

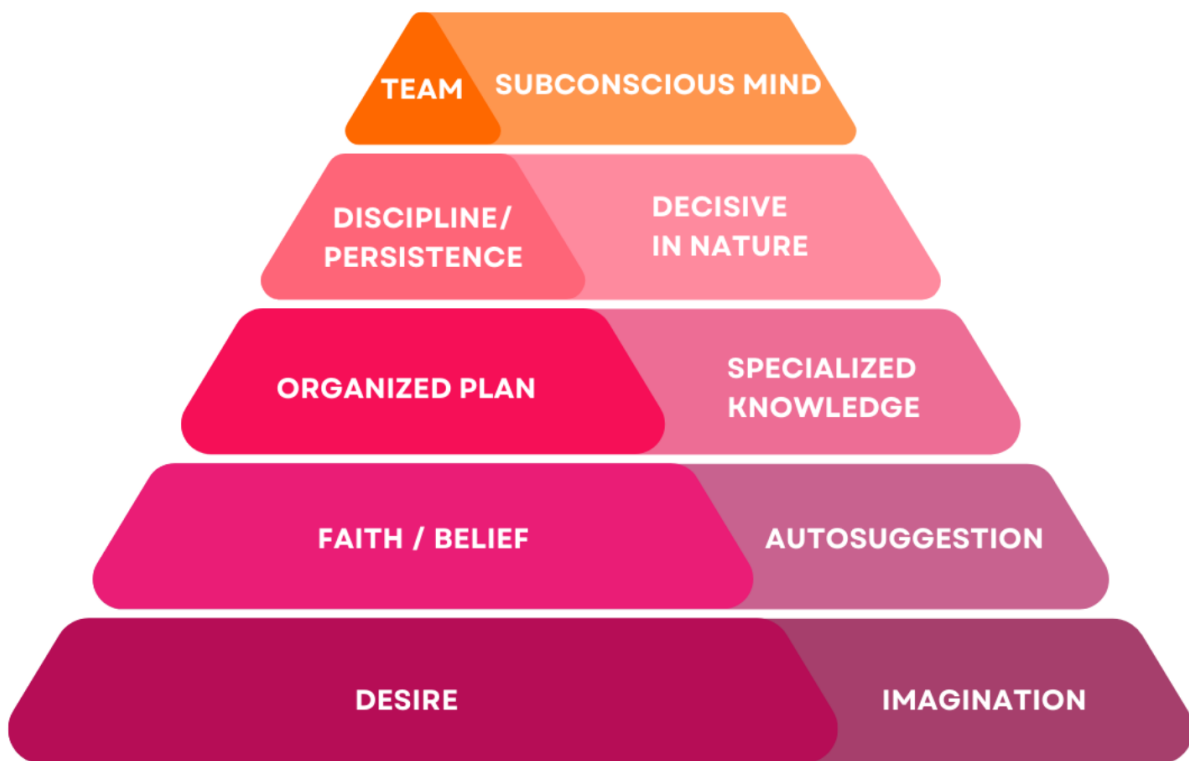


STOP & SNAP SWITCH

The ultimate guide to
help train your brain
to unleash your
limitless life.

