

## EXERCISES FOR GROWTH

1. Where are you hungry for growth? What do you want to accomplish?
  
2. What beliefs about yourself will you have to give up in order to grow in this way?
  
3. Create a plan for the passive and massive action you will need to take in order to grow and accomplish what you want.
  - a. What is the passive action (information) you need to take in order to reach your goal? Make a list and then schedule each item on your calendar. For example, if you need to learn how to publish a podcast, set specific and limited time aside to learn how to do this, say Friday from 3:00-5:00. Make sure to limit your time. Your brain will want to spend all kinds of days and weeks in passive action.
  - b. What are the obstacles your brain is offering to reaching this goal? Make a list of all the excuses your brain is coming up with.
  - c. Now create a strategy for overcoming each obstacle.

For example, if you want to create a podcast, but your brain is telling you don't know how, your strategy is some passive action. Then your brain offers that you don't have time, or you don't have the right equipment, or it's too hard to get approved by iTunes, or your kids might interrupt, or you don't really know what to say to fill a whole podcast episode.

Do you see how your brain can just go on and on making excuses rather than getting down to massive action? Instead of giving in to its resistance, simply list the obstacle on one side of the paper and list your strategy on the other. When the obstacle arises, simply follow the strategy. (Amazingly, the obstacles rarely actually arise...our brain just likes to pretend things are impossible.)

