**Exercise 1: Are you ready?**

ARE YOU READY?

Print this page and put your name and the date at the top. Then write your answer to each question in the space beside it. Be totally honest and write each answer as spontaneously as possible. Don't think about any of the questions for more than 30 seconds:

Name   Date

- Q: Will you do whatever it takes to deal with your issues and start to succeed?
  A:

- Q: Are you ready to formulate meaningful goals that come from your heart?
  A:

- Q: Would you relish a new start on a radically different path to achievement?
  A:

- Do you love practical results with tangible benefits?
  A:

                                        Total   /40

Now imagine a scale of 1 to 10 for each question, where 1 is very low and 10 very high. Where on that scale do you see your answer? For example, if your answer to the first question is "I think I probably will do what it takes, but I'm feeling a bit wobbly about it," you might give yourself a score of let's say 5 or 6. Write the score out of 10 next to each question. Then add up the total, which will be something out of 40, and write it at the side.
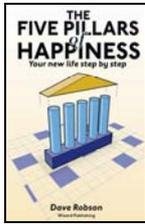
Now ask yourself another question:

- Q: What would have to happen, or what would you have to do, for you to nudge this score up a little bit higher?

  A:

Write down your answer and put the paper in a safe place for reference later.

By pondering the last question you automatically start to develop an attitude for success, and by writing down your answer you greatly reinforce its effect. Please note – instead of berating yourself because your situation is not as good as you would like, simply focus on how to improve it. If you remember to keep applying this principle in all situations, you'll be amazed at how differently you start to feel in a remarkably short time.

The reason for dating the exercise is so that you can do it regularly at, say, two monthly intervals and compare your results to see if there has been any change.

Always remember it doesn't matter what other people might think – you are doing this for you.