



MODULE #1:

YOU MUST

Believe 

PATH TO PURPOSE: MODULE #1

Module #1

You Must Believe

Consider this your Week One warm-up.

Remember, the #1 thing that determines how well you'll do in this program is... BELIEF. You must believe that you CAN do this. Without belief, failure is inescapable!

Checklist for This Week:

- ☐ Watch Tracy's live training from Tuesday, October 1st.
- ☐ Complete the Module 1 Companion Guide to prepare your mind and workspace for the program.
- ☐ Complete your Path to Purpose program time schedule. See page 3-4.
- ☐ Review program affirmations and create new ones that keep you motivated, focused, and on your path to purpose.
- ☐ Go to your ME SCHOOL Inner Circle Facebook group and comment on this week's lesson with a BELIEF quote that resonates with your spirit and create a post that says **#BELIEVEINME**

Finding Time

In order to get the most out of this 4-week program, you will need to make space in your life to accomplish each week's companion guide and lesson.

Write down what your daily schedule looks like, and then modify it for the Path to Purpose program time period.

Here's an example below:

NORMAL SCHEDULE

4am	Sleep
5am	Sleep
6am	Sleep
7am	Breakfast/Shower
8am	Admin
9am	Coaching
10am	Coaching
11am	Coaching
12pm	Lunch
1pm	Admin
2pm	Prospecting
3pm	Project Work
4pm	Kids/Activities
5pm	Dinner
6pm	Post-Dinner
7pm	Bedtime
8pm	Cleanup
9pm	Netflix
10pm	Netflix
11pm	Bed

ME SCHOOL SCHEDULE

4am	Sleep
5am	Sleep
6am	ME SCHOOL
7am	Breakfast/Shower
8am	Admin
9am	Project Work
10am	Project Work
11am	Project Work
12pm	Lunch
1pm	Admin
2pm	Prospecting
3pm	Project Work
4pm	Kids/Activities
5pm	Dinner
6pm	Post-Dinner
7pm	Bedtime
8pm	Cleanup
9pm	ME SCHOOL
10pm	Netflix
11pm	Bed

Your turn...

Look over your daily routine, and try to pick out one or two time slots that you can commit to using for ME SCHOOL exclusively.

NORMAL SCHEDULE		ME SCHOOL SCHEDULE	
4AM		4AM	
5AM		5AM	
6AM		6AM	
7AM		7AM	
8AM		8AM	
9AM		9AM	
10AM		10AM	
11AM		11AM	
12PM		12PM	
1PM		1PM	
2PM		2PM	
3PM		3PM	
4PM		4PM	
5PM		5PM	
6PM		6PM	
7PM		7PM	
8PM		8PM	
9PM		9PM	
10PM		10PM	
11PM		11PM	