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# Achieve It!

## Unlocking 3 SECRETS of High Performers

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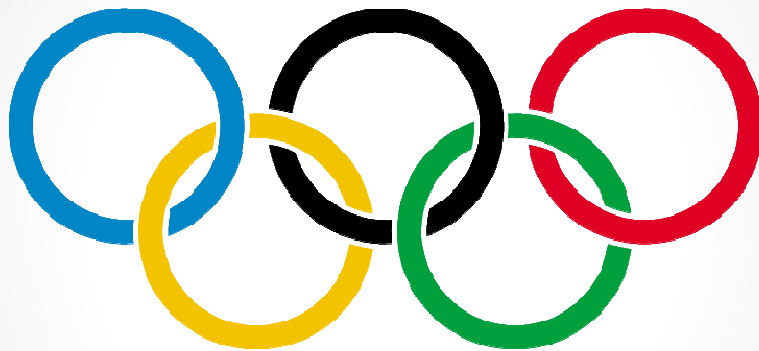
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Lillehammer '94

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This is how they went...



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## How do I go from?



This



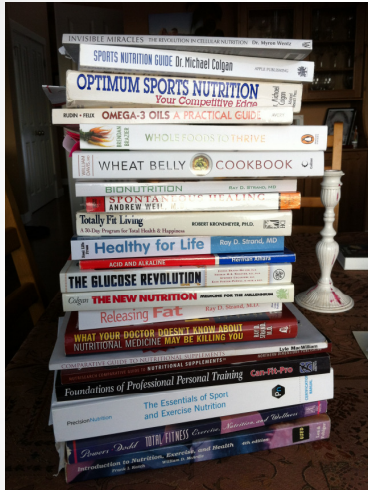
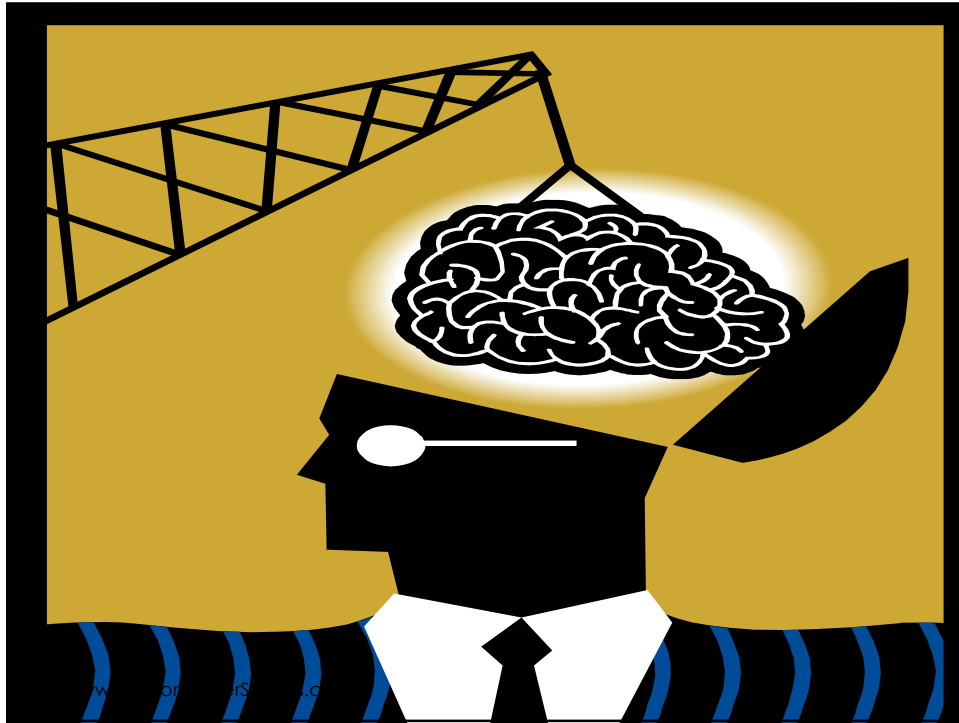
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# SECRET #1

## Decide It

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## Decide It...

Decide What You Want



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# Decide What You Want...



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# Decide What You Want...



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# Decide WHY You Want It



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# Decide HOW BADLY You Truly Want It...

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# What Are You Willing To GIVE UP to Achieve It?



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# What Are You Willing CHANGE to Achieve It?



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# The “7 Decisions”

1. WHAT do you want?
2. WHY do you want it?
3. How BADLY do you REALLY want it?
4. What are you willing to GIVE UP to get it?

# The “7 Decisions”

5. What is the RISK of not achieving it?
6. What is the REWARD for accomplishing it?
7. Make a...



## **SECRET #1** **ASSIGNMENT**

Go through the 7 Decisions and answer each one of them in detail. Physically WRITE the answers out on paper.

# **SECRET #2**

## Believe It

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“You’re not going to take  
action on something you  
don’t **BELIEVE** you can  
achieve.”

