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TO WIN!

# What would you do if you knew you couldn't fail?



Let's begin Mind Mapping!



Day 1 Homework

**Coach:ABILITY**





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# How to use this homework book

In order to get the best out of this homework book, really dig deep and challenge yourself when answering the questions and leaving your notes.

When you think you have thought of everything, challenge yourself to think of just one more 😊

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# Self Check In

How are you feeling now?

Do you identify with a particular zone?

What makes you identify with that zone?



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What makes you happy that you don't want to change?

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What things in your life  
are you comfortable  
with but don't mind  
changing?

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“ ”



# NOTES

If the things you mentioned  
you are comfortable with  
changed, how would it impact  
you?

Consider best case & worst case scenarios.

How would achieving your  
goal affect the things in  
your life which you are  
comfortable with?

When you picture your success  
how many of these comfortable  
things do you see?

Consider if they are the same or if they've  
changed



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What things would you like to have in your life that are not achievable by staying in the comfort zone?

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# NOTES





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# What would you do if you knew you couldn't fail?



Let's begin Exploring!



Day 2 Homework

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# Self Check In

How are you feeling now?

Do you identify with a particular zone?

What makes you identify with that zone?



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What are  
your desires or goals?  
What do you want to persue  
but are afraid in case  
you fail?

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# NOTES

What would these desires or goals mean to you?

How would they improve your life?

Why are these desires important to your future?



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What are your fears or worries?

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What, if any  
obstacles are  
currently blocking  
your success?

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# NOTES

What physical responses do you have to fear or panic if any?

How do you interpret these responses?

How will you recognise these responses if they occur again?



# NOTES

What  
causes the fear or  
panic to continue?

When have you found  
yourself being secretive,  
avoiding situations or  
having limiting beliefs?

What coping  
strategies do you  
use, if any?





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# What would you do if you knew you couldn't fail?



Let's begin the application!



Day 3 Homework

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# Self Check In

How are you feeling now?

Do you identify with a particular zone?

What makes you identify with that zone?



## Apply the suggested 6 TIPS

1. Make a verbal commitment to yourself – out loud!
2. Stay present!
3. Get an accountability partner – better still, get a coach!
4. Say YES! What's the worst that can happen?
5. Feel the fear and do it anyway!
6. Visualisation

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## Signpost to Mindfulness Exercises & Apps

Here are some useful apps and websites which have mindfulness and meditation exercises which are super helpful regardless of the zone you find yourself in.



### The Raisin Exercise

### The Body Scan

[positivepsychology.com/mindfulness-exercises-techniques-activities/](https://positivepsychology.com/mindfulness-exercises-techniques-activities/)

[www.headspace.com/](https://www.headspace.com/)

[www.buddhify.com/](https://www.buddhify.com/)

[www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/](https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/)



How do you currently fill your cup?



Remember to give from your saucer



Not from your cup!

“ ” “ ” “ ” “ ” “ ” “ ” “ ”



# NOTES





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# What would you do if you knew you couldn't fail?



Let's begin Recapping &  
Reviewing!



Day 4 Homework

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# Self Check In

How are you feeling  
now?

Do you identify with a  
particular zone?

What makes you  
identify with the zone?



# Self 'Check In'

What has changed and caused you to go out of cycle?

What can you say no to in order to reduce your current load?

Have you set a checkpoint to catch yourself before entering the Panic Zone in the future?

NOTES



# Knowledge and skills

What have you learned  
about fear/panic that  
has been helpful?

What strategies or  
techniques have you  
learnt?

Is there anything you  
will do differently now?  
Or something new you  
will introduce?

