



(from Chapter 5: *The Mentally Strong Leader*)

The template below is for conducting Belief and Behavior Exchanges, Steps 2 – 5 of the ***Think Big Blueprint***. Use the corresponding sections of Chapter 5 to help guide you here.

STEP 2: Uncover the beliefs holding you back. Ask yourself these four questions (answer in the space provided below):

1. *What resistance am I feeling inside while thinking about achieving this goal? Why do I think it's too difficult?*

2. *What assumptions am I making? Am I making global assumptions: "I am...", "Life is...", "People are...", "Things like this..."*

3. *What stories am I telling myself?*

4. *What labels am I applying to myself that are holding me back?*

STEP 3: Replace the beliefs holding you back. Ask these four questions (answer in the space provided below):

1. *How did I form this limiting belief?*

2. *Would people who know me question the validity of my limiting belief? Would super-achievers question it?*

3. *Was there a time when I didn't believe this? Why?*

4. *What are the consequences of sticking with this limiting belief?*

Now, conduct a *Belief Exchange*.

Limiting Belief(s)	Empowering Belief(s)
	➔
	➔
	➔
	➔

Confirm the value of your replacement empowering beliefs by asking yourself three questions (answer in the space provided below):

1. *How will this new belief help me reach my goals?*

2. *How will this new belief help me in the short and long-term?*

3. *What about this new belief energizes me?*

STEP 4: Uncover the behaviors holding you back. Ask yourself these 6 questions (answer in the space provided below):

1. *What excuses am I making that are holding me back?*

2. *What negativity am I projecting that's holding me back?*

3. *What standards am I setting too low that are holding me back?*

4. *Am I engaging in procrastination or perfectionism that's holding me back?*

5. *Am I letting fear hold me back?*

6. *What other bad habits are limiting my perception or potential?*

STEP 5: Replace the behaviors holding you back.

Now, conduct a *Behavior Exchange*.

Limiting Behavior(s)	Empowering Behavior(s)
	➔
	➔
	➔
	➔

Now, confirm the value of your replacement empowering behaviors by asking yourself three questions (answer in the space provided below):

1. *How will this new behavior help me reach my goals?*

2. *How will it help me in the short and long-term?*

3. *What about this new behavior energizes me?*