

REACH!

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REACH! Challenge – Chapter 5

Part 1

Count Your NOS!

Count your nos. For the next twenty-four hours, count the number of times you say “no,” to your kids, or to anyone for that matter! Cross off a NO each time then tally them up at the end of the day. Are all of those nos 100 percent necessary? I challenge you to turn most of those nos into YESes!

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X



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NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

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NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X



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NO = 20X

NO = 20X

NO = 20X

NO = 20X

NO = 20X

_____ Total Nos?

- Once you're aware of your "nos", analyze some of them. How many of the nos are because of fear, whether it is related to a potential event, or past experiences. What positives could you be missing out on because of the "No".
- Pull a YES out of thin air. There's a good chance that someone is going to ask you something today and is expecting you to say "no." Surprise them; tell them: "Go for it!"



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Part 2

Write down five fears you have. Next to each one, write down the source of that fear. Are you harboring trepidation passed on down to you from your parents? Is it possible that the foundation to your fear is weak? What small steps can you take to get past the fear altogether?

What's Your fear? _____

Source of the fear: _____

What steps can you take to move past the fear? _____

What's Your fear? _____

Source of the fear: _____



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What steps can you take to move past the fear? _____

What's Your fear? _____

Source of the fear: _____

What steps can you take to move past the fear? _____

What's Your fear? _____

Source of the fear: _____

What steps can you take to move past the fear? _____



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What's Your fear? _____

Source of the fear: _____

What steps can you take to move past the fear? _____

This is a seemingly simple exercise but one of the most important. If you commit to working past your fears you increase your chances of achieving your REACH! Goals tenfold! How bad do you want to achieve your dreams? This is where it gets tough but also where breakthroughs happen. Now is a good time to review your Visualization worksheet – both the section where you visualize what happens when you REACH! and the section where you visualize what life will be like if you don't.



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Commitment to Overcoming Fears

I am in the process of changing the trajectory of my life forever. This means going after big dreams and taking hard steps toward realizing my potential. I commit to doing what it takes, regardless. I choose to walk through my fear to harness the potential which lives within me.

Signature

Date