NOTES

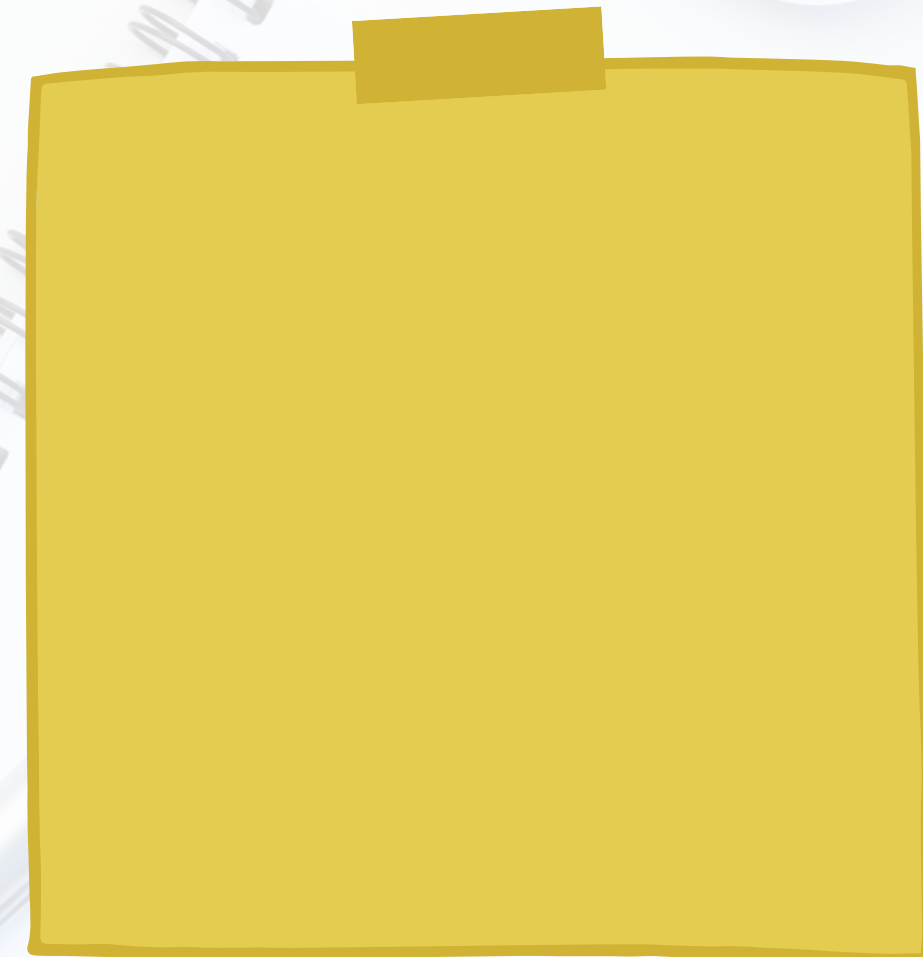
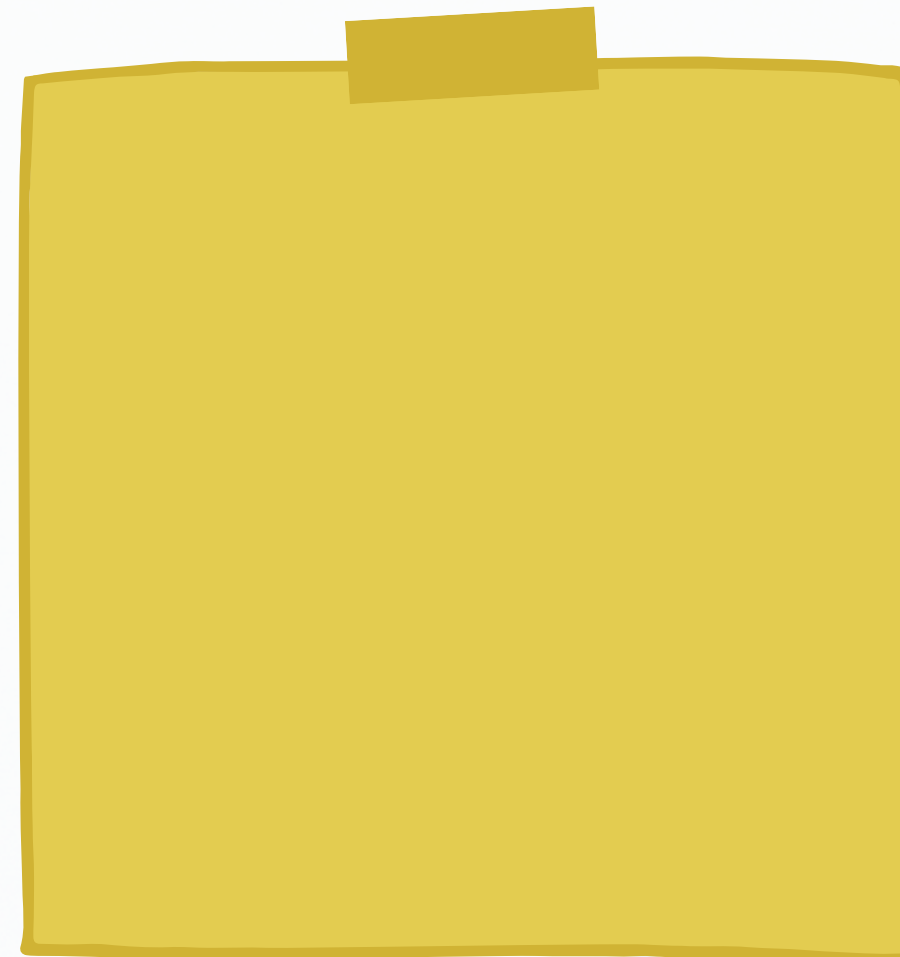
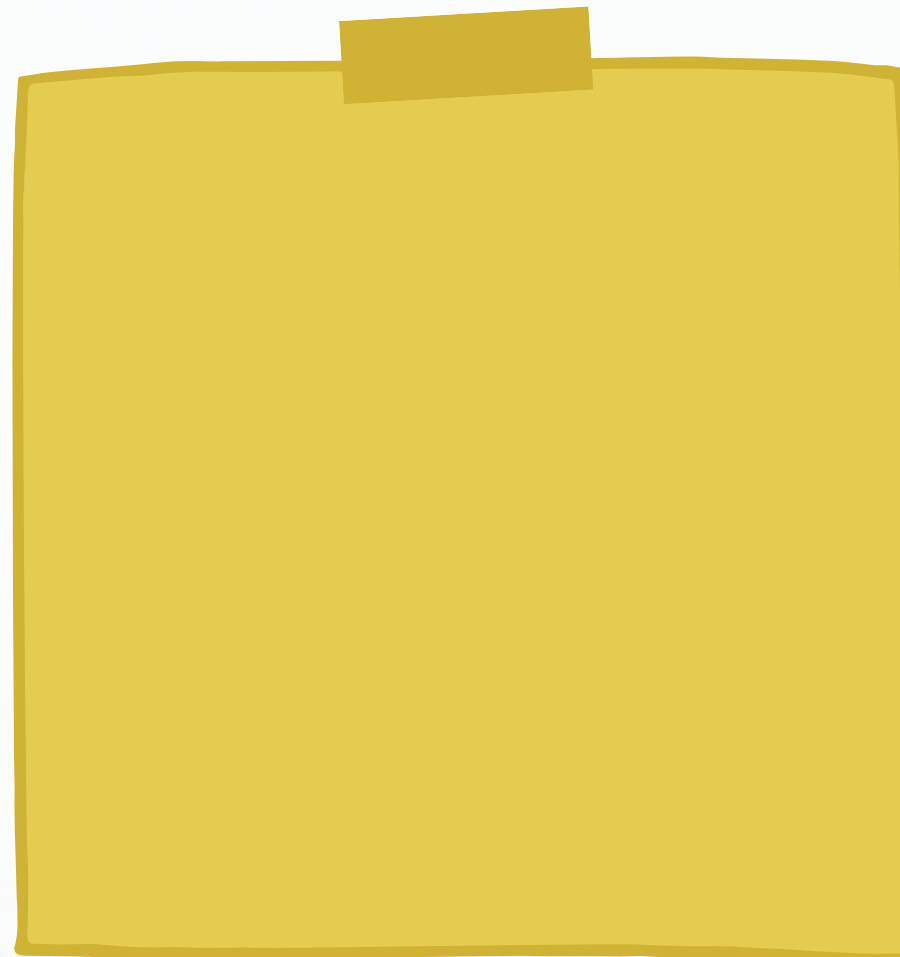
