



You Don't Know Jack!

NAME:

DATE:

This worksheet is a supplement training guide to “You Don't Know Jack!” video published on April 4, 2016.

Have you ever read a book and felt a profound sense of clarity—like you knew exactly what you are going to do—only to find yourself feeling stucked or paralyzed by the same old struggles days later? We all had these experiences many times before. What actually generates tangible results is when you regularly and consistently apply what you learned will make a difference in your life. Check out our Mindset Monday video here: <https://youtu.be/KC8JM34KL-Y> and take action right now!

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

Have you ever read a book and felt a profound sense of clarity—like you knew exactly what you are going to do—only to find yourself feeling stucked or paralyzed by the same old struggles days later?

Action Steps:

Know the Difference and The Real Magic

Know the difference between knowing something and applying it. This is HUGE step. The real magic is what you do (or what you apply!). If you are going to pick a coach, choose someone who has great background and direct experience that you can apply in your life. As Kahlil Gibran once said, “A little knowledge that acts is worth infinitely more than much knowledge that is idle.”

What are you currently doing in all your learnings? Are you applying or wasting it?

Take Action

If you don't apply what you learn then learning loses most of its value. For example, suppose you learn that eating healthy makes you healthier and increases your lifespan. If you don't eat healthy as a result of learning that, then it didn't do much good to you.

What books have you read and applied those learnings from it in your life?

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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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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