



GROWTH ACCELERATOR CHALLENGE



MODULE 1 AND 2

THE DRAGON AND INTUITION

Experience **THE LEAP**
Mastermind
COACHING

The Max Mindset **30 Day GROWTH Accelerator Challenge** is a self-improvement coaching strategy and powerful **self-discovery tool**.

Designed to open the lens
wide and give you a
glimpse at
the BIG picture

“Don’t Limit Your Challenges – Challenge Your Limits”

-JERRY DUNN



Recognizing Your Dragon and Tapping Into Your Intuition

Have you ever been stopped from taking action,
following through on a commitment, or taking a leap
of faith, because of...

FEAR, DOUBT, or UNCERTAINTY?



Recognizing Your Dragon and Tapping Into Your Intuition

Or, have you ever been disappointed or frustrated with yourself, at those moments when you needed to be the most confident, clear, creative, and decisive and instead wound up doubting yourself?



Module 1:



Recognizing Your Dragon and Tapping Into Your Intuition

Or, if you'd like the ability to identify and tame that nay-saying little inner voice, find your true inner power and learn to trust you intuitive decision-making capabilities...



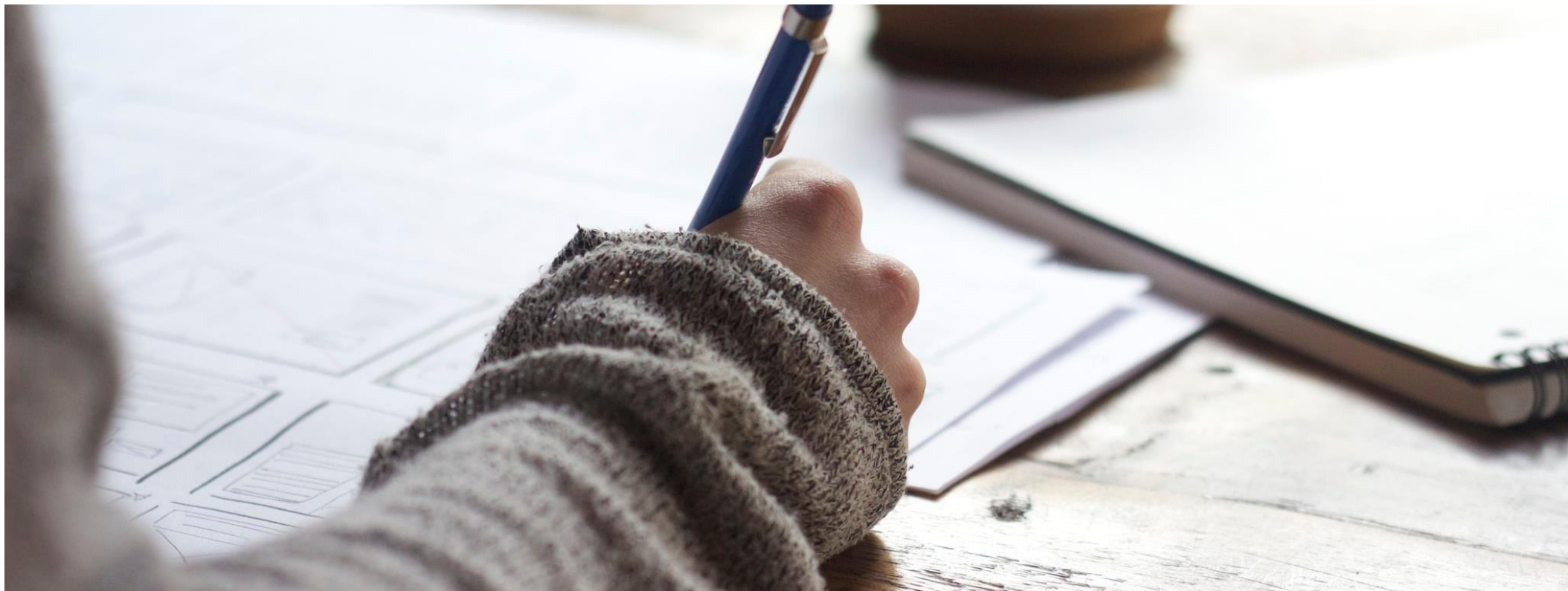
Module 1:



Recognizing Your Dragon and Tapping Into Your Intuition

Then you're in the right place...