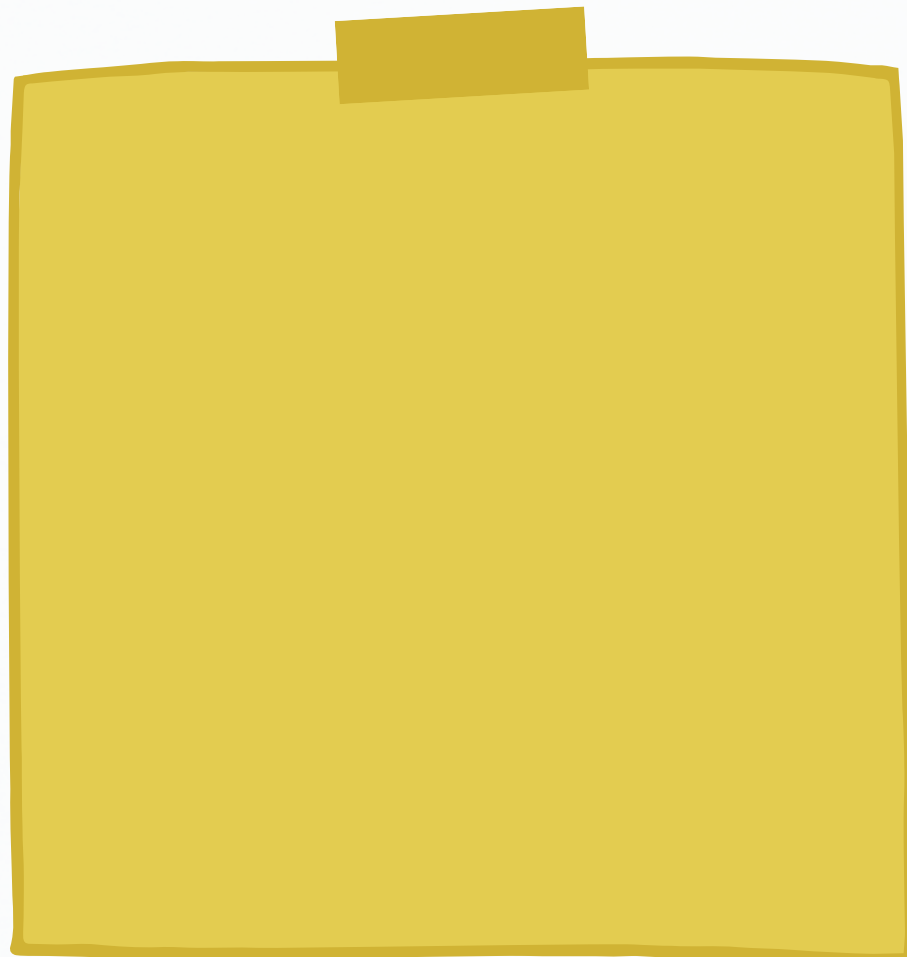
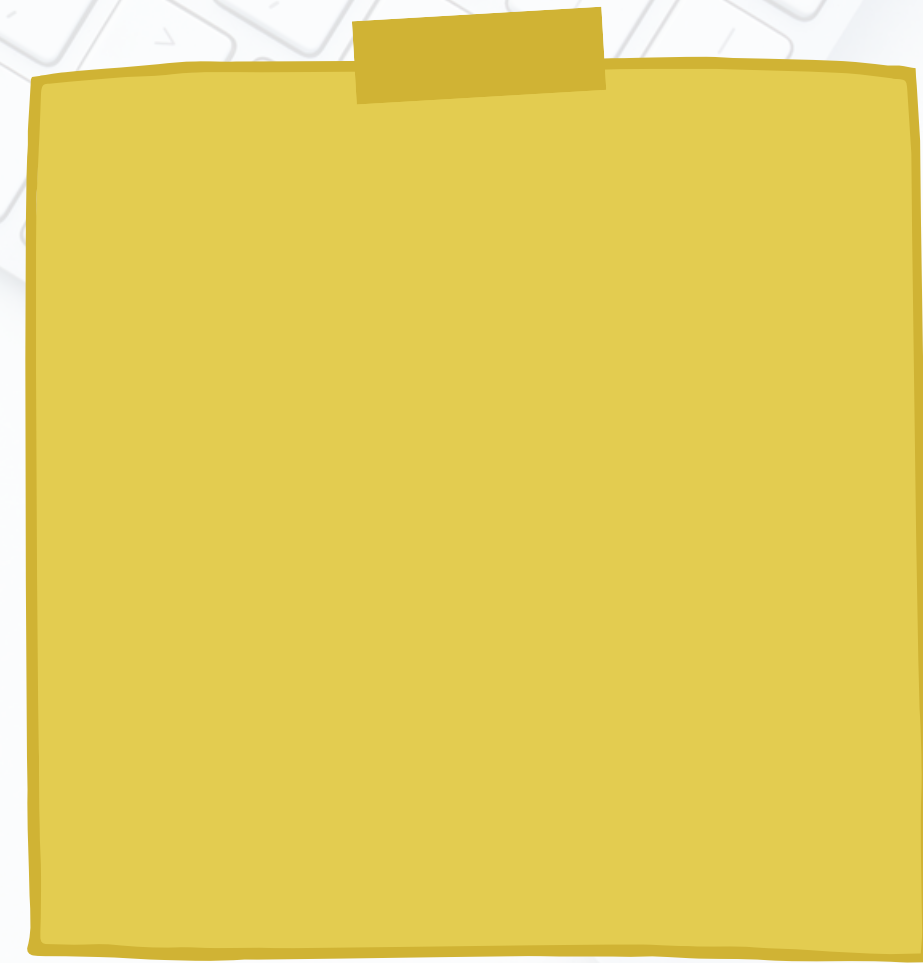
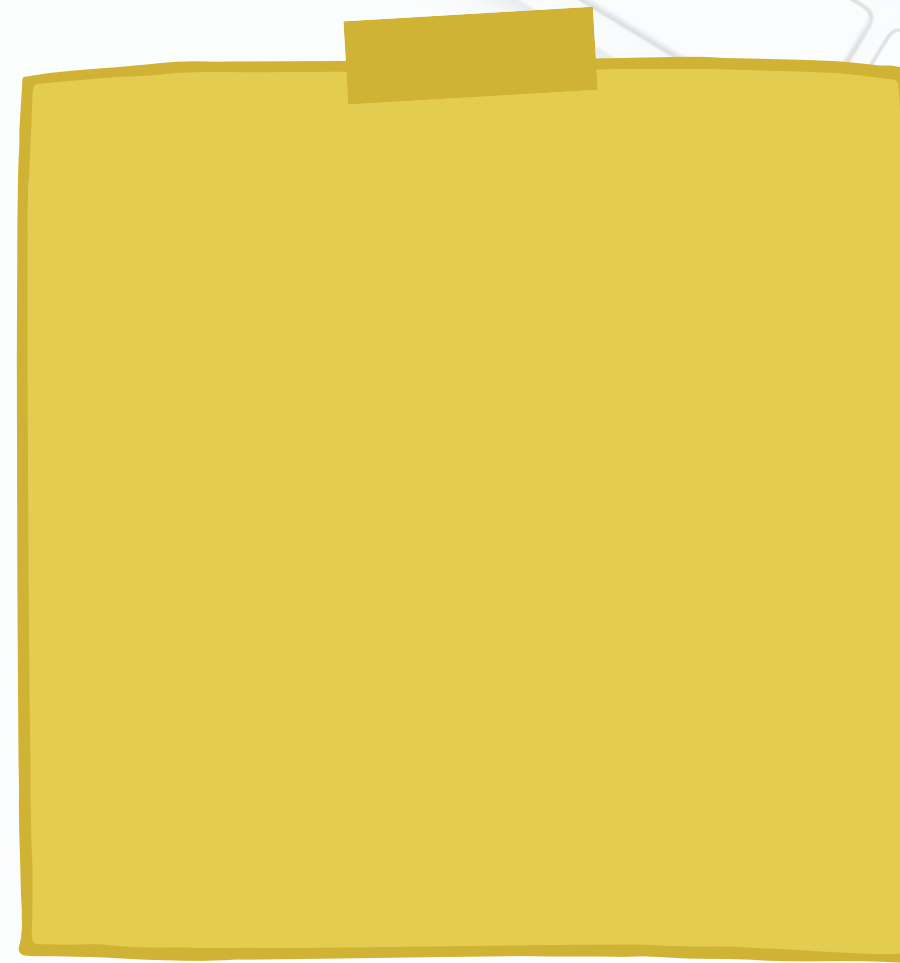


