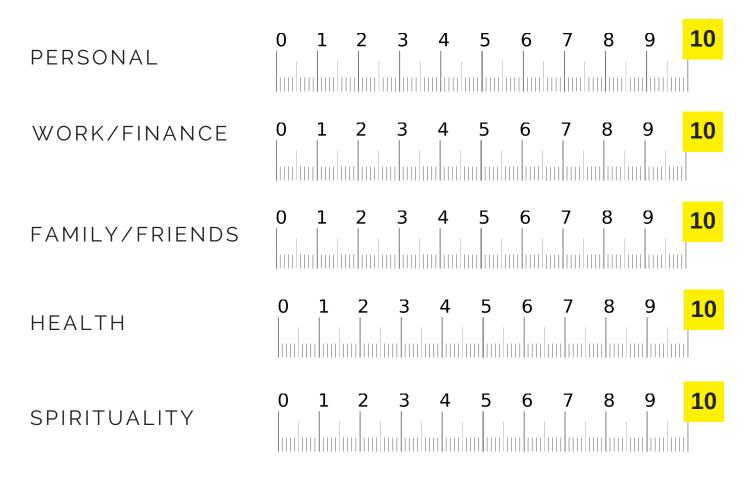
# MOMENTUM MASTERCLASS

#### THE FIVE KEY ELEMENTS OF MOMENTUM

#### **KEY 1: LIFE AUDIT**

This key is all about understanding the problem or challenge that you are trying to solve. Let's explore the key areas of your life:



- 1. Rate, on a scale of 1 to 10, where you think you sit in the following life categories (10 being the best possible response).
- 2. Now rate where you want to (realistically) be at the end of the year in that category?
- 3. Once you have completed (2), calculate the difference between your response to (1) and (2). Write that number next to that category.



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KEY 2: LIFE EDIT  Which area did you identify as having the biggest gap? This category will become your Life Edit - the area that you're going to focus on. Write down what it will feel and look like when you achieve your goal in that area.
KEY 3: LIFE DEBIT  What do you need to debit, subtract or deduct from your life to make the Life Edit possible? Create a list of 3 things you need to remove from your life.
KEY 4: LIFE CREDIT  Write down three things you need to add or introduce to your life.



## MOMENTUM MASTERCLASS

#### THE FIVE KEY ELEMENTS OF MOMENTUM

### **KEY 5: LIFE ACCREDIT**

Write a list of 3 things you are grateful for. Be specific!

#### READY TO CHANGE YOUR LIFE?

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For just over \$1 a day, you will have exclusive access to:

- Live weekly coaching sessions with Jay.
- Monthly Genius membership.
- Full access to the entire Genius library available on replay (including coaching and expert interviews.)

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- Jay's monthly book notes.
- Access to Jay's meditations.
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