

*how to*

# BE A CHAMPION



**WORKBOOK**

Remember the acronym **BAC**:



Balance **Realism**  
with **Optimism**



Activate Your  
**Spark**



Change Your  
**Narrative**



# Accountability Checklist

- Identify your biggest **challenge**
- Challenge your **limiting** beliefs
- Try something completely **new**
- Find your **spark**
- Write down your goals with **actionable steps**
- **Evaluate** your relationships
- **Reevaluate** your relationships
- Rewrite your **story**
- **Create** (and stick to) **new habits**



# 1. What is the biggest challenge you're currently facing in life right now?

---

---

---

---

## tips

- Think about the small obstacles you face in daily life
- Think about larger, more existential struggles
- Think about your own personality traits that help or hinder your success

*God gives his toughest battles to his strongest soldiers.*

— Jennifer Lee

List 3-5 ways this challenge currently impacts your life and your happiness:

---

---

---

---

---



**2.** If you could pick one activity you enjoy doing **and get paid for it**, what would it be? Why?

---

---

---

---

**tips**

- Think about things that bring you the most joy
- What aspects are shared among these things that stand out from others?

*Choose a job you love, and you will never have to work a day in your life.* ”

— Confucius

What are 3 things you would do **differently** in your daily routine if you were making money doing something you love?

---

---

---

---

---



**3.** What is the most important thing you would want written on your gravestone to represent what you contributed to society?

**(Keep it light and fun; get creative with it!)**

## tips

- What do you believe are your top 3 qualities / personality traits?
- What do you want people to say about you when you are not with them?

*The days that break you, are the days that make you."*

— *Unknown*



# Balance **Realism** with **Optimism**

It's important to have a realistic vision of what you want to accomplish. It's also important to have an optimistic view of what you can get done. Here are a few tips to help you do just that!

## Overcome **self-limiting** beliefs

"*I'm not good enough,*" is a very common example of a self-limiting belief. This is clearly a negative thought, but why is it limiting? **It won't help you achieve your goals or improve your life in any way** (and it may even cause more stress). To overcome a false belief, try looking for evidence that contradicts it (and **really** look). Despite what your own brain may tell you, consider the possibility that:

- you're actually quite talented!
- there are people who recognize your worth and truly appreciate you!
- you can do the thing that you think you can't do!

You might even find that once this negative thought has been replaced by more positive ones, like "*I **am** capable of achieving my goals*" or something as simple as "*I **matter***". Then, your motivation to keep pushing forward increases significantly.

Start to think about some beliefs you may hold that are not helping you, or may be holding you back from reaching your goals. The following page provides some space to write down some limiting beliefs you may hold, and an opportunity to replace it with more productive (and accurate) statements.



# LIMITING BELIEF

# REALITY



Blank white rounded rectangle for writing a limiting belief.



Blank white rounded rectangle for writing reality.



Blank white rounded rectangle for writing a limiting belief.



Blank white rounded rectangle for writing reality.



Blank white rounded rectangle for writing a limiting belief.



Blank white rounded rectangle for writing reality.



# Know when something **isn't working**

It can be tempting to stick with the things that feel most comfortable; the same job, the same routine... even if you're not that happy doing it. You might think that change means more uncertainty or more effort; but sometimes staying put makes things easier now but will cost you in the long run. The key is knowing when something isn't working and acting on it as soon as possible. Sometimes the best thing to do is **let it go**.

Easier said than done? **Yes**. Worth the effort? **Absolutely**.

A **SWOT** Analysis can be a great exercise to help you determine where you excel and where you could use an extra hand. For anything that comes to mind in 'weaknesses' and 'threats', think about where those currently occur in your life and whether or not you should continue to invest your time and energy into them.

**S**

## Strengths

What are you best at?  
What makes you stand out from others? What is your area of expertise?

**W**

## Weaknesses

What is something that you struggle with? Are there certain traits and/or abilities that are not your strong suite?

