Your *quality* of questions are in direct proportion to your *quality* of life.

Q. What if I couldn't fail, **who would I be?**

A. _____

Q. What if I couldn't fail, **what would I begin?**

A. _____

Q. What if I stopped regretting my past?

A. _____

Q. What if _____?

A. _____

Q. What if _____?

A. _____

Q. What if _____?

A. _____

LOG DATE

_____

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C F

RUBICON™
AMNAT CURIAM VICTORIUM

Be as you wish to seem

Aristotle

Define who YOU must BEcome

_____

_____

... and WHY you must BE this better version of yourself?

_____

_____

How can you begin ***rehearsing*** aka *"acting as if" who you must become to achieve your Gravestone.*

_____

_____

_____

What skill or training can I start today?

_____

P[5] **P**rior **P**reparation **P**lanning & **P**ractice = **P**erformance

VICTORY LOVES PREPARATION

B A D E

COMPASS

What is My Personal Legend

aka my **Gravestone,** in 10 words or less?

_____

_____

So, What Matters Most—to me–is?

_____

My Goal: in **10+** years: I will **Be**?

_____

_____

My first *CLUE* that I have BEcome my Goal?

_____

_____

WHY NOT BE LEGENDARY?
aka Gravestone

BE WHO?
in 10+ Years

DO WHAT?
in 1 - 10 Years?

DO WHAT?
in a Year or less?



My superhero is?

Why?

_____

_____

AWARENESS

What I'm saying to myself?

Positive self-talk?

\+ _____

\+ _____

\+ _____

Negative self-talk?

\- _____

\- _____

\- _____

\- _____

What is the #1 thing that you must DO in the next year to make this a reality?

_____

_____

Now, **GIVE THANKS, as if it already happened!**

_____

When you've *experienced* your imagined future **as if it's already happened,** jot down what it feels like

_____

_____

_____

Summarize your 10-year FUTURE

_____

_____

_____

_____

_____

_____

_____

THE DEEPEST PRINCIPLE IN HUMAN NATURE IS...

THE CRAVING TO BE APPRECIATED

The 7 People that I'll text this week to express **WHY** I appreciate them

_____

_____

Q. What would change if I lived with an attitude of Gratitude?

Be thankful in small things because it is in them that your strength lies.
Mother Teresa