



SUCCESS<sup>®</sup>  
COACHING™ 

# Set up your day for SUCCESS

This guide will help you with three steps to set  
your day up for **SUCCESS**.

*"Whatever the mind of man can conceive  
and believe it can achieve."*

**Napoleon Hill**

[www.SUCCESS.com/Coaching](http://www.SUCCESS.com/Coaching)

## STEP 1 Identify Your Beliefs

Empowering beliefs support us in achieving our goals, help us feel confident and capable, and remind us that we are worthy of achieving our dreams. On the other hand, limiting beliefs hold us back from achieving our goals, make us doubt ourselves and our abilities, and can even keep us from taking action altogether.

“

*Until you make the unconscious conscious, it will direct your life and you will call it fate.*

**C.G. Jung**

This worksheet aims to help you identify any limiting beliefs you may have around your current goals and start creating empowering beliefs that will support you in achieving those goals.

Take a few moments to reflect on your current goal and then write down any beliefs around that goal. If you're not sure what your beliefs are, take a moment to consider about how you feel when you think about your goal. Do you feel excited and motivated? Or do you feel scared or doubtful?

- **Business**

(Financial, Growth, Leadership)

➤ Goal: \_\_\_\_\_

➤ Current Beliefs: \_\_\_\_\_

- **Personal Performance**

(Mental, Emotional, Physical, Spiritual)

➤ Goal: \_\_\_\_\_

➤ Current Beliefs: \_\_\_\_\_

- **Community**

(Friends, Family, Coworkers)

➤ Goal: \_\_\_\_\_

➤ Current Beliefs: \_\_\_\_\_

Once you've identified your beliefs, it's time to transform any limiting beliefs into empowering ones. To do this, take each belief and ask yourself:

**What would I need to believe to achieve my goal?**

---

---

---

---

**What would be possible if I truly believed that?**

---

---

---

---

**How would I feel if I had that belief?**

---

---

---

---



**For example,** let's say your goal is to grow your business by \$2,500,000 in net profit one the next 12 months. A limiting belief around this goal might be, "I'm not good enough to achieve that." To transform this into an empowering belief, you might ask yourself:

**What would I need to believe to achieve my goal?**

- That I am capable and deserving of achieving my goal.

**What would be possible if I truly believed that?**

- I would feel confident and motivated to take action toward my goal.

**How would I feel if I had that belief?**

- Excited and hopeful.

Take some time to work through this exercise for each of your current goals, and see what beliefs start to shift for you.

- **Business**

(Financial, Growth, Leadership)

➤ Goal: \_\_\_\_\_

➤ New empowering belief: \_\_\_\_\_

- **Personal Performance**

(Mental, Emotional, Physical, Spiritual)

➤ Goal: \_\_\_\_\_

➤ New empowering belief: \_\_\_\_\_

- **Community**

(Friends, Family, Coworkers)

➤ Goal: \_\_\_\_\_

➤ New empowering belief: \_\_\_\_\_

Remember, it's not about forcing yourself to believe something that doesn't feel true for you yet. Instead, it's about opening up the possibility of what could be and starting to change the way you think and feel about your goal. As you do that, you'll begin to see new possibilities open up for you, and taking action will become that much easier.

This is why the practice of gratitude or use of affirmations can be so powerful.

Neuropsychologist Donald Hebb first used this phrase in 1949 to describe how pathways in the brain are formed and reinforced through repetition. We are going to use this concept to establish new empowering beliefs around your goals and future SUCCESS.

“

*Neurons that fire together, wire together.*

**Donald Hebb**

Once you define your new empowering belief, take time to transform it into an affirmation that can be used daily to build and reinforce the neural pathways in your mind each day.

- **Business**

(Financial, Growth, Leadership)

➤ Goal: \_\_\_\_\_  
\_\_\_\_\_

➤ Empowering belief: \_\_\_\_\_  
\_\_\_\_\_

➤ Affirmation: \_\_\_\_\_  
\_\_\_\_\_

- **Personal Performance**

(Mental, Emotional, Physical, Spiritual)

➤ Goal: \_\_\_\_\_  
\_\_\_\_\_

➤ Empowering belief: \_\_\_\_\_  
\_\_\_\_\_

➤ Affirmation: \_\_\_\_\_  
\_\_\_\_\_

- **Community**

(Friends, Family, Coworkers)

➤ Goal: \_\_\_\_\_  
\_\_\_\_\_

➤ Empowering belief: \_\_\_\_\_  
\_\_\_\_\_

➤ Affirmation: \_\_\_\_\_  
\_\_\_\_\_





## STEP 2

## Activate Via Your Morning Routine

I am sure you've heard a ton of buzz on the concept of having a powerful morning routine, and it is because it is a game-changer!

Once you have your new empowering beliefs, it's time to set up a morning routine that will ensure you build and reinforce these new beliefs. This is your key to your SUCCESS.