**O**

## Opportunities

Are there upcoming courses or programs that would be beneficial to you? How can you turn a challenge into a growth opportunity?

**T**

## Threats

What do others do better (or more efficiently) than you? What internal and external obstacles can you identify?



# Strengths, Weaknesses, Opportunities, Threats

**S**

**W**

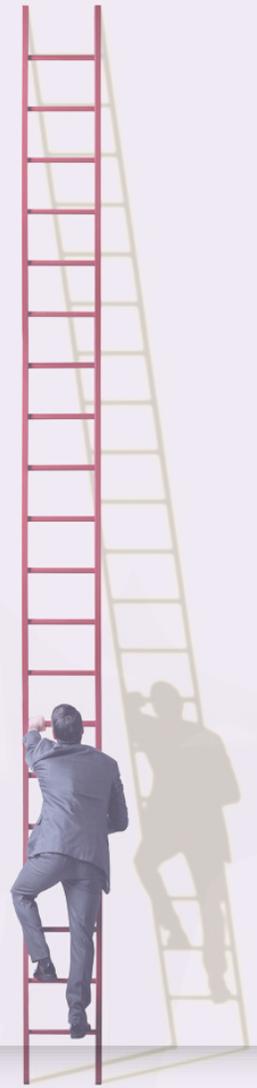
**O**

**T**



You don't want to spend your whole life climbing the ladder of success only to find it's leaning against a wall.

Be sure you are investing your time and money in the right things.



notes:

---

---

---

---

---

---

---

---

# Activate Your Spark

You may read the title of this section and think "Spark? I don't have a spark. I'm not good at anything".

*"I'm not good at anything."*

I don't have to know you - at all - to tell you that the above limiting belief is simply not true... for ANYONE! There's a spark inside **ALL** of us. It's a passion that unites us and drives our passion to create the best, most disruptive solutions in the world. Despite how hard you may be on yourself, that energy and intelligence can be found in every person, regardless of background or experience. You can find your spark in a variety of ways... and sometimes it's not at all what you'd expect!



As a kid, I wanted to be an astronaut. Then, a firefighter. Oh, and a superhero (of course). Later in life, when I found a love in axe throwing, I thought that was my adult version of a childhood dream job come true! Fast forward a little bit in my story and I came to realize that axe throwing itself wasn't my spark; it was the vessel that lead me to my true passion... helping other people achieve their wildest dreams!

As it turns out, most people don't get to do the thing they loved doing as a kid for their entire career (probably for good reason!). BUT, it's never too late to find **and** activate your spark!

## So... **how** do you find it?

First of all, know that your **spark** can be any activity or skill that lights you up and/or makes you feel excited about life. Think of a time you've felt fully energized... or were simply so enthralled in what you were doing that you lost track of time.



It could be something as simple as making a delicious meal or playing an instrument. It could be something more complicated like crafting intricate items by hand... or becoming an expert in art history. The options are truly limitless, and unique to you. The key is to be open and flexible so you can actually find out what it is! Do lots of different things; try **new** things; do old things in **different ways**. Eventually something will make sense and click with who you are and what matters most to you. This doesn't need to take days or months either - it can happen quite quickly, if we look in the right places.



Once you discover something you may enjoy investing your time in, start with some simple google searches! Search keywords relating to the specific industry you've chosen, and **just start browsing**. Visit online forums and groups, see what questions people are asking, how much competition there is, etc. This is an excellent way to explore and narrow down exactly what lights your soul on fire!

If you're still struggling to figure out exactly where to start, take baby steps! Start by writing down a list of things that are important to you and/or what you would like to accomplish. Try to formulate three main goals for your future. It's important that these goals are specific, rather than just general wishes or desires. For example, "I want more money" is not specific; "I want \$250,000 in my bank account by 2028" is much better.

