



## PERSONAL GREATNESS-FINDING YOUR JOY

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This worksheet is a supplement training guide to “Personal Greatness-Finding Your Joy” video published on March 26, 2016.

Joy isn’t something that just happens, it’s something you need to actively pursue. True happiness doesn’t come from beauty or wealth or anything external, it comes from within, from your soul level. In order to find joy in life, you need to work on yourself and make some few adjustments to the way you live your life. These action steps are actually pretty simple and if you do it right, you will attain the kind of genuine happiness most people spend their lives pursuing.

Download our FREE WORKSHEET for this video here: <http://journeytopersonalgreatness.com/greatness-training-guide/>

*Define Your Personal Greatness (your personal signature on this world).*

**Personal Greatness-** Greatness is not the same for everyone as we possess our own unique talents and skills. A crucial step toward being your own version of personal success is identify your goals. These goals should be ones you believe you can actually achieve. Goals are the guides that lead you from where we are to where you aspire to be. Once you’ve identified your goals, you can then begin the task of preparing yourself for your journey to personal greatness.

*What are your goals this year?*

**Action Steps:**

1. **Breathing-** Breathing is a very important function that every one of us keeps on performing since we are born in this world. Being a physiological function, breathing does not require our conscious efforts and is controlled by our brain without us even thinking about it. However, in times of panic and stress, when our brain is working in a stressful environment, the physiological functions including breathing can get affected and might become problematic. In most circumstances, it is better to calm down using breathing techniques

*Take your time to practice deep breathing today. Have you noticed improvements in your psychological and physiological body?*

2. **Stepping Away-** When we start making our every experience a personal attack on our ego, we unconsciously move to shame, anger, guilt, and resentment. These emotions are detrimental in achieving joy in our life. Step away, looks for hidden clue through journaling, and separate facts from fiction. Remember, stop taking your life and yourself so seriously.
3. **Alignment-** Surround yourself with things that move you. Find out what is important and simplify your life. Dance, listen to music, listen to inner voice, or participate on sports. It makes de-cluttering a lot easier.

*What activities make you happy?*

4. **Gratitude-** Start listing the things you're grateful for. Don't complain. When you do this, you are focusing on the negatives in your world. And, the more you talk about them the bigger they become. Focus on positives and let go of the negatives.

*Start listing the things you're grateful for.*

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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