



## Go Beyond Good Enough

NAME:

DATE:

This worksheet is a supplement training guide to “Go Beyond Good Enough” video published on September 26, 2016.

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

Most people all over the world are constantly avoiding risks, giving up, taking the easy way out, and settling for mediocre results. We’ve fallen into a mindset of “good enough” – unwilling to go that extra mile when we can so easily settle for being “good”. But is this really the way you want to live? Today at Monday Mindset, I’ll discuss the effects of being complacent, and how to go beyond “good enough” to achieve your own definition of personal greatness.

*Stop and step back and review. What do you really want? Your goals? Whether it's about your health, work, relationship, etc., revisit the “magic” where it all began.*

So, dream big, but take bigger action. Tackle your dreams with the 10X Rule. Take appropriate and consistent action.

*What actions are you going to take to achieve your goals?*

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.

[www.tchpp.com](http://www.tchpp.com) and [www.journeytopersonalgreatness.com](http://www.journeytopersonalgreatness.com)