- Jason Parker

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# How do you BUILD or RE-BUILD BELIEF?

## In 5 STEPS...

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## 1. Who else has done it?



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What did they DO to  
achieve it?

“SUCCESS  
LEAVES CLUES”

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2. Is it POSSIBLE?



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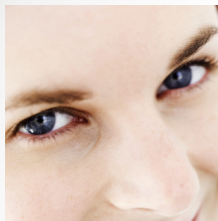
36

### 3. Get CLEAR...



“When you visualize, you materialize... If you’ve been there in the mind, you’ll go there in the body.”

- Denis Waitley





“Feel the feeling  
of the wish  
fulfilled.”

- Neville Goddard

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## 4. Take BABY STEPS



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5.

**Recognize**  
**Acknowledge**  
**Celebrate**

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41

## 5 Steps to “Believe It”

1. Who has done it?
2. Is it POSSIBLE?
3. Get CLEAR and VISUALIZE
4. Take BABY STEPS
5. Recognize, Acknowledge & CELEBRATE!

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# SECRET #2 ASSIGNMENT

Go through each of the 5 Steps to “Believe It” and answer in detail how you are going to utilize each one of them. Physically WRITE the answers out on paper.

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# SECRET #3

# Become It

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Who do I need to  
Become?

What characteristics do I  
need to develop?

**Persistent**

**Dedicated**

**Caring**

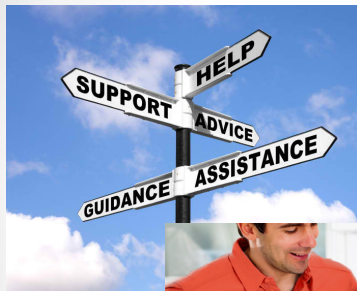
# What characteristics do I ALREADY POSSESS?

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# Who do I need around me?



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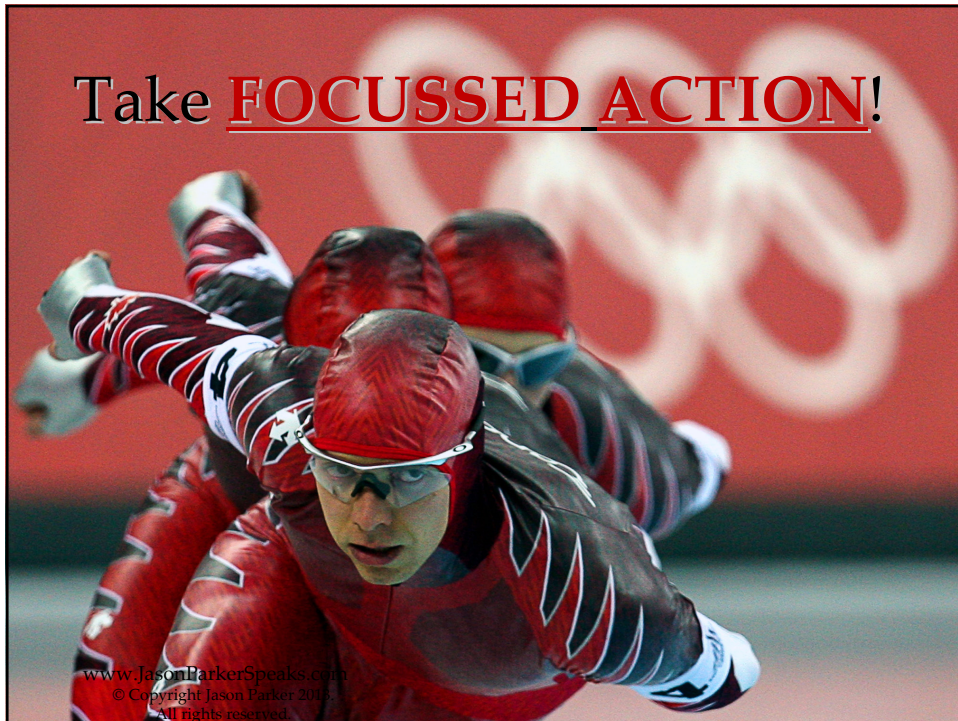
# In Order to Achieve It...

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Take FOCUSSED ACTION!



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# 5 Steps to “Become It”

1. Who do I need to **BECOME**?
2. What do I already **POSSESS**?
3. Who do I need **AROUND ME**?
4. What **FOCUSSED ACTION** do I need to take?

## **SECRET #3** **ASSIGNMENT**

Answer each of the “4 Steps to Become It” in detail and decide what focussed action you are going to take. Physically **WRITE** the answers out on paper.

# 3 SECRETS

1. Decide It
2. Believe It
3. Become It

Achieve It!

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53

“It’s not about  
PERFECTION.  
What matters most  
is that you be  
CONSISTENTLY  
PERSISTENT.”

- Jason Parker



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