## What exercises will you introduce?

We've discussed a few exercises which can help you navigate between zones in order to keep you at your best.

What will you introduce in to your routine?

One thing which is vital to me is the recurring appointment in my diary telling me to take 'me time'. It's a winner - I would recommend you to try it.







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TO WIN!

**Well done for completing  
the programme and  
discovering, the world is  
your playing field.**

**Begin your journey- your  
dreams are waiting!**



**Notes & Action Plan**

**Coach:ABILITY**





# Self 'Check In'

What has changed and caused you to go out of cycle?

What can you say no to in order to reduce your current load?

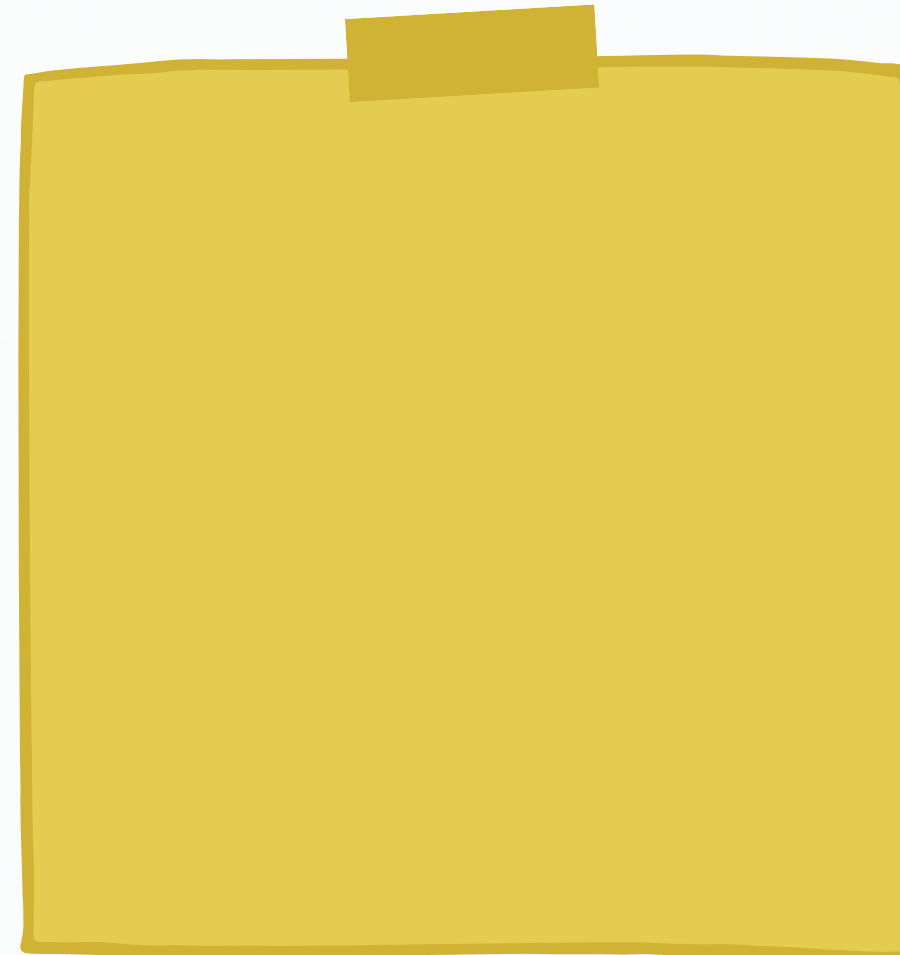
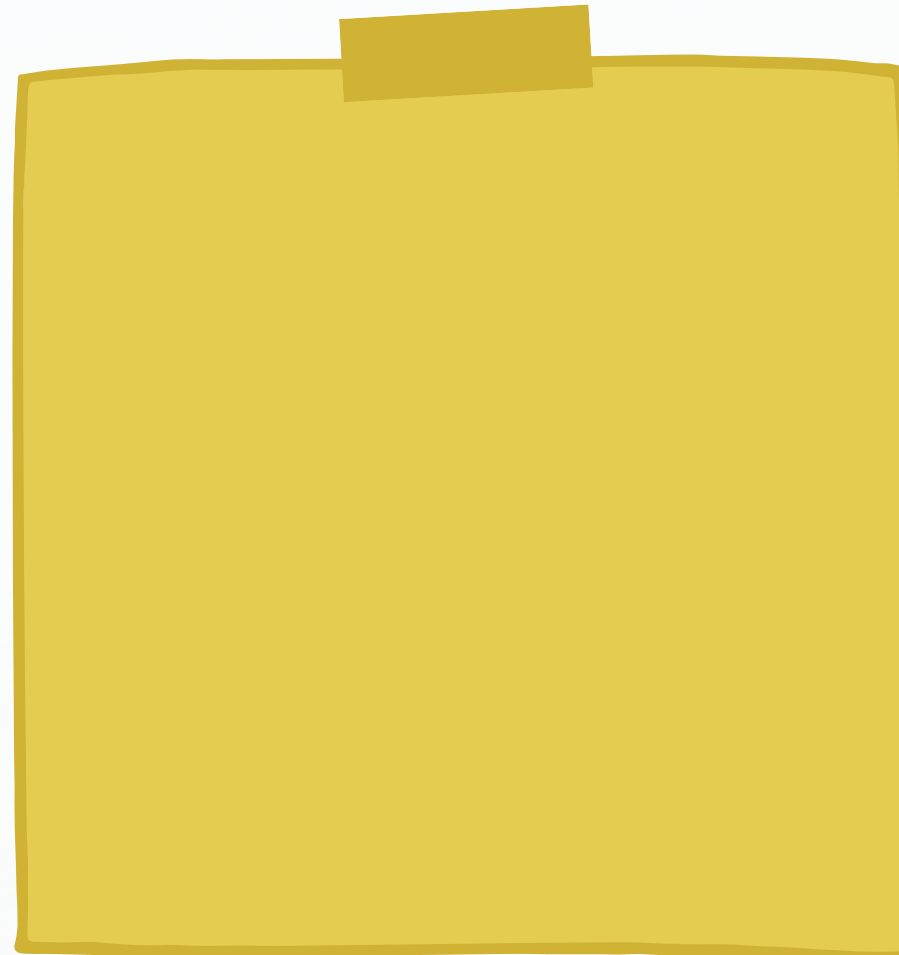
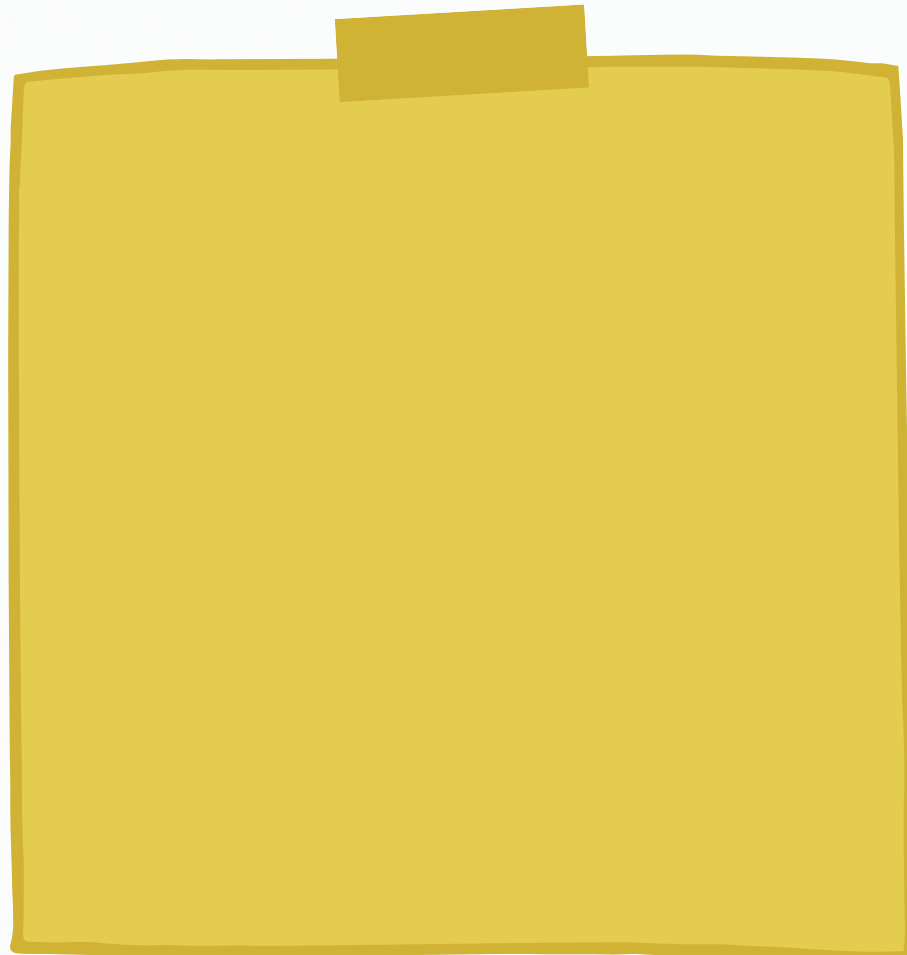
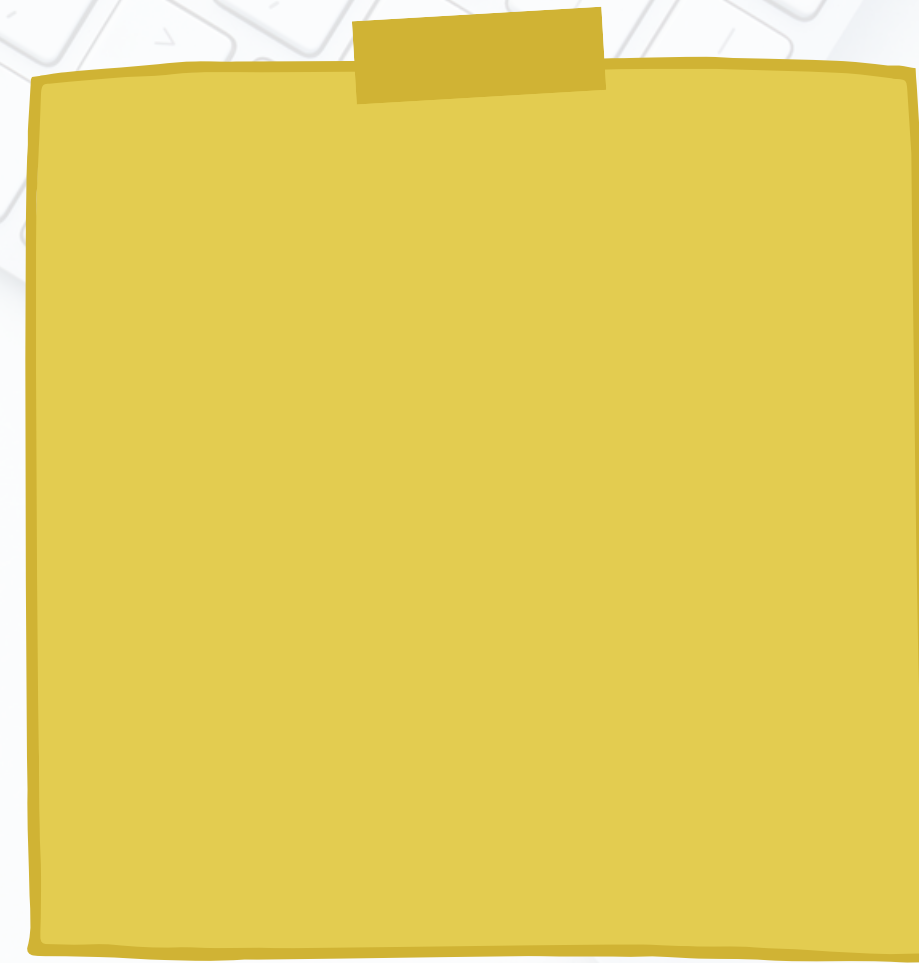
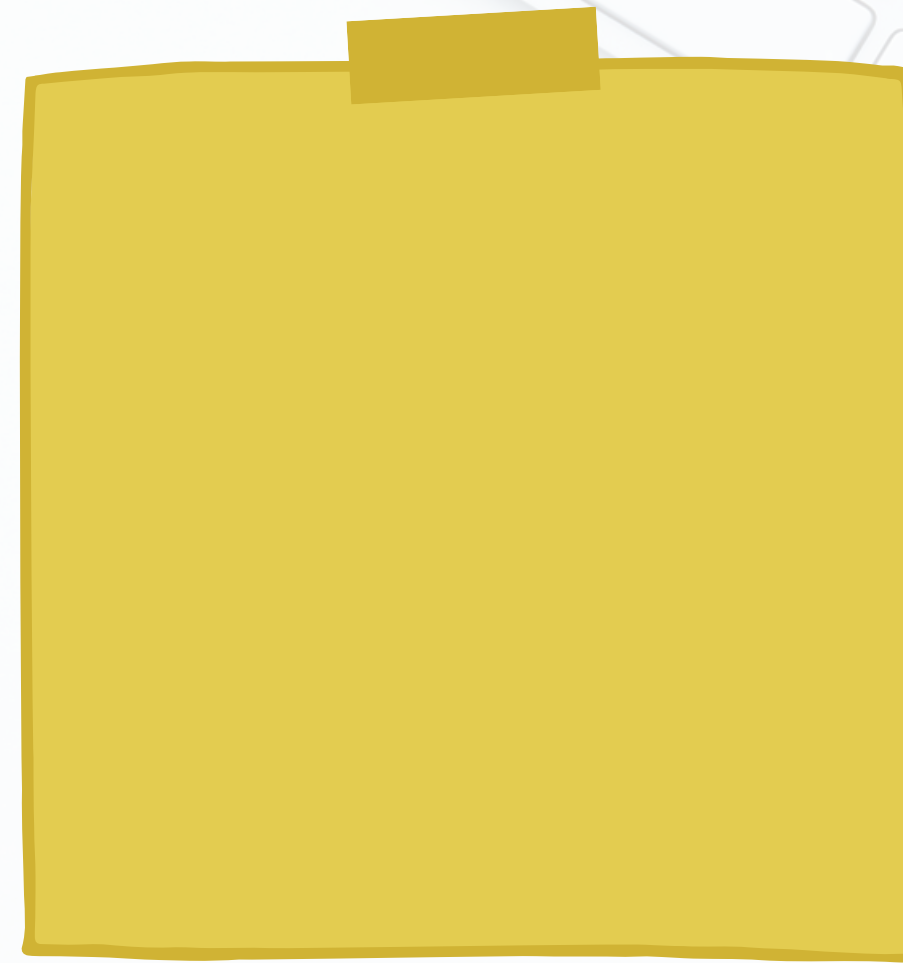
Have you set a checkpoint to catch yourself before entering the Panic Zone in the future?