Suppose you do not believe 100% that your goals are possible. It will be extremely difficult to achieve your goals. So, let's build some new empowering beliefs and make it possible.

When you wake up each morning, take a few moments to do the following:

1. **Set an intention for your day.** What do you want to achieve today to move you 15 feet closer to your 12-month goals?
2. **Affirm your beliefs.** Read aloud your GOAL + SUCCESS Affirmation from your SUCCESS AFFIRMATION card.
3. **Visualize your success.** Mental rehearsal is scientifically proven to enhance performance for athletes and professionals. Close your eyes and visualize yourself accomplishing your 12-month goal. See it as if it has already happened. Feel it and make it real in your mind. Everything in our external world first starts as a thought or feeling in our inner world.
4. **Take action.** What is one small step you can take today to move closer to your goal?

By taking the time each morning to set an intention, affirm your goals and beliefs, and visualize your SUCCESS, you will be creating powerful neural pathways that will support you in achieving your goals.

“

*If you win the morning, you win the day*

**Tim Ferris**



## STEP 3

# Everyone needs support & accountability, GET A SUCCESS COACH!

One of the best things you can do to achieve SUCCESS is to get a SUCCESS Coach.

A SUCCESS Coach will help you create and implement your morning routine, goal-setting process, and action plan.

They will also hold you accountable for taking action and achieving your goals.

“

*Everyone needs a coach.*

**Bob Nardelli,**  
**/former CEO, Home Depot**



*We were stuck in a rut, spinning our wheels, working 10-hour days and not feeling like we were getting ahead. We began coaching through the SUCCESS program with Eli a little over six weeks ago and it's been honestly pretty amazing the clarity and direction it's brought to our lives. We are leveling up in all areas. I'm excited for where this takes us and I know it will be far!*

**Stephanie Wells, Oregon Broker, Living Local Northwest, Brokered by eXp Realty, LLC.**



*My coach with SUCCESS Coaching™ helped me realize that I was beating myself up over and over. He asked questions and offered guidance that helped me understand that I am, and have always been, a true expert and professional.*

**Gladys Ntaryike, eXp Realty in Greater Ft. Worth**



*Alyssa is able to drill in on exactly what the real issue is when presented with the daily juggle between motherhood and being an entrepreneur. I appreciated her listening ears, and her ability to dive in on what systems I can implement to bring to life the vision I have for my business. Thank you, Alyssa, for listening, empathizing, but also providing tools and resources to stay accountable and measure progress. You are an inspiration to me!*

**Dawn Sellers, eXp Realty**

If you don't have a SUCCESS Coach, that's OK. We have one ready to support you in your journey to SUCCESS.

Visit [SUCCESS.com/COACHING](https://www.SUCCESS.com/COACHING) to get started today!

## A TRACK RECORD OF PROVEN RESULTS.



30+ years, 124+ countries, and lasting results for millions of business professionals around the world. We started SUCCESS Coaching to share our industry knowledge with entrepreneurs everywhere. With SUCCESS Certified Coaches as your guide, you'll move through our proven growth formula. You'll begin as your own hero, with a clear path toward becoming a top producer, top leader, and eventually a true owner.

The creators of SUCCESS Coaching and the team of world-class coaches share a passion for helping businesses and leaders achieve their greatest potential. Our coaches have helped many companies become industry leaders in real estate, insurance, marketing, technology and training. They've also served as international speakers, coaches, trainers and business consultants for more than 30 years.

### EXAMPLE:

#### **Business** (Financial, Growth, Leadership)

- Goal: To grow my net income by \$2,500,000 in the next 12 months.
- Affirmation to ensure you make it happen: I am worthy of and am easily generating \$2.5 million of net income and beyond.

#### **Personal Performance** (Mental, Emotional, Physical, Spiritual)

- Goal: To release 50 lbs. of unwanted fat from my body and become the healthiest and strongest version of myself over the next 12 months.
- Affirmation to ensure you make it happen: I love myself, and my body is easily and naturally happy, healthy and strong.

#### **Community** (Friends, Family, Coworkers)

- Goal: To build a deep friendship with 10 like-minded humans and finally feel seen and understood in the ways I've always wanted to be seen and understood.
- Affirmation to ensure you make it happen: I love who I am and I attract like-minded friends who love and support me unconditionally.



**Business** (Financial, Growth, Leadership)

- Goal:

---

---

---

---

---

- Affirmation to ensure you make it happen:

---

---

---

---

---

**Community** (Friends, Family, Coworkers)

- Goal:

---

---

---

---

---

- Affirmation to ensure you make it happen:

---

---

---

---

---

**Personal Performance** (Mental, Emotional, Physical, Spiritual)

- Goal:

---

---

---

---

---

- Affirmation to ensure you make it happen:

---

---

---

---

---

**Others**

- Goal:

---

---

---

---

---

- Affirmation to ensure you make it happen:

---

---

---

---

---