STOP SNAP & SWITCH **RESOURCES**

UNIVERSAL LAWS OF SUCCESS



Bad Wolf

ANGRY

BROKE

UNEASY

NEGATIVE

DOWN/TIRED

ANXIETY/FEAR

NERVOUS/SCARED

CONTROL

EXCUSES

Good Wolf

ABUNDANCE

BOUNTIFUL BOLD

ULTIMATE

NEW

DISCIPLINED

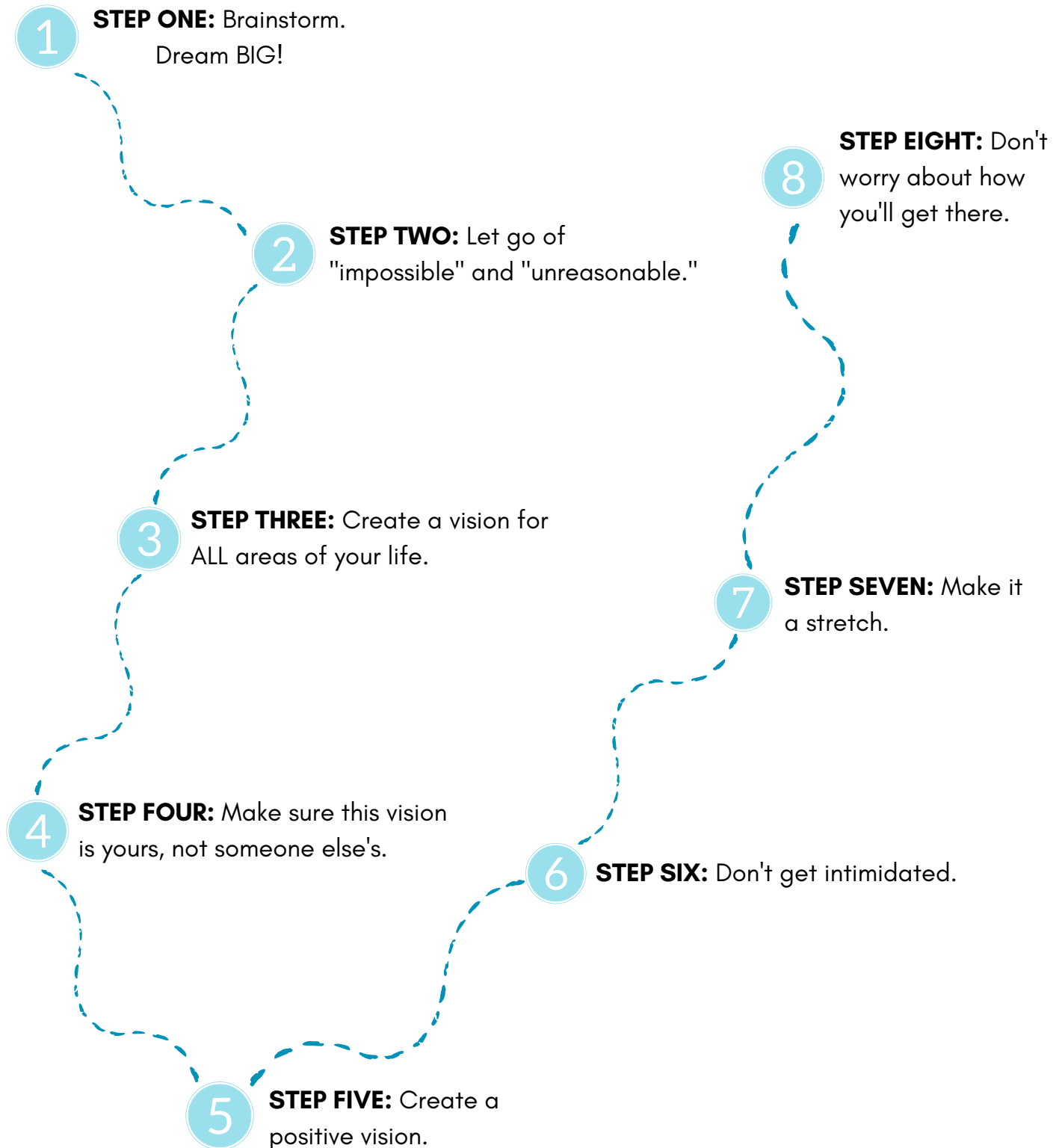
AFFLUENT

NOBLE

CALM CAREFREE

ENERGETIC ENTHUSIASTIC

Your Limitless Abundance Map



I am a Community Market Leader.
I am not just a_____.
I am an **UNSTOPPABLE** visionary!
I am **REVOLUTIONIZING** the practice of my
industry and **CONTRADICTING** the old
school teaching method and approach.
I am a **LIFE LONG LEARNER**.

I **SERVE**, I do not just **SELL**!
I strive for excellence for myself and my clients.
I am changing the way real estate is being
done and how agents are looked at. I don't rely
on traditional measures of getting clients and
generating leads. I focus on the **FUTURE!**

I continue to push because I know that nothing
happens overnight. I appreciate overwhelm
because it means that I am **GROWING**. I push
and **GIVE MY ALL** and I will **NEVER GIVE UP**.
I choose to be positive because I know my
THOUGHTS turn into my **ACTIONS**, which make
up my life. Once a goal is declared I act as if I
have already achieved it.

