# FAST FORWARD Future





## Welcometo

#### FAST FORWARD YOUR FUTURE

This is an action-based workshop, and this workbook shows you step-by-step how to implement my goal-setting framework.



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SET GOALS THE RIGHT WAY.

Creating Micro Habits

**Brainstorming Sheet** 

#### ACCESS SPEED TO ACHIEVE YOUR GOALS.

You can't out perform that subconscious, you've gotta train it to be in the new environment.

**Idea Sheet** 

Goal Organizer

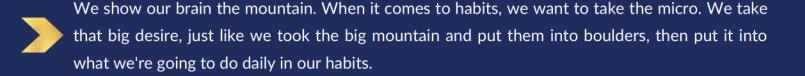
APPLY SPEED WITH CONFIDENCE.

Confidence comes from consistency and consistency is what creates the speed.



## Creating Micro Habits

Your high performance is made one micro step at a time.



**Example:** Wanting to wake up early and exercise, we're not going to set tomorrow's goal as waking up early and exercising because that's an on or off thing, either you do it or you don't do it. What happens when you do it you feel great, you get all the dopamine. What happens when three days in a row you don't do it? Do you feel better or worse? You feel worse. Then you start telling yourself stories. I'm the problem.

In this example, I don't want you to make a goal, I want you to go micro.

- Tomorrow wake up 1 minute earlier than today. Do this for a few days
- Then do 5 minutes earlier for a few days

Your goal isn't working out anymore. Your goal is one minute. You start telling yourself this is no longer a threat. By the time you're two weeks down the road, you have trained your brain. Your brain is naturally waking you up. So it's no longer a hard to do a habit.

#### ACTION

### BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY MICRO:	
STOP DOING	
DO LESS OF	
KEEP DOING	
DO MORE OF	
START DOING	



#### Access Speed to Achieve Your Goals.

We are in a completely different environment. A hundred thousand new pieces of information come into your mind every single day. Speed, speed, speed. And your brain systems get into overload and overwhelm because we cannot consciously process all that information.

You got a great system in your head and it says, hold on, I'm gonna bat away most of that and I'm just gonna go based on old automations, old ways of thinking that have kept you safe and kept you familiar. There's a key to breaking down the system. You have to train it to be in the new environment.

#### Write down your goal as if it has happened completely already.

As if there's nothing you need to do and it's completely done already. This allows your brain to believe it. As you get that energy going toward it, the more your brain believes it, the faster you will see it. That's how we collapse time. We don't collapse time by visualizing. This is brain priming.

## Goals

Goal 1	Action plans
Goal 2	Action plans
Goal 3	Action plans

Sit, brainstorm, and get all ideas out.

Then grab a highlighter and highlight the top 10. Say I choose this, this verse that, and do that until you can get down to 10. Then take those 10 to a brand new piece of paper.

Read those 10, if one pops at you, you circle it. If you look at it and think "none of them are popping out, that's protectiveness, your subconscious being safe. If a new one pops		

#### APPLY SPEED WITH CONFIDENCE.

Confidence is a learned skill. And learned skills come from competence from putting in the reps. The 67 day year method shows you what reps to take to help the rocks get accomplished.

When one rock gets accomplished, that pushes the boulder over. Before you know it, your identity is in alignment with what you're doing. Reps of consistency create speed.

WHAT YOU WANT TO BELIEVE	WHAT YOU BELIEVE
THOUGHTS/EMOTIONS	THREATS

Your thoughts create your emotions.

TEACH YOUR BRAIN HOW TO ALLOW SUCCESS WITH ACCOUNTABILITY, EXACT STEPS, OFFICE HOURS WITH DR. SHANNON, AND COACHING WITH OUR COACHES.

READY TO GET THE ENTIRE FRAMEWORK & GO FURTHER, FASTER? JOIN TODAY AT 67DAYYEAR.COM