---

---

---

---

---

---

---

---

Next, write down the steps that will help you achieve any larger goals. Again, make sure these steps are very specific and measurable (i.e., do not say "get more money" but rather "spend three hours per week researching investment opportunities). Then make sure each step has a corresponding action item so that it becomes clear who needs to do what whenever they encounter this particular obstacle (i.e., if one of the steps on your path toward wealth involves generating leads through social media advertising then it should be clearly specified how much time should be spent on this activity). See next page for a template to use.



**GOAL:**

[Empty goal box]

ACTION ITEM #1

ACTION ITEM #2

ACTION ITEM #3

ACTION ITEM #4

[Empty action item box]

[Empty action item box]

[Empty action item box]

[Empty action item box]

ACTION ITEM #1

ACTION ITEM #2

ACTION ITEM #3

ACTION ITEM #4

[Empty action item box]

[Empty action item box]

[Empty action item box]

[Empty action item box]

**GOAL:**

[Empty goal box]



**GOAL:**

[Empty goal box]

ACTION ITEM #1

ACTION ITEM #2

ACTION ITEM #3

ACTION ITEM #4

[Empty action item box]

[Empty action item box]

[Empty action item box]

[Empty action item box]

ACTION ITEM #1

ACTION ITEM #2

ACTION ITEM #3

ACTION ITEM #4

[Empty action item box]

[Empty action item box]

[Empty action item box]

[Empty action item box]

**GOAL:**

[Empty goal box]



## Emotional **agility**

Do you get jealous easily? Do you get angry more than the average person? Are you more likely than others to cry during a stressful situation? Is your mood/energy dependent on the circumstances you encounter?

When trying to determine your passion and purpose, it's important to be aware of your emotional agility. Emotional agility is the ability to quickly change your mood. It's important because if you struggle with managing your mood and emotions, then it's hard to be flexible in how you think and act during tense situations.

If you're an emotional person and can't handle criticism, then don't choose a career where people will be constantly criticizing your work and ideas. If you thrive under pressure, then a job with more surprises (or risks) may be the more fulfilling choice. The ability to recognize your feelings, understand them, and use them to build a better future, is something that can take years of practice. But again, it's worth the time and effort!

You have to be **honest with yourself**: if you notice that you're not great at recognizing your emotions, or processing them in a healthy way, it's time to work on those skills (rather than avoiding them). What's the best way (and easiest) way to challenge your emotional agility? **Try something new!** Or, start even smaller: take a routine, daily task or chore and do it in a completely new way. **But** you can't be hard on yourself during this process. Try to take emotion out of it, and think of it like solving a problem, rather than being hard on yourself for working on a 'weakness'.



# Finding your **Core Values**

What are your **core values**? Circle or highlight 10 of these words that resonate most with you:

Authenticity	Growth	Recognition
Achievement	Happiness	Religion
Adventure	Honesty	Reputation
Authority	Humor	Respect
Autonomy	Influence	Responsibility
Balance	Kindness	Security
Compassion	Knowledge	Self-Respect
Challenge	Leadership	Service
Community	Learning	Spirituality
Creativity	Love	Stability
Curiosity	Loyalty	Success
Equality	Openness	Status
Family	Optimism	Trust
Friendships	Peace	Wealth
Fun	Popularity	Wisdom



# Finding your **Core Values**

Next, narrow down the 10 circled words on the previous page to just 5, and write them below. Add a few bullet notes about what each word means to you, and why it is important. As best you can, write them in order of importance to you (1 being most important).

1.

2.

3.

4.

5.





Finding your passion isn't just about careers and money. It's about finding your authentic self.

The one you've buried beneath other peoples needs.

**- Kristin Hannah**

notes:

-----

-----

-----

-----

-----

-----

-----



# Change Your Narrative

Once you determine what you are truly passionate about, what your strengths and your weaknesses are, you are in the perfect position to start changing your narrative.

