



Do you value your greatness?

NAME:

DATE:

This worksheet is a supplement training guide to “Do you value your greatness?” video published on June 20, 2016.

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

Every day is an opportunity to impact your own and other people's life. Each day you can leverage your greatness in the service of others. But when you're building a greater life, expect challenging moments, uncontrollable problems, and unforeseen set backs. When this things happen, I want you to ask yourself today, *do you value your greatness?*

Many of the toughest battles you will face will be within the walls of your own mind, body, and soul. You need to have optimal balance for these 3 body sections in order to achive your personal greatness.

Build Your Done Good List! Don't be hard at yourself. Celebrate small victories. You deserved it.

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.

A large, empty rectangular box with a thin black border, intended for the user to write their 'Done Good List'.

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.

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

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