

THE 2019 MASTERCLASS

THREE STEPS TO CREATE A YEAR OF ZERO EXCUSES

THE THREE PILLARS

Ask yourself, "How comfortable will I feel if I'm sitting here one year from now and I haven't made any progress in my life?"

In 2019, you have a choice - you either keep making excuses if you're not progressing or you start making choices.



1. LEADER

We will make excuses until we have someone that we can be accountable to. The tipping point in our accountability and personal growth occurs when we find a mentor or a coach.

Add your notes here:

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Monthly membership, live weekly coaching with Jay, full access to the entire Genius library including expert interviews and exclusive access to Genius meetups around the globe.

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THE THREE PILLARS (CONT.)

2. THE LADDER PRINCIPLE

The ladder principle lets you take immediate action with your goals.

What is your one big goal for 2019?

Below the goal, try and understand the process. For example, if your goal is to write a book the next step in the process would be to research how to write a book and then speak to people who have written a book.

Add the rungs in the ladder for your process below:

THE THREE PILLARS (CONT.)

3. LOUDER

At the third pillar, we want to amplify the change we are going to make by making the intention really loud and powerful. For example, make your excuses smaller and quieter by finding a group of people that will support you.

Add your notes here:

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.
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- Jay's book notes.
- Access to Jay's meditations.
- Exclusive access to Genius meetups around the globe.
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