Module 1: The Dragon



Module 1: The Dragon

Objectives:



1. Identify what you think has been holding you back vs what's actually been holding you back.
2. Understand the **F.I.R.E.** model of change.
3. Recognize the power of your Intuitive decision-making capabilities.

Module 1: The Dragon

Think about your #1 goal.

What is it you really want?

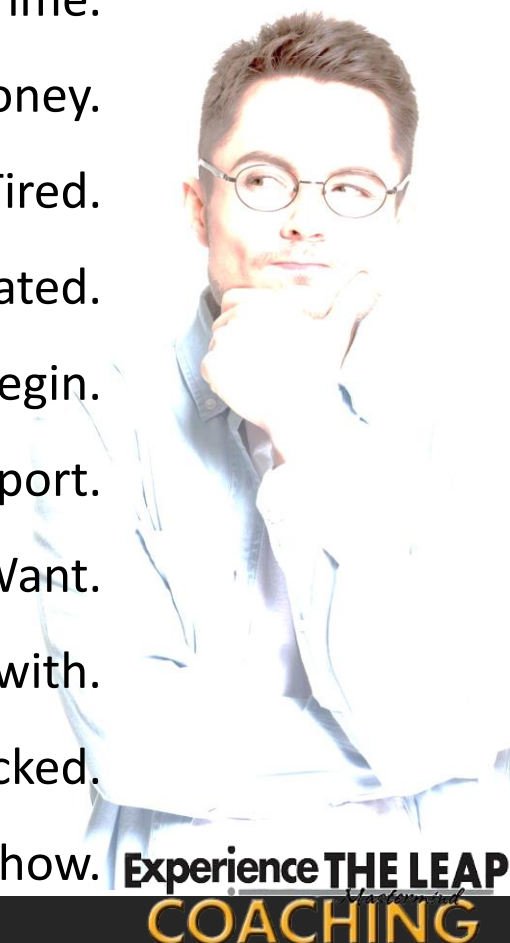
Module 1: The Dragon

List the top **10 reasons** you don't have it yet...or why you aren't pursuing it with more urgency or ferocity.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

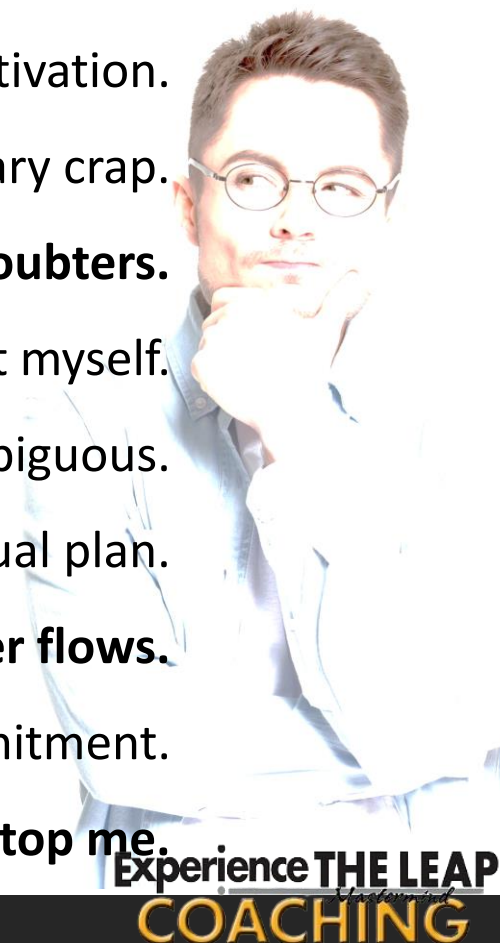
Here are the top ten reasons most people give ...