## NOTES



## Prioritise - What has greatest meaning to you?

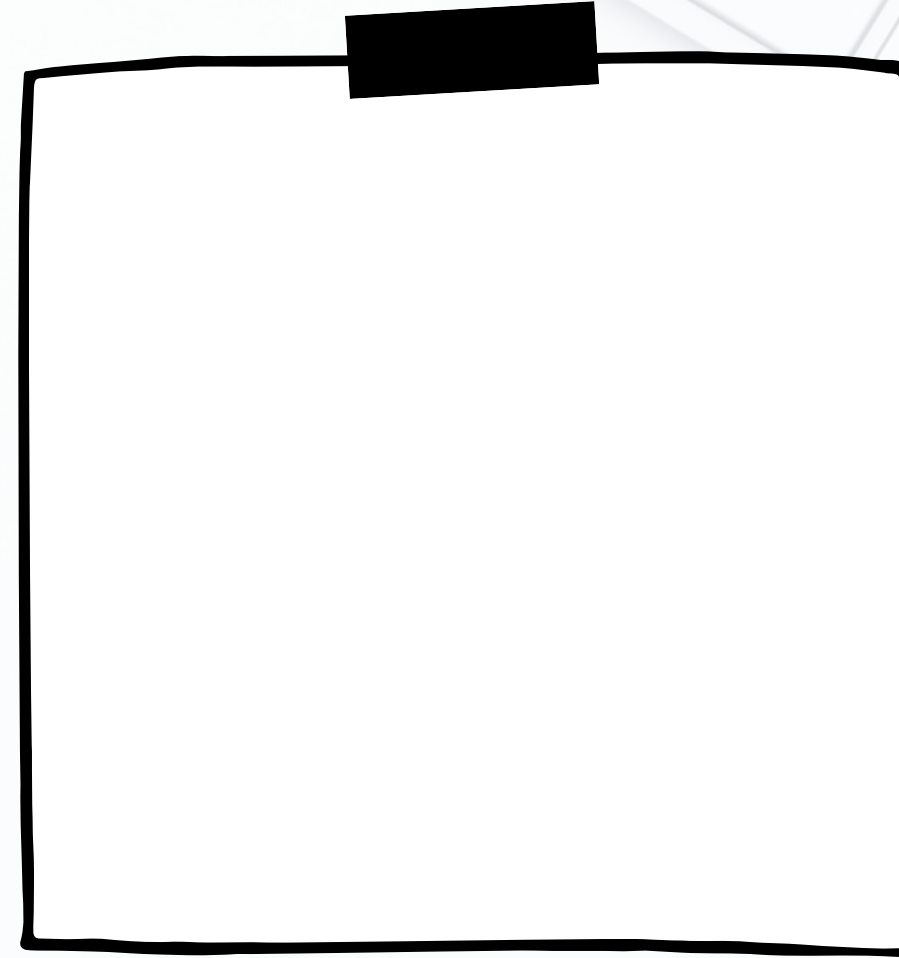
The purpose of this exercise is to build an action plan which will help set you on your way. You may have identified more than one area you want to develop in your life, so the next step is to prioritise them. When stepping out of your comfort zone you may be tempted to do everything you can, however, taking on too much too soon can lead to overwhelm. So prioritise what you want to work on first and show how you intend to move on. Don't forget, the order of your prioritise are totally up to you. Don't put undue pressure on yourself, have fun and enjoy your journey to the stretch zone.



