

STEP 02

The Formula For Unstoppable Action

DESIRE + KNOWLEDGE = BELIEF
BELIEF + DETAILED GOAL = ENERGY
ENERGY + ACTION = SUCCESS

This is the success formula that led me to true happiness and helped me achieve everything I wanted in both my business and personal life. Let's face it, big goals are hard to achieve if you are only motivated at the beginning. Without the true belief that you can achieve your goal, your goal isn't a goal... it's a nice thought... a dream that will never become a reality. Building a strong desire alongside confidence that you hold the knowledge you need are essential elements in establishing **true** belief in your goal. Discover whether you should pursue your goal and how likely you are to achieve it with this exercise below.

Exercise

Complete the following stem sentences for question **3** from the right side of the **brain only** (Refer to question 3 for right side of the brain in worksheet 1).

#3 answer: Out of 10 how desirable is your **single activity/task/job/project**?

My Desire score is: ____/10

1
Totally Unmotivated

10
Cannot wait to get started!



#3 answer: Out of 10 at this **single activity/task/job/project**, how much extra knowledge do you need between now and being **WORLD CLASS** top 50 in the world?

My Knowledge score is: ____/10

1
**I need 5 years+ of intensive study
and practical experience**

10
I have all the knowledge now



Exercise

Complete the following stem sentences for question **4 from the right side of the brain only** (Refer to question 4 for right side of the brain in worksheet 1).

#4 answer: In terms of meaning to you, out of 10 how desirable is your impact on society?

My Desire score is: ___/10

1
No Desire

10
Cannot wait to get started!



#4 answer: Out of 10 to have that impact on society, how much extra knowledge do you need from now on?

My Knowledge score is: ___/10

1
I need 5 years+ of intensive study and practical experience

10



Now add up your score from Desire and Knowledge for both 3 and 4 answers to find out your belief score and how likely is that you will achieve this goal.

My overall belief score is: ___/10

Should I pursue this goal?

<p>1-7 I don't believe I can do it</p>	<p>8-16 Slim chance</p>	<p>17-23 Not enough</p>	<p>24-31 Go for it!</p>	<p>32-40 Your goal is mostly/perfectly inline with your values and circle of competence - No brainer</p>
<p>Rewatch part 1 video and revise your goal again.</p>	<p>Good chance that you will sabotage your goal soon, rewatch part 1 video and revise your goal again.</p>	<p>Chances are that within weeks, the subconscious will take over and sabotage your goal, rewatch part 1 video and revise your goal again.</p>	<p>Only go for it if desire scores are 8+ each You may need a lot of experimenting, trial and error, lots of extra knowledge in order to achieve your goal, 1-3 years.</p>	<p>Fantastic score, you should pursue this goal, with hard work you should achieve your goal within weeks/months.</p>

Exercise

Write out a detailed goal on a nice sheet of paper by hand or keep it on your desktop/ipad. Please make sure your letter is at least 2 A4 sheets.

Write out your goal in detail and explain what success will feel like when you've achieved it. Do this by hand on a nice sheet of quality paper/word document/ipad or better still in your goal book. Draw on those thoughts that your desire evoked in the first step above.

1. Now here's the key... share that goal with someone close to you who will hold you accountable. Never keep it a secret or it will stay a secret!
2. If you'd like a little help on writing out your goal don't worry as we're going to cover that in Step 3, so don't give in if you feel this is an obstacle.
3. Don't make the mistake either of thinking that this step is all wishy-washy, woo-woo non-sense. It has been proven time and time again that goals that are written down and shared stand a much greater chance of being accomplished.
4. REMEMBER, this isn't like just setting another New Years resolution.
5. Please make sure your letter is at least 2 A4 sheets.