



Build Your Done Good List

NAME:

DATE:

This worksheet is a supplement training guide to “Build Your Done Good List” video published on May 14, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us...” This popular quote comes from Ms. Marianne Williamson, and popularized by a basketball and life drama movie, Coach Carter.

Describe your own personal analysis about the quote above.

It seems that most people rather live far below their potential than to risk the ire of those close to them. It even seems that they rather miss their destiny than to stand out among their peers and colleagues. They are afraid to make mistakes, sensitive to criticisms, and But yet...they know they can do more with their lives. What are they going to do?

Taking bits of steps one at a time and moving ahead at a slow, steady pace are strategies to use in this case. Close the door to the rabbit hole. Push back at the negativity. Shine your light. Time tick too fast to be mediocre. Aim for your personal greatness. Build your list.

Build Your Done Good List!

Reflect back in your life and list ALL GOOD (amazing!) THINGS that you can remember. For example, winning small league championship, lose weight, graduated from college, etc.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

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

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