If you're anything like me, you have an internal narrative that tells you what's possible for your life. For many people, it's usually a limiting story about yourself - one that says you don't have the capacity to do the thing you want to do, or one that says you can't enjoy life because of the (often imagined) limitations it puts on your activities. The good news is, **this narrative is entirely up to you!** You're the author; it's your story and it's not written in permanent marker. By keeping a positive outlook and reframing your thoughts, you can change the story of your life.

Even better? It's **never too late** to change your narrative. Every single second is a new opportunity to choose to make the next one different. You may have heard the saying, "you can't teach an old dog new tricks" - luckily, this does not apply to humans, thanks to something called

**neuroplasticity.**



# Neuroplasticity

There is a truly incredible aspect to the human brain that neuroscientists have discovered, called **neuroplasticity**. This term is used to describe the fact that the brain has an amazing ability to constantly adapt and change.



You can - quite literally- change the neural pathways within your brain - even after operating in the same way for years!

Imagine you ride your bike home from work each day on the exact same path through a grassy field. One day, you veer off the path you've created, onto the open grass. The ride is bumpy; the uneven terrain throws you off guard... it's nothing like the smooth path you'd created on your old route. But you make it across and get home feeling accomplished and refreshed with the change of pace. The next day, you make the same choice; you can just barely see the indentation your bike made on this new path the day before. It's still more challenging than the route you're used to, but less intimidating than it was the first time. Fast forward a week, or a month of doing this, and a new path has started to form.

**This new route is now just as easy, if not easier than the previous path** (which is now fading... and new grass has begun to grow).



This is how you should picture the neural pathways in your brain. You have the ability to create new habits - no matter how long you have had your old patterns and beliefs. Every single time you choose the new 'path' it will get a little bit easier. Your brain will be most comfortable when your typical (familiar, comfortable) thought patterns are occurring. Becoming aware of these thought patterns, observing them, and choosing whether or not they are worth your time and energy, allows you to **regain control**.

By far, the most important aspect of this phenomenon is how it affects our **sense of identity**. If you've ever felt unsure or insecure about yourself or your place in the world, you may have adopted what you thought was a permanent narrative for your life - an identity based on things like being undesirable, unintelligent or invisible to others. Why is this important? Every time you tell yourself a story about who you think you are, you're actually **creating** that identity for yourself. If the story you're telling yourself is a good one, then this is great. If it's negative, **you may end up creating the reality you are hoping to avoid**.



Good or bad - none of those thoughts, those stories, are anything more than stories; **they aren't facts, they're just ideas that we tell think about on repeat...** until they become a part of our identities. Once they do, they can feel very true and almost unbreakable - but rest assured, they aren't!

These narratives can be changed by replacing them with new ones; **ones that you like, and that better reflect who you are.**

# Rewriting **your** story

Take a look back at the limiting beliefs vs reality page. and identify the thought patterns, narrative that led to the limiting beliefs.

Write down a limiting belief, the thought patterns that may have led to it, the behaviors and/or habits it created, and relationships and/or situations it may have impacted. Then, write your new narrative and the behaviors you will strive for.

## For example:

**Limiting belief:**

"I'm never enough"

**Old Story:**

I am unworthy, everyone does their job better than I do, I don't make big goals because I know I will fail.

**Outcome:**

Trepidation in my relationships and career. Low self-worth and self-confidence, making safe choices

**New Narrative:**

I am **MORE** than enough

**New Habits/  
Behaviors:**

I take more risks, I am getting better at valuing my time and asking for what I want.

**6 Month  
Update:**

(set a reminder in your calendar for 6 months from now, to update this chart on your progress)



# Rewriting **your** story

**Limiting belief:**

---

**Old Story:**

---

**Outcome:**

**New Narrative:**

---

**New Habits/  
Behaviors:**

---

**6 Month  
Update:**



# Rewriting **your** story

**Limiting belief:**

---

**Old Story:**

---

**Outcome:**

**New Narrative:**

---

**New Habits/  
Behaviors:**

---

**6 Month  
Update:**



# Rewriting **your** story

**Limiting belief:**

---

**Old Story:**

---

**Outcome:**

**New Narrative:**

---

**New Habits/  
Behaviors:**

---

**6 Month  
Update:**



# Accountability, not criticism.

It's natural to get discouraged when you start thinking about old habits and behaviors, feeling like you can't shake them. It's a bit of a catch-22; we feel like we can't change without changing our mindset first, but we can't change our mindset until we change our behavior. So, **where does that leave us?**

The trick is to focus on the good stuff, not the bad stuff. You've already identified what hasn't worked for you, the problems you're facing and the reasons why your efforts have failed in the past. Now it's time to write a new narrative!

