

LOVE
— THE —
PROCESS

- ONE -
MISSION
MINDSET

ALIGN YOUR DAILY HABITS
WITH YOUR LIFE'S PURPOSE



WELCOME

Congratulations!

You are about to dive into this 7 week course. We encourage you to leave your preset ideas at the door, and come in with a willingness to learn. We are excited to partner with you in this journey.

Remember, please make sure to utilize the comments section in the course site, as well as the private Facebook group.

For any questions, please feel free to reach out to the Love the Process Team:

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MISSION CONTROL

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BELIEFS DISCOVERY

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WHAT'S NEXT?

WEEK 1
MISSION CONTROL

Notes:

THOUGHT EXERCISE: YOUR FUNERAL

Top 10 people at your funeral:

WHO IS THERE:

WHAT DID I MEAN TO THEM:

Example: Tyler

"He was always there for me when I needed him."

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

WEEK 1
MISSION CONTROL

Notes:

MY MISSION IS

THOUGHT EXERCISE: ATTITUDE OF GRATITUDE

I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

-Oprah Winfrey

Notes:

3 Types of Knowing:

1. Things that I know that I know:

$$2 + 2 = 4$$

2. Things that I know that I don't know:

Greek

3. Things that I know that I didn't know or things that I thought were true but find out are not:

"Aha" moments

"Nothing can stop a person with the right mental attitude from achieving his goal; nothing on earth can help a person with the wrong mental attitude."
Thomas Jefferson

WEEK 2
BELIEFS DISCOVERY

Notes:

AAA:
Awareness
Acceptance
Action

THOUGHT EXERCISE: BELIEFS EXERCISE

Write down 7-10 things you believe to be true.

Example: I believe that I can gain power by learning to love the process.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Notes:

"As individuals learn to Love the Process, they get to lead the life they were meant to live.

As teams and organizations learn to Love the Process, they become a standard of excellence in the arenas that they compete."

John Pfeil

"Whatever the mind can conceive and believe, it can achieve."

Napoleon Hill

Notes:

Keys to having a
Neutral Perspective

1. Deep belief in who I am.
Who am I & what do I believe? (My Mission)
2. Blank Slate- I have the choice to believe whatever I want.
3. Stay PRESENT

**What if it's
suppose to be
hard?**

John Pfeil

WEEK 3
POWER OF PERSPECTIVE

Notes:

AHA SECTION:

Write down key takeaways from this lesson.

"Excuses are the refuge of cowards and the building blocks to a house of failure."

Tim Rhoades

John's 5th & 6th grade teacher

HOMEWORK: WEEK 3

1. Keep an eye out for negative thoughts or excuses throughout the day, and remind myself "That's not a powerful perspective."
2. Make a list of Possible Powerful Perspectives, and leave them in the comments for feedback from the team
3. Continue my daily habits:
 - a. Place my "mission" somewhere I can see it daily.
 - b. Write down 3 things I am grateful for daily.
 - c. Read at least 10 pages and write down my ahas.

WEEK 4
SQUAD GOALS

Notes:

NOTE FROM
JOHN

We will use this starting 5 exercise to better understand the people who have the most input in your life right now.

THOUGHT EXERCISE: MY STARTING 5

Who are the top 5 people in my squad?

WHO	HOW OFTEN WE TALK	FAVORITE QUALITY ABOUT THEM
Example: My wife	Every day	Kind & patient
1.		
2.		
3.		
4.		
5.		

Notes:

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”
Andrew Carnegie

WEEK 4 SQUAD GOALS

AHA SECTION:

Write down key takeaways from this lesson.

Show me your friends, and I will show you your future.

HOMEWORK: WEEK 4

1. Let everyone on my "squad" know that I am grateful for them (Text, handwritten-note, FaceTime, call, etc.)
2. Reach out to 1 or 2 people who are inspirational to me and look to grab coffee or get on a call with them. Prepare question to ask them and take notes to learn from them.
3. Brainstorm: Is there anyone that I should add to my starting team?
4. Contemplate how I can show up best for others?
5. Continue my daily habits:
 - a. Place my "mission" somewhere I can see it
 - b. Write down 3 things I am grateful for
 - c. Read at least 10 pages and write down my ahas.

NOTE FROM JOHN

Now that you are 4 weeks into this work, your mission is starting to become more crystalized in your heart and your mind. Is there someone that you can think of that would be a good fit on your squad that isn't currently?

WEEK 5
1440

7 DAILY DISCIPLINES

1. **PMG:** Prayer, Meditation, Gratitude
2. **MIT:** Most Important Tasks
3. **X-Factor:** Exercise, Drink Water, etc.
4. **Connect/Serve:** Help someone today
5. **Flocks:** Review your money
6. **Sharpen the Saw:** Reading
7. **AAR:** After Action Review

Notes:

WEEK 5
1440

Notes:

AHA SECTION:

Write down key takeaways from this lesson.

"Do the thing and you will have the power."

Ralph Waldo Emerson

HOMEWORK: WEEK 5

1. Log and audit my time- where am I spending my time?
2. Pick one Daily Discipline to focus on this week, and do it daily.
3. Continue my daily habits:
 - a. Place my "mission" somewhere I can see it.
 - b. Write down 3 things I am grateful for.
 - c. Read at least 10 pages and write down my ahas.

WEEK 6
GOALS

Preparation:

noun: the action or process of making ready or being made ready for use or consideration.

Notes:

"If you aim at nothing you will hit it every time."
Zig Ziglar

WEEK 6 GOALS

7 AREAS TO SET GOALS

1. Spiritual
2. Physical
3. Mental/Education
4. Relational/Family
5. Financial
6. Vocational
7. Recreational

Notes:

**"A goal is a
dream with a
deadline."**

Napoleon Hill

THOUGHT EXERCISE: ABC GOALS

Write down the A-Goal for each section to accomplish this year. The goals must be measurable- (ex: "I am going to run 300 miles this year.

SPIRITUAL

- A.
- B.
- C.

PHYSICAL:

- A.
- B.
- C.

MENTAL/EDUCATION

- A.
- B.
- C.

RELATIONAL/FAMILY

- A.
- B.
- C.

FINANCIAL

- A.
- B.
- C.

VOCATIONAL:

- A.
- B.
- C.

RECREATIONAL:

- A.
- B.
- C.

WEEK 6 GOALS

Notes:

AHA SECTION:

Write down key takeaways from this lesson.

"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

Ralph Waldo Emerson

HOMEWORK: WEEK 6

1. Write down and finish the "B" & "C" goals
2. Complete the 3x5 exercise = 3 specific goals that I want to accomplish in 5 years.
3. Continue my daily habits:
 - a. Place my "mission" somewhere I can see it.
 - b. Write down 3 things I am grateful for.
 - c. Read at least 10 pages and write down my ahas..

WEEK 7
WHAT'S NEXT?

Execution

noun: the carrying out or putting into effect of a plan, order or course of action.

Notes:

Lined area for taking notes, consisting of approximately 20 horizontal lines.

"Without a sense of urgency, desire loses its value."

Jim Rohn



CONGRATULATIONS ON COMPLETING THE COURSE!

What's next? For further coaching, please go to www.LoveTheProcess.com to book a 1-on-1 session with a Love The Process Certified Coach and to check out our additional offerings.

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We are so excited to hear the outcomes of this course. Please feel free to give us feedback in the comments or email our team at: adriane@LoveTheProcess.com

LET'S GO!