidence can I find that the opposite might be true?
 - b. Create a NEW EMPOWERING BELIEF that could replace each UNCONSCIOUS, LIMITING BELIEF.
 - c. Can you identify one of the three Unconscious Limiting Beliefs as being your DOMINANT one?
 - d. Create one “core” New Empowering Belief that supports and inspires you to fulfill your Big Juicy Goal.
 - e. Say your NEW, CORE EMPOWERING BELIEF out loud several times a day, especially when you catch your Doubter or you find yourself in MIND HELL. FEEL your new Empowering Belief as TRUE when you say it.
 - f. Share your “core” New Empowering Belief you created with your buddy. Can your Buddy FEEL your energy and excitement? Share AHAs and Insights you are getting.
 - g. Bring your “Obstacles” and “Transform” sheets to Session 5.
3. Bring your *Creating Dreams on the Playground of the Universe* sheet to Session 5.



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4. Continue doing your body work. Consider adding in a new practice this week to expand your intuition and awareness of being in the PRESENT MOMENT.
5. Practice JUICING your dream for a minimum of FIFTEEN seconds several times a day. As you visualize it, FEEL the energy of your desire and the EXPERIENCE you want to manifest flowing into you and through you and out into the Universe. FEEL your dream coming alive RIGHT NOW.

Bonus Success-ercises

1. Practice gazing into your own eyes in the mirror for a minimum of 30 seconds at least once daily (more often for more gold). Measure your ENERGY and JUICE level using the baby photo in your Dream Page instructions as a “10” measurement.

Notice how much (or little) light you see in your own eyes. How much joy, curiosity, and excitement are present? Notice whether there is a difference before and after doing your body work exercises or before and after you practice JUICING your dream or after any JOY experience you generate. DO NOT JUDGE what you see (or don't see) – just NOTICE and take measurements. Share what you notice with your buddy during your buddy calls.

2. Watch the video included the “resources” section for Session 4. There is some great stuff in this TED talk. Share what you get from watching it with your buddy.

Practice using the five-second rule when it comes to ACTIVATION energy and your big, juicy goal this week. Share what you notice with your buddy.

3. Continue working with your list of incompletions. Write down new ones you identify and pick at least one item to clean up. Hold yourself accountable to your Buddy. Where are you incomplete with your Finances, Health, Relationships, Self Care, Spirituality, Environment?

4. Reread your Course Agreements. Notice if you have broken any agreements so far during the course. During your Buddy call get that complete or call Sue to get it complete so you don't have course incompletions weighing you down. Listen LOUDLY to each other!

a. If you have not been available for your buddy calls as you promised, apologize to your buddy. Do NOT judge yourself or make yourself wrong. Offer an apology make a new promise to honor your commitment. Here is a format you can use:

b. Hello [Buddy name]. I want to acknowledge that I have not kept the course agreements in the following areas. [Say what agreements were broken] I apologize. Here is my new commitment for honoring our calls and the course agreements for the rest of the course. [Say your new commitment]. I agree to _____.



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- c. **DO NOT EXPLAIN OR JUSTIFY WHY** you did not keep your agreement. Acknowledge, Apologize and Recommit. That's all there is to do. This is an exercise in completion and clearing a space for you to POWERFULLY complete the course with nothing in the way.
- d. Your buddy's job is to acknowledge you for getting complete. Here is a format you can use.
- e. **Thank you [Buddy Name] for acknowledging that you have not kept the course agreements you mentioned. Thank you for making a new commitment to honor our calls and the course agreements for the rest of the course. I get that you are committed to getting everything there is available from your participation in the course. How can I support you as your course buddy?**
- f. When you both feel complete, take an energy reading. How did it FEEL on a scale of 1 to 10 BEFORE you got complete? Notice if there is a difference AFTER acknowledging, apologizing and recommitting.

NOTE: If you did not attend a session or make a buddy call due to an emergency, but you communicated that emergency to the your Coach (Sue), you have NOT broken your agreements.

If you CANNOT commit to honoring your buddy calls and/or the course agreements for the remainder of the course, please be in communication with your Coach (Sue) for support.