Instead of focusing solely on what has gone wrong in the past, pinpoint **exactly what went right** - even if it was a small thing, (like remembering to take your vitamins every day or exercising twice this week) and reward yourself accordingly. It's so easy to point out our mistakes; start celebrating every single 'win', no matter how small. In addition to celebrating your successes, make sure you're giving yourself enough time and space in your schedule to work on your new habit. Write down reminders, set alarms in your phone; whatever you think will be the best tool to keep you on track. If you feel **nervous** for an upcoming interview or meeting, rewrite that emotion as **excited** for the new opportunity! Nervousness and excitement present very similarly in your body, but one presents with negative energy and, one is positive.

Most importantly, remember not to be hard on yourself throughout the process, but keep yourself accountable. You are the only person who can ensure your success.



## Building and **keeping** new habits

Start **small**. If you want to start exercising, but currently live a sedentary life, make a goal to walk for 10-15 minutes each day (or even every other day). Once you have successfully added a small, new habit into your daily routine, **then** you can add to it! This is the best way to ensure success long-term; don't bite off more than you can chew! Especially if you are someone who has limiting beliefs about failing.

Again, set **specific** and measurable goals. Don't say "I want to be healthier"; this is difficult to measure and something you can't ever really succeed in (after all, there are always ways to be healthier). Instead, like the previous example, set specific goals that you can easily attain. If you have a terrible diet, don't go vegan or carb-free overnight. Pick a few foods you can slowly eliminate from your diet, and a few healthier options you can introduce.

If you're wondering why it's important to keep your goals so small and specific, it's simple (and a lot of s's): these are the two best ways to set you up for success! You are far more likely to create habits you will stick to if they are measurable and easy to incorporate into your daily routine.

So, when building a new habit, remember the **three S's**:

