

**FAST FORWARD**

*Your Future*





*Welcome to*

## **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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▶ **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.

➤ We show our brain the mountain. When it comes to habits, we want to take the micro. We take that big desire, just like we took the big mountain and put them into boulders, then put it into what we're going to do daily in our habits.

➤ **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.

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**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

# **FAST FORWARD** Your Future

## 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

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Goal 2

Action plans

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Goal 3

Action plans

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# 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.

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Hone in on the sentence you wrote down. The thought that you want to create financial freedom creates those emotions. If you repeat those enough, you show your brain it's safe to believe.

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](http://67DAYYEAR.COM)

THE **67-DAY** *Year*