Make me the best person that I can be today
and put me in front of the people I need to
meet. I have an **ABUNDANCE** mindset!
I know that I am the **ONLY** one responsible
for **CREATING** the life that I
DESERVE... and **I AM!**

My name is: _____
and I am a Community Market Leader!

I AM:

a **M**arketer

Abundant

Successful

Helpful

Original

Resourceful

an **E**ducator

Daily Motivation



“

”

Daily
Motivation

FOCUS / QUOTE OF THE DAY

- ☐ Visualize My Day
- ☐ Attend Skin in the Game
- ☐ Send 10 Video Text Messages
- ☐ Read Manifesto
- ☐ Show Gratitude
- ☐ Pay It Forward

Evening Rituals

- ☐ Show Gratitude
- ☐ Calendar Out My Day for Tomorrow
- ☐ Give Myself Permission to Dream of What I Need
- ☐ Visualize My Day for Tomorrow

I Am Grateful For...

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Today's Hit List & Time Blocks (Hard Stuff First!)

HOURS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

- ☐ I Blocked Out the Time in My Calendar!
- ☐ I Am Committed to the "Touch It Once" Rule

Today's Gains

Predicting Tomorrow's Gains

- 1 _____ 1 _____
- 2 _____ 2 _____
- 3 _____ 3 _____

P1



P2



P3

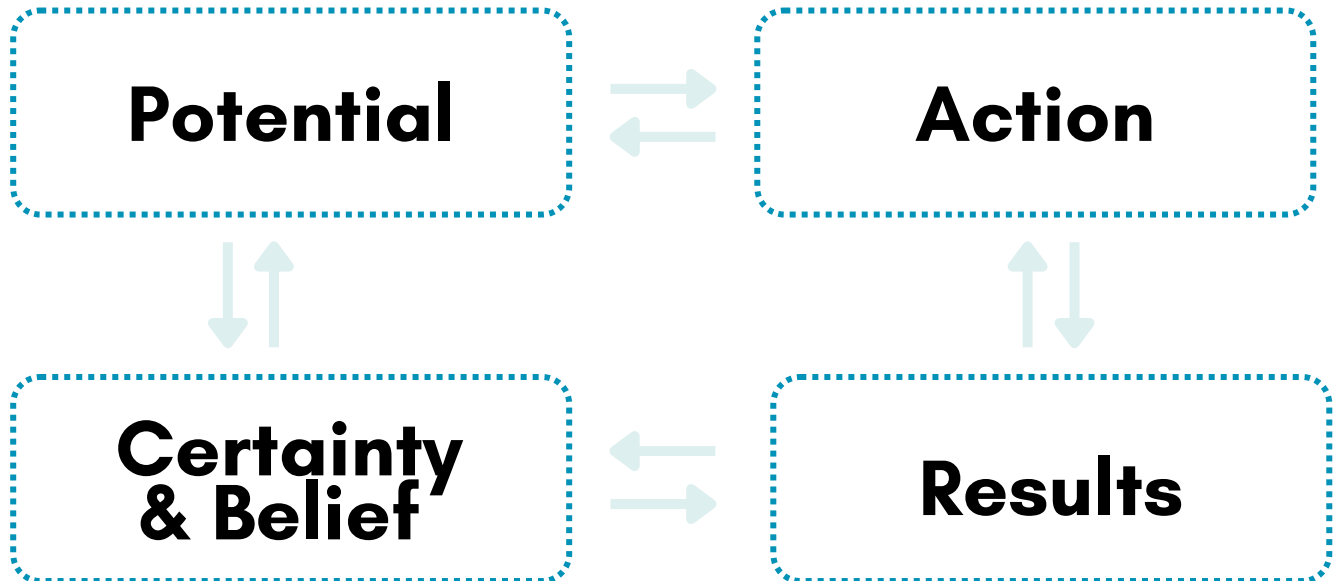


P4



Momentum Success Cycle Don't Dabble

Tony Robbin's Momentum Cycle for Success



Get really clear and honest about where you are in your life right now...

write down everything that comes to mind, what you're feeling, how you're describing yourself, what you're going through, your relationships, etc.

Expand Your Comfort Zone

Where is it that you want to go? Write down what your life could look like if you stepped out of your comfort zone. Be as detailed as possible about all the opportunities and rewards you could have.

Now, think about what your life will look like in 10-15 years if you stay exactly where you are. **How will you feel?**

Creating Your Limitless Abundance Map

What goals do you want to accomplish in these areas of your life?

