

THINK AND GROW RICH ACADEMY

Yesterday, Today & Tomorrow Exercise (Part I-Day 1)

Sometimes, it's easy to lose track of just how far you've have already come—or just how far you still need to go in life. Use the following pages to make an accurate assessment of where you stood in these ten critical areas five years ago. Specifically, next to each of these categories, give yourself a score on a scale from 0 to 10, 0 meaning you had nothing in this area, and 10 meaning you were absolutely living your life's desire in that category.

The second step, after giving yourself a score, is to write a sentence next to each category to describe what you were like back then. For instance, five years ago, what were you like physically? You might write down, "I was overweight by 7 kgs" and then follow up with, "I was in fairly good shape, but definitely needed improvement. I had Mediocre levels of energy"

Take 5-10 minutes and do this exercise now. You will find it quite enlightening!

Five Years Ago	Score	Sentence
Physically		
Mentally		
Emotionally		
Attractiveness		
Relationships		
Living Environment		
Socially		
Spiritually		
Career		
Financially		

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Now, for contrast's sake, let's see how far you've come, or failed to come, in each of these categories. Answer the same questions based on today. In other words, first give yourself a score of 1 to 10 of where you are today in each of these categories, and then write a sentence or two describing what you're like in each of these categories today.

Today	Score	Sentence
Physically		
Mentally		
Emotionally		
Attractiveness		
Relationships		
Living Environment		
Socially		
Spiritually		
Career		
Financially		

What have you learned by doing this so far? What distinctions have you made? Have you improved more than you realized in some categories? Have you come a long way? That feels great, doesn't it? If you haven't come as far as you would have liked, or if you think you were doing better five years ago than you are now in some areas, that's a great message, too—one that may drive you to make changes before many more years pass you by. Remember, dissatisfaction can be a major key to success.

Take a moment now and jot down a few key phrases describing what you've learned by this comparison:

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Now, complete the exercise by projecting five years into the future. Again, give yourself a score and a sentence describing what you'll be like in each of these key categories.

Five Years From Now	Score	Sentence
Physically		
Mentally		
Emotionally		
Attractiveness		
Relationships		
Living Environment		
Socially		
Spiritually		
Career		
Financially		

Part II-Day 2

Personal Development Goals:

Step 1: Write down everything that you'd like to improve in your life that relates to your own personal growth. How would you like to improve your physical body? What are your goals for your mental and social development? Would you like to learn for example, to speak another language? Become a speed reader? Would there be value in learning digital marketing? Emotionally, what would you like to experience, achieve, or master in your life? Maybe you want to be able to instantly break patterns of frustration or rejection. Maybe you want to feel compassion for those people you used to feel anger toward. What are some of your spiritual goals? Do you want to feel a greater sense of connection with your Creator? Or have you expanded feeling of compassion for your neighbour and friends?

The key in writing these goals is to write down everything and anything you can imagine without letting your mind stop. They can be short-term goals—something you

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want to accomplish this week, this year – or they can be long-term goals, something you want to accomplish any time between now and the next twenty years. Brainstorm for a minimum of five minutes. Don't stop writing at any time. Be silly, be crazy, be a kid—sometimes a weird idea leads to a great destiny!

Step 2: Now that you've got a list of goals for your personal development that you can get excited about, take a minute now to give a time line to each and every one of these. At this stage, it's not important to know how you're going to accomplish these goals. Just give yourself a time frame from which to operate. Remember that goals are dreams with a deadline.

Step 3: Now choose your singly most important one-year goal in this category—a goal that, if you were to accomplish it this year, would give you tremendous excitement and make you feel that the year was well invested. Take two minutes to write a paragraph about why you are absolutely committed to achieving this goal within the year. Why is this compelling for you? What will you gain by achieving it? What would you miss out on if you didn't achieve it? ARE these reasons strong enough to get you to actually follow through? If not, either come up with a better goal or better reasons.

Career/Business/Economic Goals

The next step is setting your career/business/economic goals.

Step 1: Write down anything you want for your career, business, or financial life. What levels of financial abundance do you want to achieve? To what position do you want to rise? Take five minutes now to create a list that's worth a million!

Step 2: Repeat the same process as per earlier Step 2

Step 3: Repeat the same process as per earlier Step 3

Adventure Goals:

If there were no limits economically, what are some of the things you would like to have? What are some of the things you would like to do? If the genie were before you and any wish you made would immediately be fulfilled, what would you want most in the world?

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Step 1. Take five minutes to write down everything you could ever want, have, do or experience in your life.

Step 2: Repeat the same process as per earlier Step 2

Step 3: Repeat the same process as per earlier Step 3

Contribution Goals:

These can be the most inspiring, compelling goals of all, because this is your opportunity to leave your mark, creating a legacy that makes a true difference in people's lives. It could be something as simple as giving donations or as broad as setting up a foundation to offer opportunities to disadvantaged people.

Step 1: Take five minutes to brainstorm out all the possibilities

Step 2: Repeat the same process as per earlier Step 2

Step 3: Repeat the same process as per earlier Step 3

Most important exercise:

Write a paragraph describing all the character traits, skills, abilities, attitudes, and beliefs that you would need to develop in order to achieve all the goals you've written down previously.

The kind of person I need to become in order to achieve all that I Want:

Create Momentum

Take immediate action as soon as you finish this exercise. Even the smallest step—a phone call, a commitment, an initial plan—will move you forward. **Then develop a list of simple things you can do every day for the next 10 days. Ten days of small actions in the direction of your goals will begin to create a chain of habits that will ensure your long term success.**

Remember, you need to experience the feeling of achieving your top one-year goals in each of the four categories at least once a day.