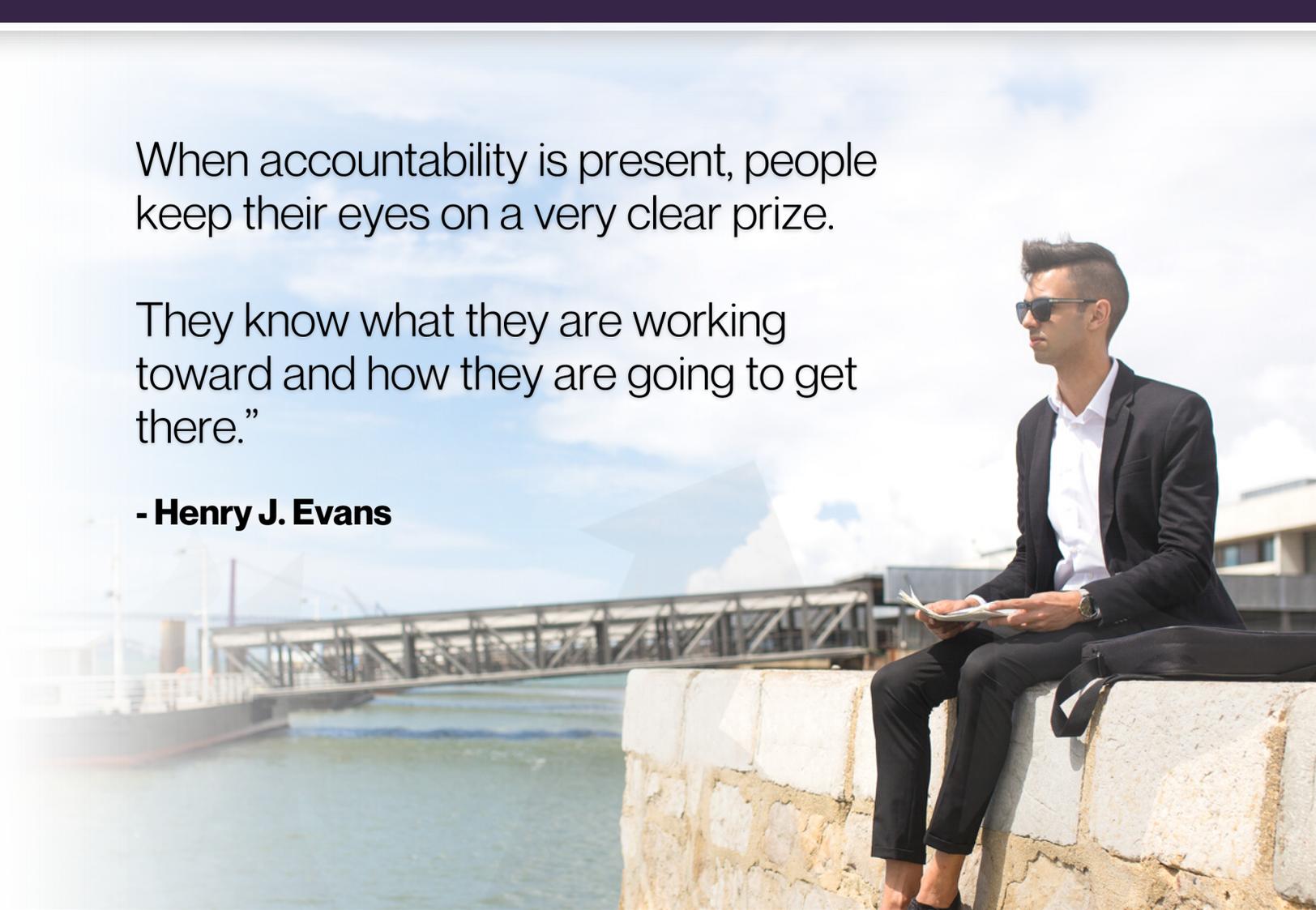
Keep it **Small**, stay **Specific**, and **Stick it out!**



When accountability is present, people keep their eyes on a very clear prize.

They know what they are working toward and how they are going to get there.”

**- Henry J. Evans**



notes:

---

---

---

---

---

---

---

---



notes:

A series of horizontal dashed lines for writing notes, overlaid with a large, faint watermark of a stylized letter 'W' that incorporates the silhouettes of two wolf heads.



notes:

Handwriting practice lines consisting of 18 horizontal dashed lines.



notes:

Handwriting practice lines consisting of 18 horizontal dashed lines.



# BONUS

## Thought Provoking Questions / Journal Prompts

- What have I been putting off that needs my attention? Why have I been putting it off?
- What are 3 things I can do today to help me be more successful?
- Are there any intrusive or negative thoughts that have been consuming my time? How can I shift my focus?
- What impact do I want to leave on this earth?
- What is the biggest obstacle between me and my goals? Why is it an obstacle, and how can I overcome it?
- What 3 healthy habits can I work to incorporate into my daily routine?
- Are there any habits I can/should lose from my daily routine? What are 3 things that can help me do so?
- Is there something from my past I am holding on to? How can I let it go?
- What self-care practices do I currently have? Are they enough?
- What does my perfect day look like?
- What is one experience I will never forget, and why?
- What are 5 things that make me smile? Why?
- What are my coping mechanisms for difficult situations? Are they healthy? Can I improve them?
- What qualities do I value most in other people? Why?



# BE A CHAMPION

WORKBOOK



**AVIWOLFSON**

— LEAD THE PACK —