- Career/ Vocation/ Business
- Family/ Friends/ Relationships
- Money/Wealth
- Health
- Personal/ Spiritual Growth
- Contribution
- Material Stuff
- Other

Rate your life currently in these categories on a scale from 1-10. Then brainstorm what it would take to make each of these areas an absolute ten.

4 Goals To Achieve My Dream Career

4 Goals To Achieve My Dream In My Relationships

4 Goals To Achieve My Dream Wealth

| |
|--|
| |
| |
| |
| |

4 Goals To Achieve My Dream Health

| |
|--|
| |
| |
| |
| |

4 Goals To Achieve My Dream Personal/Spiritual Growth

| |
|--|
| |
| |
| |
| |

4 Goals To Achieve My Dream Contribution

| |
|--|
| |
| |
| |
| |

4 Goals To Achieve My Dream Material Life

| |
|--|
| |
| |
| |
| |

4 Goals To Achieve My Dream in Other Areas of My Life

| |
|--|
| |
| |
| |
| |

Tactics

These are the actions you are committed to taking. Successful implementation and completion of your tactics will propel you to accomplishing your top 4 goals.

Creating Projects

- **Actionable** sentence
- Starting with a **verb**
- **Deadlines** & Due Dates
- What **resources** are needed?

Resources

- **Time**
- **Money**
- **Help**

Sacrifices

- **Sleep**
- **Indulgences**
- **Nights Out**
- **Some Family Time**

Accomplishing your goals is not always about what actions you'll take, it's also thinking about things you'll need or sacrifices you'll make.

What resources will I need to accomplish my goals?

What sacrifices will I need to make?

What might I struggle with? How will I overcome those struggles?

Month

Month Goal

| Projects/Tasks to Complete Goal | Date Due | Completed | score |
|---------------------------------|----------|-----------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

What Was Your Monthly Score?

What resources will you need?

What sacrifices will you make?

What might you struggle with?

How will you combat your struggles?

Monthly Goal Tracking By Week

If you have a heavy goal this month, be sure to separate it into weekly deliverables to make it easier to stay on track!

Objective 1- _____

Actions/Behaviors

Score

| | |
|--|--|
| | |
| | |
| | |
| | |

Weekly Score:

Objective 2- _____

Actions/Behaviors

Score

| | |
|--|--|
| | |
| | |
| | |
| | |

Weekly Score:

Objective 3- _____

Actions/Behaviors

Score

| | |
|--|--|
| | |
| | |
| | |
| | |

Weekly Score:

Objective 4- _____

Actions/Behaviors

Score

| | |
|--|--|
| | |
| | |
| | |
| | |

Weekly Score:

7 DAY CHALLENGES

**TURN TO THE BACK OF YOUR
STOP SNAP & SWITCH BOOK
FOR OUR 7 DAY CHALLENGES**

Stop Snap Switch Tally Your Negative Thoughts

Stop



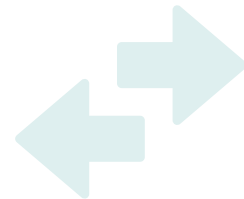
Stop & recognize your
negative thought mid-
sentence

Snap



Snap your bracelet against
your wrist to **acknowledge**
the false belief.

Switch



Switch your bracelet to your
other wrist & **re-phrase** your
thought **into a positive**
statement

Now that you are committed to implementing the **Stop, Snap, Switch** method into your life, let's use today and the next few days to capture how impactful this is to your life.

Start a tally below for every time you stop, snap and switch your bracelet/band to your other wrist. Did you realize you were having this many negative thoughts?

Can you see how these may have been infiltrating your life?

Burn Your Limiting Beliefs

List all your limiting beliefs - any negative thing you think daily, then sit with it for a second and jot down all of the things your limiting beliefs are costing you. How are these limiting beliefs holding you back and having a negative impact on your life & business?

Limiting Beliefs

**What are they
costing you?**

New positive belief

"There is a story you must stop telling yourself, or a story you must adjust, because it is preventing you from leading an optimal life in the areas that matter to you the most: Change your story, change your life." **Dean Graziosi**

Rewrite Your Personal Story

Your stories can either empower you or they can keep you stuck and hold you back & weigh you down. You get to choose which stories you want to believe about yourself and which stories will help you become limitless.