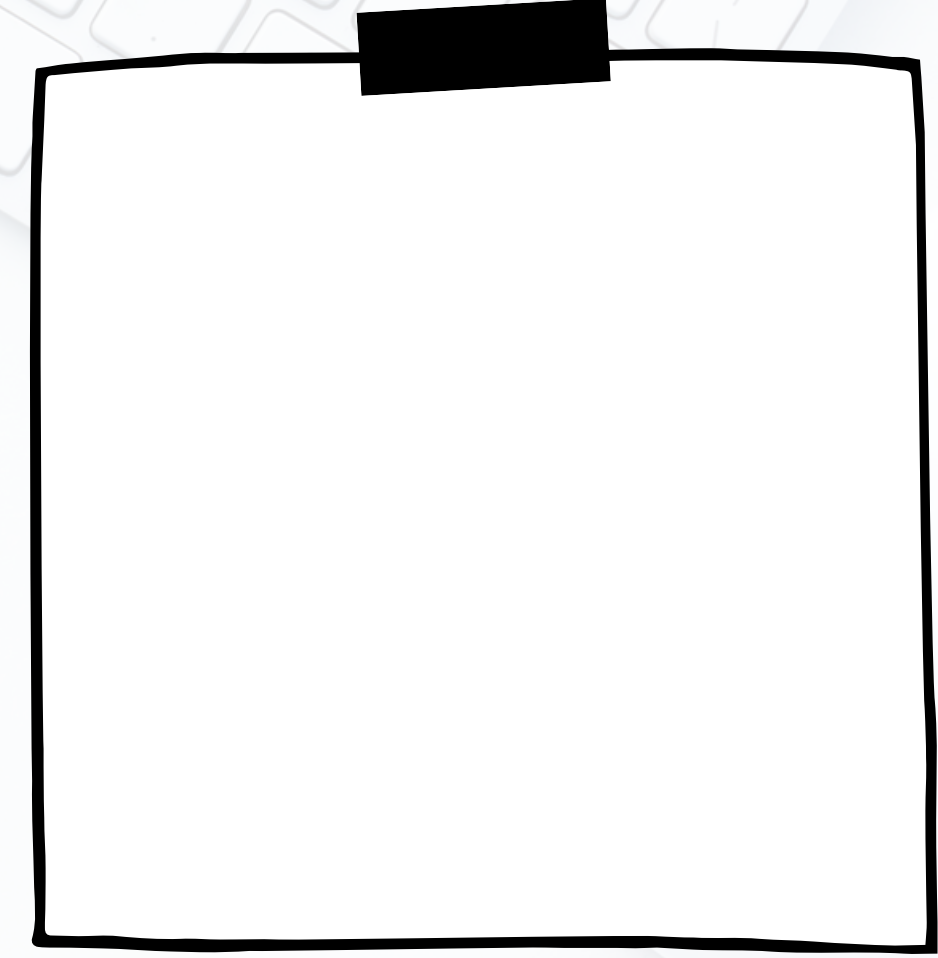


## Action Plan - First take Small Steps

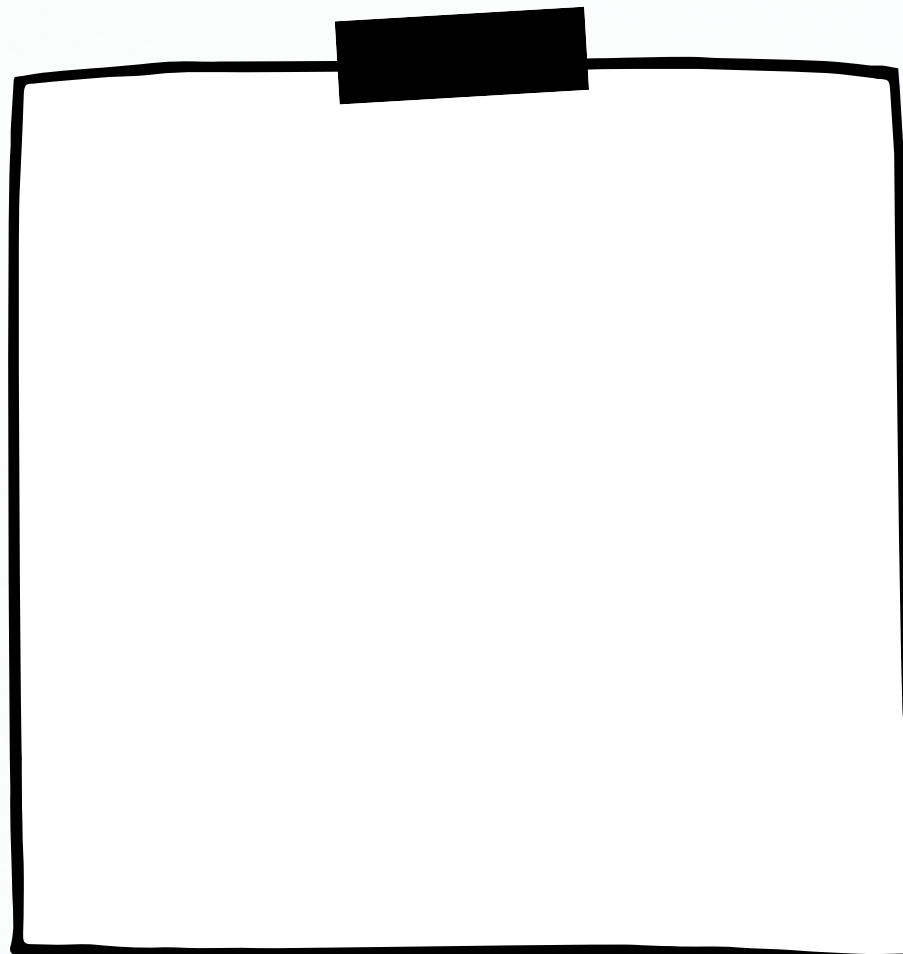
Now you have prioritised the challenges you want to embark on, your next move is to start planning. Remember, take small steps, be specific, A small step is something that is manageable, something you can imagine yourself doing. You should break it down until, make it time-bound and so specific that you can pinpoint a time you intend to start, so specific, that you could even start today!



