



## 2 ways to Get Out of Your Own Way

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This worksheet is a supplement training guide to “2 ways to Get Out of Your Own Way” video published on July 2, 2016.

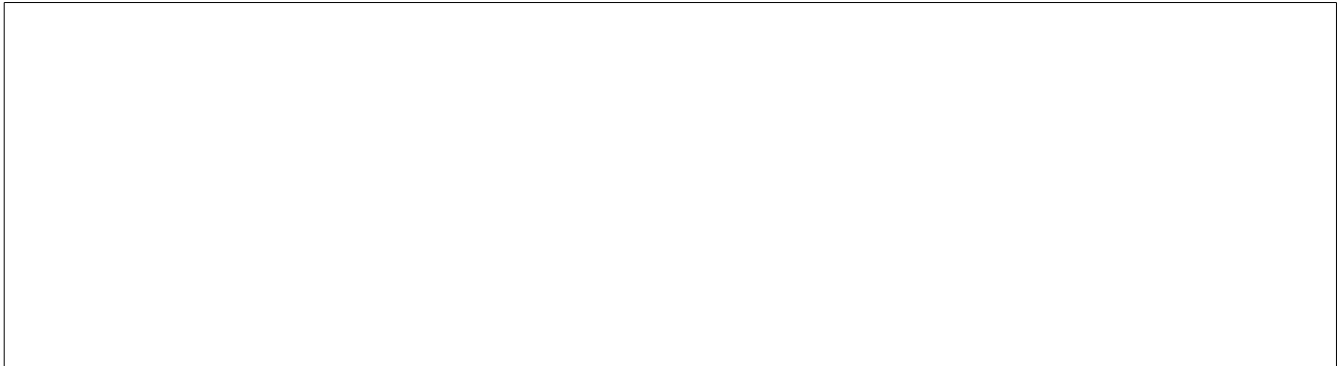
Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Human beings seem to have a deep need to complicate life. We love of drama We are often infatuated with the drama of life, therefore often getting in our own way. In this video I want to make some suggestions on how to get out of your own way so you can finally realize your personal greatness and what brings you joy!

*Who are you? What do you want to be?*

We lose our joy, priorities, and dreams along the paths of our complicated lives and must work at getting them back. The quest for greatness is something we need to consciously seek and make a part of our lives, or it will pass us by. If we don't make it a conscious choice and action, we will find our selves at the end of our lives deeply regretting why we didn't do more of the things that were really important and less of the things that weren't.

*Think back on the time when you are just starting out. What made you great and inspired? Go back in time where you still have FIRE in your eyes!*



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**

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Integrated Peak Performance and Greatness Coach

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

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