



COMPANION GUIDE

MODULE 4

Watched This Week's Live Training? Yes!!

**Then sis, it's time to
NAME AND CLAIM WHAT YOU WANT MOST!**

Welcome to Week 4 and all the goodness it holds...

We've been through several weeks of daring for something BIG, seeking clarity about your next step, breaking barriers, all while developing a new level of courage and boldness.

I want to get you to a place where you are able to decide what you want and get it. As you complete this companion guide with your full effort, you'll quickly realize that anything is possible.

You actually can start fresh knowing that you are the driver in your life and that you have every potential to create the roadmap to your happiness.

It's time to take action... so if you're ready, like I'm ready, let's do this!



Yours for Breaking Barriers,

XOXO *Tracy*
THE MILLION DOLLAR MONEY COACH

REFLECTION

You have the power to decide your own course. Whether you think you can or you can't, you are right.

As a child, what did you THINK you could be when someone asked you, “What do you do when you grow up?”

Do you still want to be that? YES ☐ NO ☐

If yes, why do you think you chose to hold on to this?

If no, why did you choose to take another path?



YOUR FUTURE

“THIS. This _____
[idea, relationship, project, book, cause, startup, skill, healing journey, habit, goal, etc.]
is the main goal of my life right now.”

What is it that you really want?

Who do you really want to become?

Are you obsessed with what you want and who you want to become? _____YES _____NO

Does what you want inspire you? _____YES _____NO

Is what you want truly important to you? _____YES _____NO

**Does this goal cause you pain, fear, and/or excitement?
_____YES _____NO *If you answer no, choose another goal.***

MASSIVE IMPERFECT ACTION

What activities are you currently engaged in that link directly to who you want to be?

1. _____

2. _____

3. _____

4. _____

5. _____

**CLARITY IS BEING CRYSTAL CLEAR
ABOUT WHAT YOU WANT.**

_____ 5

BUILDING YOUR ROADMAP

There is no set blueprint for discovering your life's work. We're each on a wholly individualized adventure. You must have the wisdom to keep faith with the signals from your heart and the courage to walk your own path.

Do you currently feel stuck? ____YES ____NO

What do you think is holding you back? Why?

Are you willing to find a mentor that will help you achieve your goal? ____YES ____NO

If yes, who? _____

**YOU HAVE TO STOP THINKING.
YOU NEED TO START DOING.**

All progress begins with a brave decision to move!

When you allow yourself to discover what you really want you are saving yourself from endless waste of time and confusion.

MY PURPOSE

This is what I am willing to do to get to my purpose:

Take a few minutes to read over and reflect upon what you wrote above. Then answer the following questions:

- Are you crystal clear about what you want?*
- Is this linked to your goals?*
- Is it linked to your vision?*
- Does your statement above challenge you to grow?*

CREATING YOUR ROADMAP

*She who has a **why** to live for can bear with almost any **how**.*

Discover **your** “why.” Without a clear vision for **your life**, you could be running fast to nowhere. ...

What is your why? What is your motivation?

Decide **your** “when.” When it comes to **the** discipline of goal-setting, “someday” does not cut it. ...

When do you want to achieve the very thing that you want?

BEST CASE/WORSE CASE

What is the worst case scenario if this didn't happen for you?

How would you prevent your worst case scenario from happening?

What is the best case scenario if this does happen for you?

Who will benefit if your best case scenario manifests?

SMALL ACTIVE STEPS

What are three simple and small active steps that you need to take to get closer and closer to your goals?

1. _____
2. _____
3. _____

By choosing one item from above, what is one small thing you can do right now? Write it bold.

What are you going to regret if you don't take these steps?

THE I'M ON MY PATH TO PURPOSE STATEMENT

I really want _____
fill in the blank with your most repeated item

because _____
fill in why this is important to you

When I figure this out, I will feel _____
Describe the emotion you will feel

The reason I believe I haven't been able to figure this out is

Now what I'm willing to do to figure this out is _____

I, _____ believe that anything is possible
and I am on my path to purpose

**POST THIS UP SOMEWHERE WHERE YOU CAN READ
DAILY FOR THE NEXT 21 DAYS.**

REFLECTION

- ☐ Did you feel lost at the beginning of this course?
- ☐ Do you feel like you are more on track?
- ☐ Did you struggle to prioritize or schedule your time prior to starting this course?
- ☐ Are you able to now navigate competing opportunities?
- ☐ Prior to this course, did you feel like you were failing to produce meaningful results?
- ☐ Have you taken even one small active step is a step in the right direction towards your vision and your goals?
- ☐ Were you once afraid of the goals that you had?
- ☐ Do you now realize that no matter how many goals, dreams, and projects you want to accomplish this year that that's great and that you should write them down and that you should focus on ONE goal at a time.
- ☐ If you just thought about your answers, STOP... GO BACK... AND DO THE WORK.
- ☐ Are you now ready to start before you're "ready"?
- ☐ Do you choose to invest in yourself emotionally, physically, spiritually and financially everyday?
- ☐ Are you fierce? Are you fearless? Are you on the path to becoming financially free?

THIS IS NOT THE END...

As the weeks tick by and we get closer to officially saying goodbye to 2019, I want you to know that whatever it looked like for you...

It's time to plan so you can START FRESH in 2020.

2020 has not met you yet and the sky is the limit. 2020 doesn't know your failures... it doesn't know your biggest, fattest, and most embarrassing flops. 2020 doesn't know that you've been 29 for the past 8 years 😊

My point is that 2020 doesn't have to be a repeat of 2019 if YOU don't want it be.

We have just a few more weeks to slay our 2019 and enter into 2020 with more fierceness and fearlessness than ever before. I am beyond proud of you for making this moment in your life all about you. Keep growing. Keep being the women Gd designed you to become.

MY NOTES & ACTION ITEMS



WOOHOO!
YOU DID IT!

**YOU HAVE SUCCESSFULLY
COMPLETED**

.Me.
SCHOOL™

CONGRATS