Before the workshop...

- Print out these pages, and, if you’re calling in by telephone, the phone number and PIN for the call.

- If you haven’t already done so, print out the “Six Master Keys” booklet, too. You’ll want to have it handy during the call as well.

- Leave everything blank until you hear on the call what to write in (i.e., don’t fill anything in ahead of time.)

- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.

- Call in to the conference line a few minutes before 6pm Eastern, to make sure that we can start on-time and you don’t miss anything!
How to Choose Goals and Commit to Them... Without Hesitation or Flip-flopping

1. You can’t always ___ __________ what __ __, but you can always ___ what ___ ___ ___!

2. You don’t need to ____ ___ before you ______; you have to ______ to find ___ ___!

3. The Rule of Life is this:
   Take ___ you _____, as ____ as ___ ___ first!

4. Would you rather be “_______” because you did ______ the ___ ___, or successful, because you ___ ___ the ___ ___?

5. What’s ______ is ___________, what’s _______ is ________ (if you want the ___ ___!)
The Evolution Conspiracy, or Why Change Is Hard!

1. We can’t stay focused or take consistent action because We are ______ to our ______ and our __________

2. We can’t stop procrastination and self-sabotage because We are ______ to our ______ ______ ______

3. We can’t decide what will make us happy because We are ______ to our _____ __________ ______

In short: we don’t ___ ___ _____, our _____ __! And the only way to ______ ourselves, is to ___ the _____ of ________.
How Most Habits and Resolutions Get Broken, and What You Can Do About It

“We tend to seek easy, single-factor explanations of success. For most important things, though, success actually requires avoiding many separate causes of failure.” — Jared Diamond

“Things which matter most, must never be at the mercy of things which matter least.” — Goethe

“Special cases aren’t special enough to break the rules.” — Tim Peters

1. The ____________ of ________

2. WAYMISH:
   ___ ___ ___ ______ __ __ ____?!

3. _____ and ___________ _____

4. Over-__________ _____

5. Ignoring the ______...
   or not _____ it __ _____!
Two Ways to Accelerate Your Life, And Why You Need BOTH!

First, you reduce the dead-weight, through the _______ of _________

Then, you make your engine bigger, through the ____________ of _____

Now, you have _____ to _____ __ MORE...
And then ___ _____ ________!
How to discover what’s **REALLY** Holding You Back... And Break Free!

1. Do the thing _____, even if you’re _____ you’ll ____

2. Separate your _______ from your _________; locate __________ in your _____, not your _________

3. Use the _________ _________ technique

4. Remember that “__________ is for ________” -- you don’t have to _________ something to GET it!

5. Ruthlessly eliminate all _________ _________ and their _________ from your life, permanently.
How to stay focused and accomplish any goal, in far less time, with far less stress than you ever imagined possible:

“If you want to build a ship, don’t drum up people to collect wood, and don’t assign them tasks and work, but rather teach them to long for the endless immensity of the sea.”
— Antoine de Saint-Exupéry

“Things rarely get stuck because of lack of time. They get stuck because the doing of them has not been defined.”
— David Allen

1. Use The _______ __________

2. Obey the Willpower Law:
   Only The _____ ___’s ____

3. Have a “________ ______________”

4. A_______ ___________ isn’t worth the _____ it’s _______ on — _____ your ______ ____.!

5. Nothing _______ _______ a ________
The Five Things You Absolutely MUST Have In Your “Success Environment”

1. __________ to ________ and ______ to ______

2. Be ____________ and ______________

3. The ____________ of your _____

4. A _____ ___ of _________

5. ________ and _________ for ________
Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn’t attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org