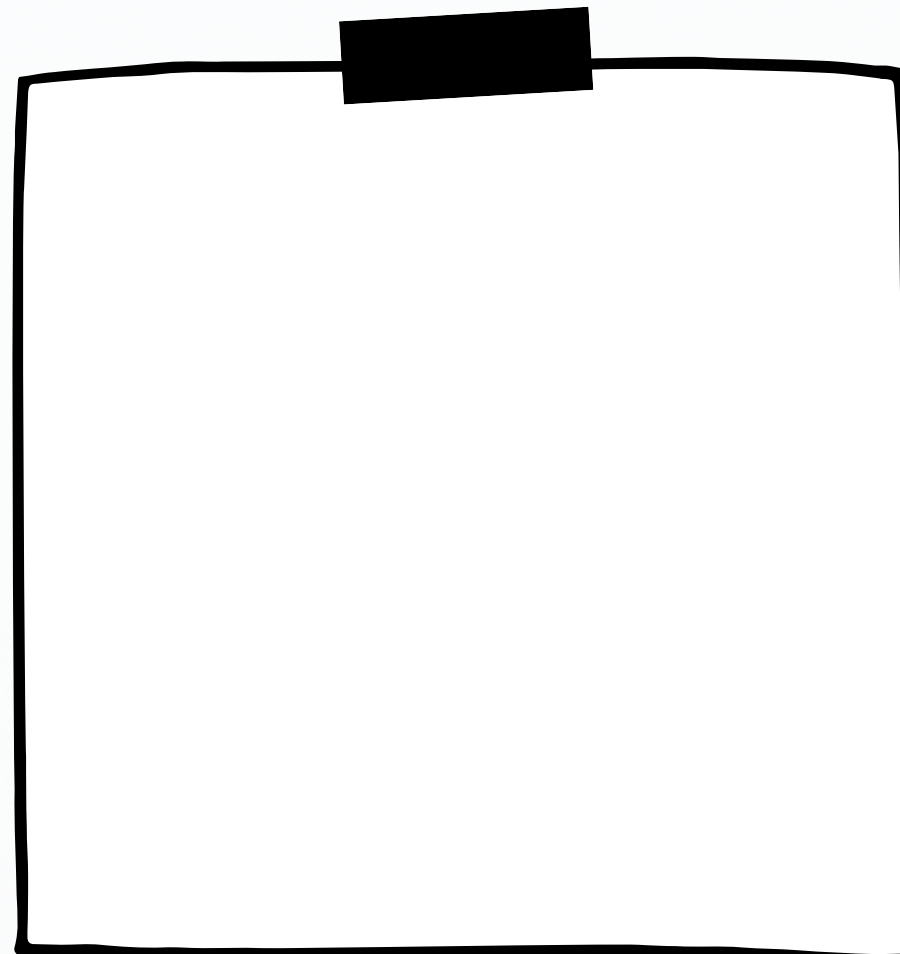
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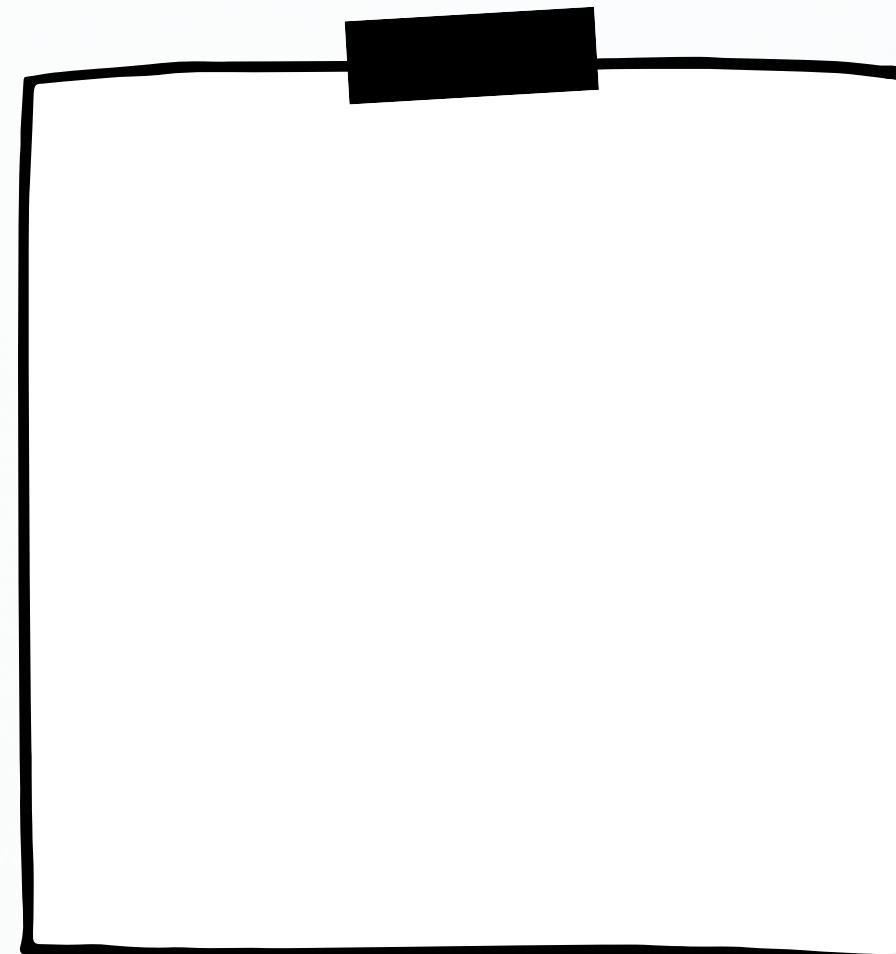
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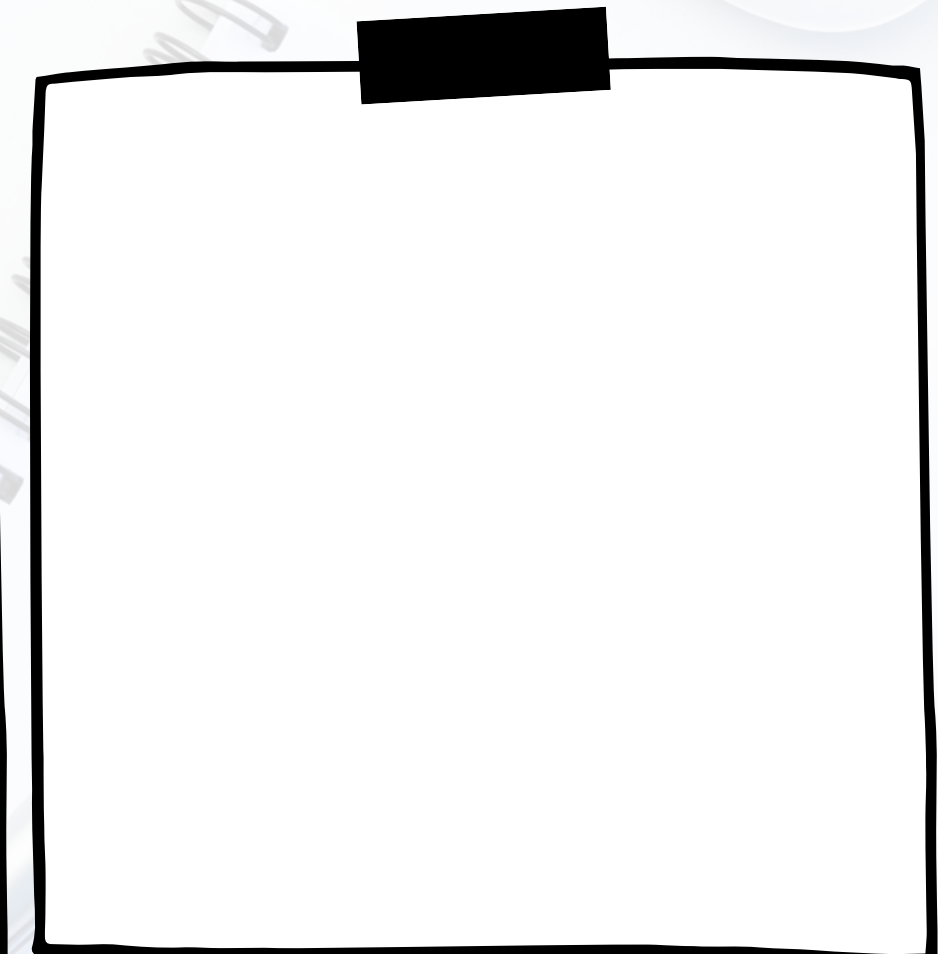
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I never lose, I either Win or  
Learn

*Nelson Mandela*

The Ability Business Group Ethos

Write your favourite quotes and affirmations to  
remind yourself that you can reach your goal and  
you deserve to have what you desire.

Don't allow fear to steal your dreams

Here's a couple just to get you started

The mind is just like a muscle —  
the more you exercise it,  
the stronger it gets and the more  
it can expand.

*Idowu Koyenikan*



# NOTES



# NOTES