**False & limiting beliefs
you're telling yourself**

**Prove it's untrue... find evidence that
will stop holding you back**

Re-write your new story, feed your good wolf

Rewrite Your Stories About Others

What stories do you tell yourself about the people in your life?
Then, switch your bracelet and rewrite a new story with a positive belief.

What are you telling yourself about the people in your life?

What do you appreciate about them?

Re-write a new story, feed your good wolf

"Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don't have to like it... it's just easier if you do."
Byron Katie

Rewrite Your Global Story

What are the global stories that you tell yourself that have an impact on your life? Write down your current beliefs about how you view life and people.

Life is...

People are...

Now, ask yourself these 5 questions:

1. Is this story true?
2. Can you absolutely know that this belief is true?
3. When you tell yourself that story, how do you feel?
4. Who would you be without that thought?
5. How would you feel?

Check In – Success Breeds Success

Congrats on completing the first 7 Day Challenge! **You are the only one in control of the results and growth you have in life.** So what more do you want to get out of this challenge? What *transformations* have you already experienced? Recognize your wins, your growth and your momentum that you've already had. Then write something more you're looking for, so you can dial your Reticular Activating System in to spot the right opportunities.

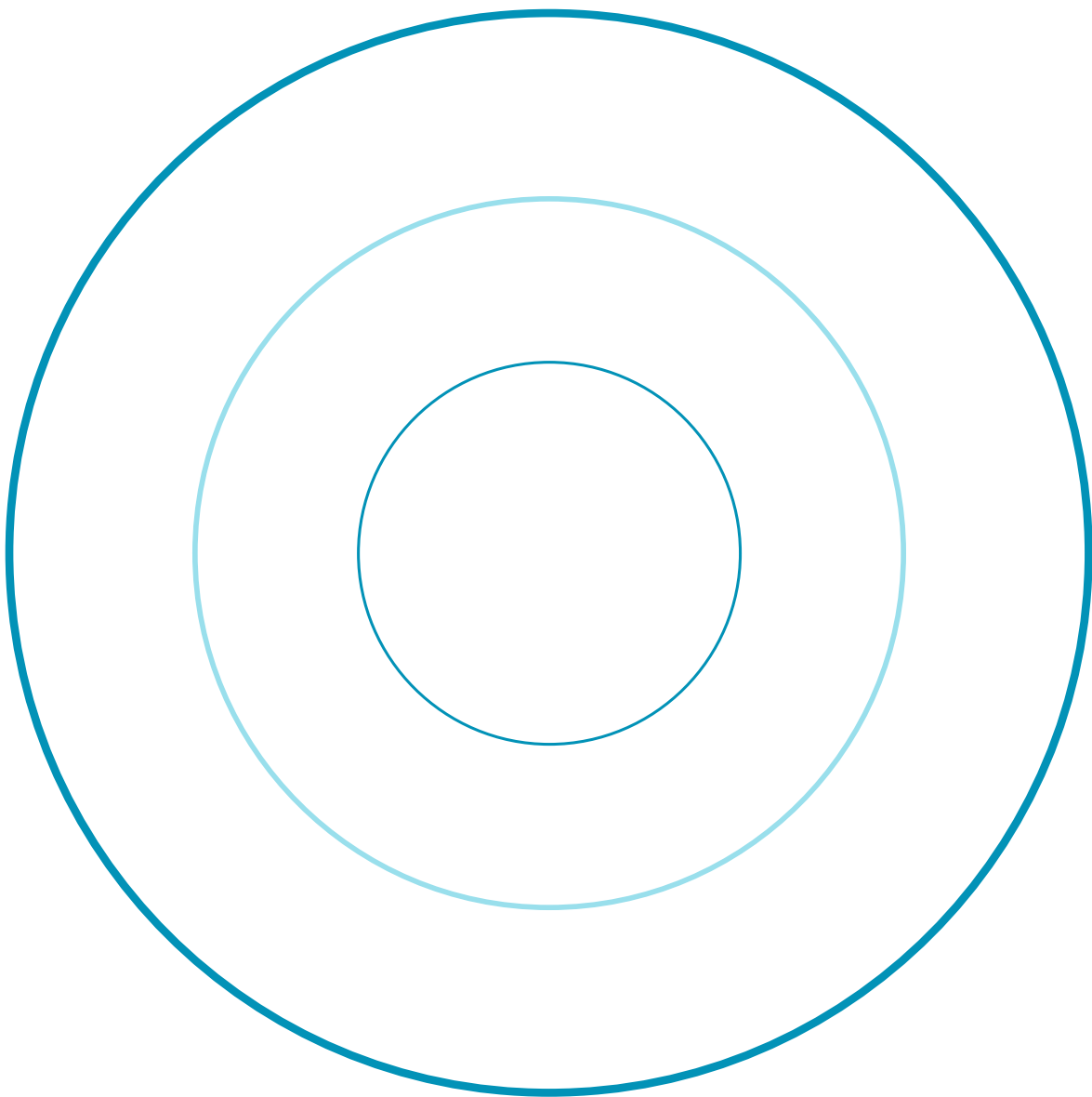
Out With The Junk, In With The Good

What mental junk food are you committing to getting rid of this week?

"Evaluate the people in your life: then promote, demote, or terminate. You're the CEO of your life!" **Tony Gaskins**

Your Inner Circle

In the smallest circle in the center, write the names of all of the people who are closest to you. On the next bigger circle, write the names of people who are good friends or maybe family that you see often but not every day. On the outside circle, write names of people you consider friends or family but you're not especially close with.



Attitude of Gratitude

MORNING

Write down 3 things you're grateful for:

1

2

3

EVENING

Write down 3 things you're grateful for:

1

2

3

*"Ideals are like horizons in the desert. No matter how many steps you take forward, the horizon continues to move out of reach... you've moved forward and the horizon has moved with you."
Dan Sullivan*

Creating Your Vision

Make a list of the **goals** you
want to achieve:

Turn your list of goals into
"I'm being successful (when/if)..."

Visualization Workshop