1. I don't have Enough Time.
2. I Don't Have the Money.
3. I'm Too Tired.
4. I'm Stuck and/or Unmotivated.
5. I Don't Know Where to Begin.
6. I Don't Have Support.
7. I Have No Idea What I Want.
8. I Have all sorts of Baggage to deal with.
9. I Am Easily Sidetracked.
10. I don't have the education or know how.



Here are the REAL Reasons...

1. They have to many excuses.
2. They easily get distracted.
3. They easily get overwhelmed.
4. They lack drive/motivation.
5. They waste time on the unnecessary crap.
- 6. They surround myself with doubters.**
7. They doubt myself.
8. Their goals are cloudy or ambiguous.
9. They have no actual plan.
- 10.They see their mistakes as character flows.**
- 11.They lack commitment.
- 12.They let fear, doubt and uncertainty stop me.**



Module 1: The Dragon

What if, I told you that each and every one of those “reasons” all stem from a single source - one single but complex emotional/psychological construct?

Module 1: The Dragon

And, what if I told you that this entity - this single source is **INTRINSIC...**

that is to say, it's inside all of us?

Module 1: The Dragon

And that you created it...at least a large part of it.

Body Rapport
Brutal Honesty
TEMPTATION
ABIF

TEMPTATION... shows up the moment we act on or even
contemplate significant change...

- Walk out on a dis-empowering relationship!
- Lose the unwanted and unhealthy weight!
- Write that book, finish that screen play,
launch a podcast, start a new business...
 - Expand our education
 - Quit a dead-end job...

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All of it represents **CHANGE...**



The **TEMPTATION** to **NOT** follow through,
to stay where you are in the familiar - or
to go back to being satisfied with the
status quo - to accept long held limiting
beliefs about yourself, and to avoid the
pain, regret, and guilt of having tried
and failed...

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We refer to this Temptation the **DRAGON**



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GROWTH
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We refer to this Temptation the **DRAGON**

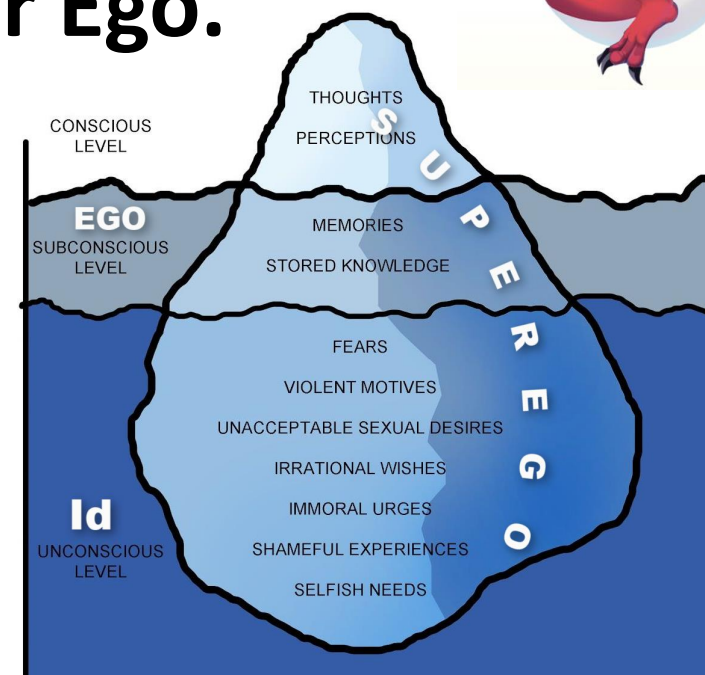
The dragon is an amalgam of all our past “**negative**” associations and **experiences** with **change**, risk, stepping out of your box, going for it and taking a chance...

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The dragon is an amalgam of all our past **negative experiences** with change, risk, stepping out of your box, going for it and taking a chance...

