

21 Ways to Achieve Lasting Happiness and Success

THE POWER OF SELF-DISCIPLINE



**NO
EXCUSES!**

BRIAN TRACY

New York Times bestselling author of *Eat that Frog!*

"I COULDN'T HAVE WRITTEN IT BETTER MYSELF!"

—Lee Iacocca, bestselling author of *Where Have All the Leaders Gone*


Workbook - Part I

Congratulations!

You have a **game changing tool** in your hands that WILL revolutionize your life **IF** you **APPLY** all the principles taught in the book.

To insure maximum success you need to:

1. Create or join a team that is reading the book with you.
2. Complete the checklist below.
3. Discuss answers and progress with teammates.

Date Started:					
 <p>To goal of this sheet is to track the learning and implementation of the principles in No Excuses along with the direct correlation to increase in income. A key goal for this project is to double your income!</p>					
Chapter	Read chapter in physical book	Answer all questions in book	Add comment in MightyMen.us Forums	Implement Principles in Life	Share with others
Intro	x				
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					

Introduction

Notes - Key Bullets

[Empty box for notes]

[Lined area for notes]

[Empty box for notes]

[Lined area for notes]

[Empty box for notes]

[Lined area for notes]

[Empty box for notes]

[Lined area for notes]

Introduction Cont.

Notes - Key Bullets

Chapter 7 - Cont.

5. Write down your goal clearly, make a detailed plan of action to accomplish it, and then tell yourself that “failure is not an option.”

6. Make a decision today that you will persist until you succeed, no matter what happens, because “I am unstoppable.”

7. Resolve to set and achieve one important goal, overcoming the inevitable difficulties, problems and setbacks you will experience, and to work at it until you succeed. Repeat this process over and over until persistence becomes a habit.

Additional

Chapter 7

Action Exercises:

1. Identify one area in your life in which you need to persist even harder to achieve your goal, and then take action in that area.

2. Identify a goal in your life that you did not accomplish because you failed to persist through to completion. What steps could you take today to succeed in that area?

3. Identify one big goal that you achieved because you persisted and refused to give up, no matter how difficult it became.

4. Decide on your major definite purpose in life, the one goal that, if you achieved it, would have the greatest positive impact on your life.

Chapter 1 - Notes

Notes - Key Bullets

Chapter 1

Action Exercises:

Take out a pen right now and write down your answers to the questions below.

1. If your work life and career were ideal, what would they look like? What one discipline could you develop that would help you to achieve it?

2. If your family life were ideal, what would it look like, and what one discipline would help you the most to make it a reality?

3. If your health were perfect in every way, what disciplines would you have that make it possible?

4. If your financial situation were ideal today, what one discipline would you have that would help you the most?

Chapter 7 - Notes

Notes - Key Bullets

Chapter 6 - Cont.

5. In what three areas of life do you most experience the fears of criticism, rejection, or embarrassment? How could you confront these fears and overcome them?

6. What one great goal would you set for yourself if you knew you could not fail?

7. What would you do differently in life if you had \$20 million in the bank, but only ten years left to live?

Additional

Chapter 1 - Cont.

5. Why aren't you already as successful as you would like to be, and what one discipline would help you the most to achieve all your goals?

6. What one skill could you develop that would help you to realize more of your goals?

7. If you could wave a magic wand and be completely disciplined in one area, which one discipline would have the greatest positive impact on your life?

Additional

Chapter 2 - Notes

Notes - Key Bullets

[]

[]

[]

[]

Chapter 6

Action Exercises:

1. Identify your three biggest fears in life, right now. What are they?

2. Determine what you would do in each of these situations if you were guaranteed of complete success. What actions would you take?

3. What have you always wanted to do but been afraid to attempt? What would you do differently if you were guaranteed success?

4. In what three areas of life and work do you most experience the fears of failure and loss? What steps could you take immediately to confront and eliminate those fears?

Chapter 6 - Notes

Notes - Key Bullets

[]

[]

[]

[]

Chapter 2

Action Exercises:

Take out a sheet of paper and write out your answers to these questions.

1. Name three people, living or dead, who you most admire and describe one quality of each of them that you respect.

2. Determine the most important virtue or quality in your life that you strive the most to practice or emulate.

3. Identify those situations in which you feel the most confident, in which you feel like the very best person you could possibly be.

4. What situations give you your greatest feelings of self-esteem and personal worth?

Chapter 2 - Cont.

5. If you were already an excellent person in every respect, how would you behave differently from today onward?

6. What one quality would you like people to think of when your name is mentioned, and what could you do to ensure this happens?

7. In what one area do you need to be more truthful and practice higher levels of integrity than you do today?

Additional

Chapter 5 - Cont.

5. Look ahead three to five years and determine the new knowledge and skills you will need in order to lead your field in the future. Then start acquiring them today.

6. Select the top person in your field, the one you admire most, and use him or her as a role model for your own development.

7. Commit yourself today to lifelong learning, and never let a day go by without getting better in some area.

Additional

Chapter 5

Action Exercises:

1. Make a decision today to invest in yourself and getting better, as if your future depends on it—because it does.

2. Identify the most important skills you have that determine the quality and quantity of results you get at your work, and make a plan to get better in each one.

3. If you could wave a magic wand and become absolutely excellent in any one skill, which one skill would have the greatest impact on your earning ability? Whatever your answer, set that skill as a goal, make a plan, and work on it every day.

4. Set excellent performance in your work as a goal, and then determine exactly what you will need to do every day to join the top 20 percent or better in your field.

Chapter 3 - Notes

Notes - Key Bullets

Chapter 3

Action Exercises:

1. Resolve today to accept 100 percent responsibility for everything you are and for everything you become. Never complain, never explain.

2. Look into your past and select a person or incident that still makes you unhappy today. Instead of justifying your negative feelings, look for reasons why you were partially responsible for what happened.

3. Select a relationship in your past that made you unhappy, and then give three reasons why you were responsible for what occurred.

4. Select one person in your past with whom you are still angry and resolve to forgive that person completely for what happened. This act will liberate you emotionally.

Chapter 5 - Notes

Notes - Key Bullets

Chapter 4 - Cont.

5. Practice mindstorming by writing out twenty ideas that could help you achieve your most important goal, and then take action on at least one of those ideas.

6. Resolve to do something every day, seven days a week, to achieve your most important goal until you are successful.

7. Continually remind yourself that “failure is not an option.” No matter what, resolve to persist until you succeed.

Additional

Chapter 3 - Cont.

5. Accept complete responsibility for your financial situation and refuse to blame any financial problems on anyone else. Now, what steps are you going to take to resolve that situation?

6. Accept complete responsibility for your family situation, with each person, and then take immediate action to improve your relationships wherever there may be problems.

7. Accept 100 percent responsibility for your health. Resolve today to do or stop doing whatever is necessary for you to attain excellent all-around health.

Additional

Chapter 4 - Notes

Notes - Key Bullets

Chapter 4

Action Exercises:

1. Resolve today to “switch on” your success mechanism and unlock your goal-achieving mechanism by deciding exactly what you really want in life.

2. Make a list of ten goals that you want to achieve in the foreseeable future. Write them down in the present tense, as if you have already achieved them.

3. Select the one goal that could have the greatest positive impact on your life if you were to achieve it, and write it down at the top of another piece of paper.

4. Make a list of everything you could do to achieve this goal, organize it by sequence and priority, and then take action on it immediately.