Close your eyes and imagine yourself in your "I'm being successful" statements
*What do you see? How would this look if they were scenes in a movie? Who are you
with? What emotions are you feeling?*

Uncover your **WHY**

*Why is achieving this
part of your Limitless
Abundance Map
important to you?*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)*

*Why is _____ so
important to you?
(Fill in the blank with
your answer from above)
This is your burning desire

Identify Your Values

What are your top values? Start by circling all of the qualities below that are important to you.

| | | | |
|----------------|-------------------------|---------------------|-------------------|
| Achievement | Curiosity | Harmony | Pride |
| Adaptability | Dependability | Helpfulness | Productivity |
| Adventure | Development | Honesty | Professionalism |
| Accountability | Devotion | Inner strength | Protection |
| Appreciation | Dignity | Innovation | Reliability |
| Authenticity | Efficiency | Integrity | Resourcefulness |
| Balance | Empathy | Intelligence | Respect |
| Beauty | Empowerment | Intuition | Responsibility |
| Being valued | Environmental awareness | Kindness | Security |
| Belonging | Equality | Knowledge | Sense of purpose |
| Calmness | Excellence | Learning | Service |
| Caring | Exploration | Listening | Sharing |
| Challenge | Expression | Love | Spirituality |
| Cleanliness | Fairness | Loyalty | Stability |
| Collaboration | Family | Making a difference | Success |
| Commitment | Forgiveness | Nature | Supporting others |
| Common sense | Freedom | Non-violence | Teamwork |
| Community | Friendship | Obedience/Duty | Tolerance |
| Compassion | Frugality | Openness/Honesty | Transparency |
| Competence | Fun | Order/Control | Trust |
| Connection | Generosity | Patience | Truth |
| Contribution | Gratitude | Patriotism | Uniqueness |
| Cooperation | Growth | Peace | Variety |
| Courage | Happiness | Perseverance | Wellbeing |
| Creativity | Health | Positive attitude | Wisdom |

Align Your Values + Goals

Now, take a look at all of the values you circled and write down your **top 10**.

Take a look back at The Limitless Abundance Map you started. *Does everything in your vision line up with your values?* Do you need to add something to your vision to make sure certain values get more attention?

Power Phrases, Affirmations **Making Your Manifesto**

What are a few **power phrases**, energizing affirmations & **belief statements** you can repeat to yourself until you & your subconscious believe it?

Who do you want to be a hero to/for? What's your **bigger** vision?

Create your own **manifesto** to read every morning and night,
align your beliefs, thoughts and actions into your reality...

