

THE ROBBINS RESULTS SYSTEM

COACHING SESSIONS

WORKBOOK FOR SESSION 1

Thursday, 6th September

With Joseph McClendon III:

- **MOMENTUM**
- **MASSIVE ACTION**

Joseph introduces you to the first of your 6 Coaching Sessions over the next 90 days – it will be a great preparation for Unleash The Power Within.

IMPORTANT: This Coaching Session No. 1 will only be accessible for 2 weeks from the time of going live on Thursday, September 6, 5pm (AEST)

This workbook is designed to help you make the most of Joseph's session. So, pour a cuppa, grab a pen and make yourself comfortable. As you listen, you'll hear what you need to fill in the spaces over the page.

Let's get started!

Use the notes you take here to complete the online form.

Remember: You must participate in this and every other element of The Robbins Results System to be eligible for your \$7,995 reward.

And don't forget successful graduates are in the running to win one of 5 \$25,000 vouchers.*

***Conditions apply**

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THE ROBBINS RESULTS SYSTEM INCORPORATES 3 INTEGRATED STRATEGIES:

1. S _____ R _____

Holds you accountable to your goals.
Gives you future steps to look forward to.

2. I _____

Beats the law of diminishing intent.
Education through surrounding yourself with the best influences to match your own dreams.

3. T _____ I _____

Involves repetition – the mother of all skill.
Develops automatic operation of desired actions to become a natural extension of who you are.

EXERCISE ONE: WHAT ARE YOUR GOALS?

Simply list the things you want most and, importantly, don't place any limits on yourself – go large.
It could be your:

WEALTH GOALS:

HEALTH GOALS:

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RELATIONSHIP GOALS:

CAREER GOALS:

FAMILY GOALS:

SPIRITUALITY GOALS:

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MOMENTUM

Forward M_____ with E_____
Put in your main effort now and you'll only need a little to keep going.

EXERCISE TWO: WHERE DO YOU NEED MOMENTUM?

What areas in your life do you know you have not kept up with?
Rate on this scale how well these areas stack up against where you'd like them to be:

HEALTH

10 9 8 7 6 5 4 3 2 1

FINANCES

10 9 8 7 6 5 4 3 2 1

RELATIONSHIP

10 9 8 7 6 5 4 3 2 1

SPIRITUALITY

10 9 8 7 6 5 4 3 2 1

FAMILY

10 9 8 7 6 5 4 3 2 1

CAREER

10 9 8 7 6 5 4 3 2 1

_____ % of people do not write down their goals.

Make sure you're one of those _____ % who do!

Go back to your goal list and be sure they are very clear, they should excite you and be specific –
Clarity is Power.

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MASSIVE ACTION

Those who succeed are those that who take action.
Those who succeed quickly are those who take massive action, now!

EXERCISE THREE: WHERE DO YOU NEED MASSIVE ACTION?

What are the areas in your life that you know you would like to improve but have NOT taken action on?

- Health
- Career
- Finances
- Relationship
- Appearance
- Lifestyle
- Family
- Spirituality

KNOWLEDGE IS NOT POWER, KNOWLEDGE IS ONLY P_____ POWER.

CHECKLIST

Make sure you're prepared for **Unleash The Power Within**

- Have you listed your grandest goals with absolute clarity?
- Have you identified areas in your life where you are going to take Massive Action?
- Where have you needed Momentum before in your life but haven't taken it?
- Have you thanked yourself? ...for daring to be the best you can be and make your life magnificent!

You've got so much more to look forward to, in The Robbins Results System, and in your life!
And we're looking forward to seeing you at all the exciting events to come, starting with
Unleash The Power Within!