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## COMPANION GUIDE

### MODULE 1

## Watched This Week's Live Training? Check!

**Then jump on in and let's  
Knock Out Those Mindset Roadblocks!**

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Well, well, well, look who we have here!

A fierce woman in the making, who's now aware of how important her psyche is as she trudges along her journey to this "Path to Purpose" thing...

One who's ready to be fearless...

Ready to take massive action with me and her fellow Path to Purpose Me Schoolers...

Ready to get out of her own head...

And out of her own way...

Right?!?

That little lady is you!!! Atta girl... let's do this ☺

*(P.S. – if you did not watch the entire live training session and complete your pre-work, be sure to log back into the portal to do so. I don't want you to get started on the wrong path and not be equipped to fully tackle this module.*

*Be sure to get all your ducks in a row and complete what you need to complete so you can be primed for success ☺*



Yours for Breaking Barriers,

**XOXO Tracy**  
THE MILLION DOLLAR MONEY COACH

**Week One – Belief**

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## THE LITTLE VOICE

What is the small little voice, visions, or dreams inside of you telling you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When did this voice begin? \_\_\_\_\_

How persistent has it been? \_\_\_\_\_

How have you given it life? \_\_\_\_\_

\_\_\_\_\_

Who do you THINK you are now in your life?

Do you think you know how to make your dreams a reality?  
Why or why not?

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Do you think you don't have the financial capacity to make  
your dreams a reality? Why or why not?

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## **FAILURE**

*"Say to them, 'This is what the LORD says: "'When people fall down, do they not get up? When someone turns away, do they not return? Jeremiah 8:4*

It is a very well-known fact that if you want to succeed in life,  
you must believe in yourself. What does SUCCESS look like  
for you?

Why do you think you are actually capable of succeeding?

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Are you afraid to fail? Why or why not?

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If you took the time to slowly build your dreams and achieve your goals, could you?

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What are you willing to give up to do this?

1. 

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2. 

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3. 

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What are you ready and willing to figure out?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What do I need to do to get back up and start believing in myself?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

On the days that you feel stuck, what will you do to pull yourself OUT of it?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## WHERE ARE YOU?

*“But someone will say, ‘You have faith and I have works.’ Show me your faith apart from your works, and I will show you my faith by my **works**.” James 2:18*

In your own words, define these:

Belief: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Feelings: \_\_\_\_\_

\_\_\_\_\_

Actions: \_\_\_\_\_

\_\_\_\_\_

Results:

\_\_\_\_\_

\_\_\_\_\_

How have your actions impacted your:

Health	
Sleep	
Foods You Eat	

What you do the most with your time?

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What you do the most with your energy?

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What do you do the most with your feelings?

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Are you living a life of joy? \_\_\_\_\_

Do you feel accomplished? \_\_\_\_\_

What pain are you experiencing?

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What misery are you experiencing?

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What guilt are you experiencing?

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What regret are you experiencing?

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## BEHAVIORS & HABITS & INFLUENCE

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11*

What are you going to do to stop cheating yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_

What habits do you need to start developing?

1. \_\_\_\_\_
2. \_\_\_\_\_

What habits do you need to STOP?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are some of the unsupporting behaviors you've developed over the past few months, years?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who are the top 3 people who have shaped you?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Share a time when someone told you that you COULDN'T do something... and you believed them?

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What transformation do you think would have happened to you emotionally if they would have believed in you?

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**What is the one thing influencing your life now?**

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**How did your environment as a child influence your beliefs about:**

Love	
Money	
Chasing Your Dreams	
Working a 9 to 5	
Religion	
Beauty	
Health & Body	
Family & Friends	
Personal Development	

Do you blame anyone for any hand-me-down beliefs?

\_\_\_\_\_

What are the things that have caused you pain that you need to let go?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What have you done to examine, question, or choose these beliefs for yourself?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Do you believe that all beliefs are a choice and you have the power to change and evolve your beliefs? \_\_\_\_\_

Which two beliefs that you have create pain, misery, shame or suffering in your life?

1. \_\_\_\_\_

2. \_\_\_\_\_

Do you want to continue believing those thoughts? \_\_\_\_\_

## YOUR DREAM LIFE

What 3 ROLE MODELS outside of your immediate circle, (alive or dead, famous or unknown) do you strive to be like?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

It's hard to become what you don't see, so... what have you witnessed them do?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you believe in your heart can become your reality?

\_\_\_\_\_

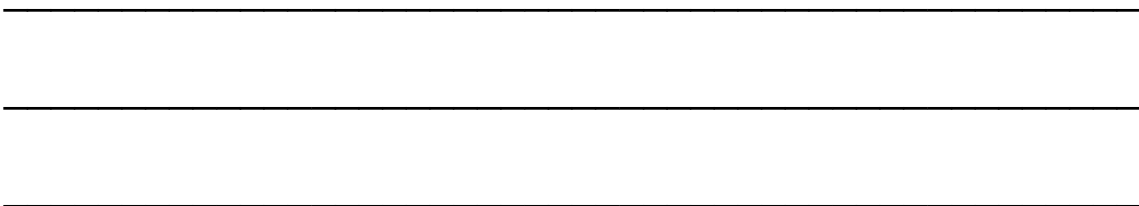
\_\_\_\_\_

\_\_\_\_\_

**Describe your dream life?** Imagine, what you would be without any limiting belief or unsupporting thoughts. What would be different in your life?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question about their dream life.

What beliefs are you holding on to that are not allowing your life to work the way you want it to?

Three horizontal lines, each spanning the width of the text area, intended for the user to write their response to the question about beliefs.

What would you do in your life if you had one year to live...  
and you were guaranteed success?

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## **INVESTING IN YOU**

How many books did you read last month? \_\_\_\_\_

How many seminars did you attend to improve your life? \_\_\_\_

How many classes did you attend to develop your skills? \_\_\_\_\_

How many new things have you learned this year? \_\_\_\_\_

What is it that you need to upgrade your skills and  
knowledge to be competitive in the market place?

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What two things are you REALLY good at?

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What is one thing that you going to be courageous enough  
sell to yourself this week about YOU?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is ONE high standard do you want to set for yourself  
that you want to work on this week?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **ENGAGEMENT:**

**FIND YOUR QUOTE ON BELIEF.** Print it out and post it  
somewhere that you go to multiple times a day. Post it in the  
group this week as well. Post it here as well.