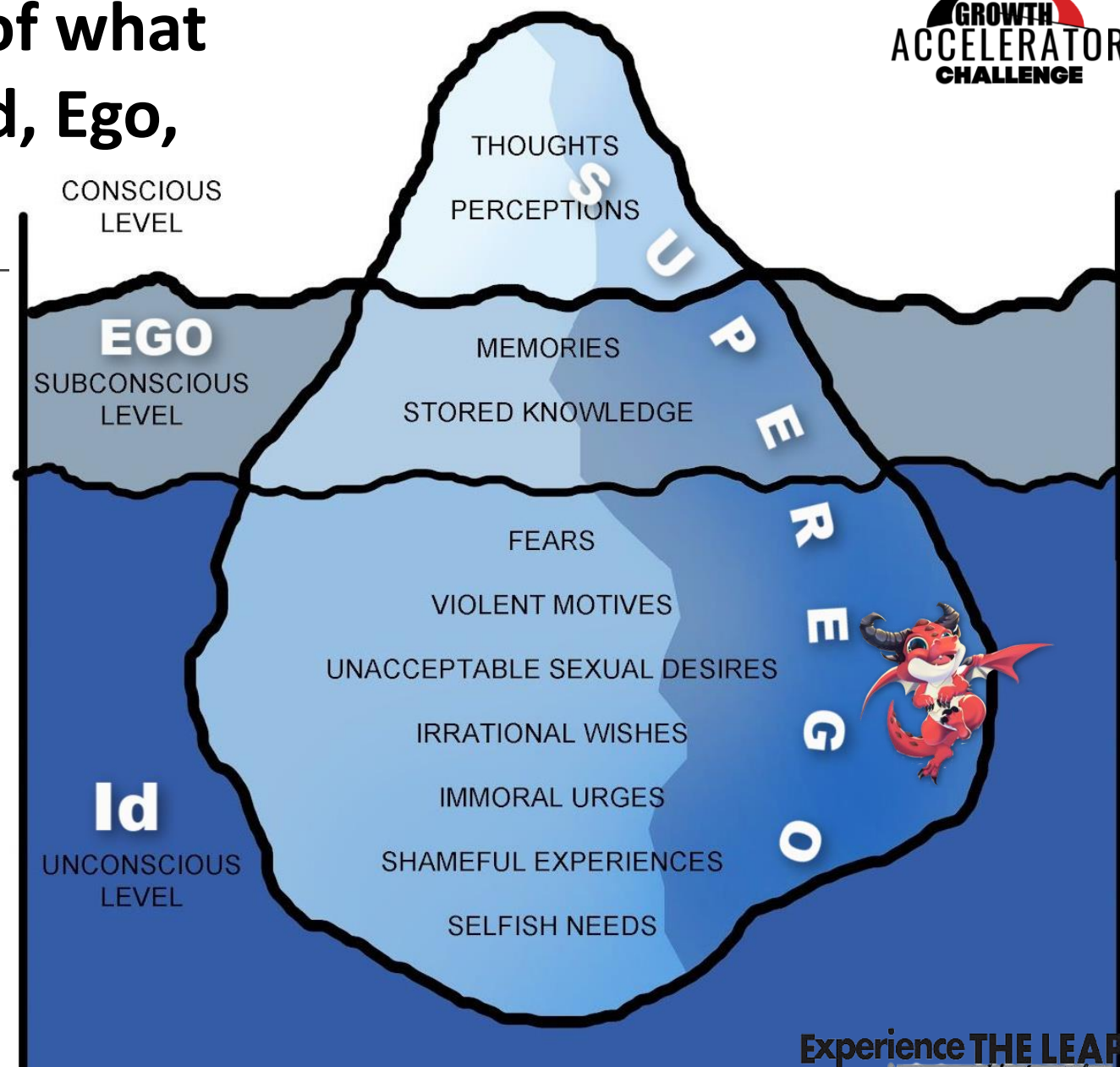


It is the FEAR driven part of what Freud defined as the Id, Ego, and Super Ego.

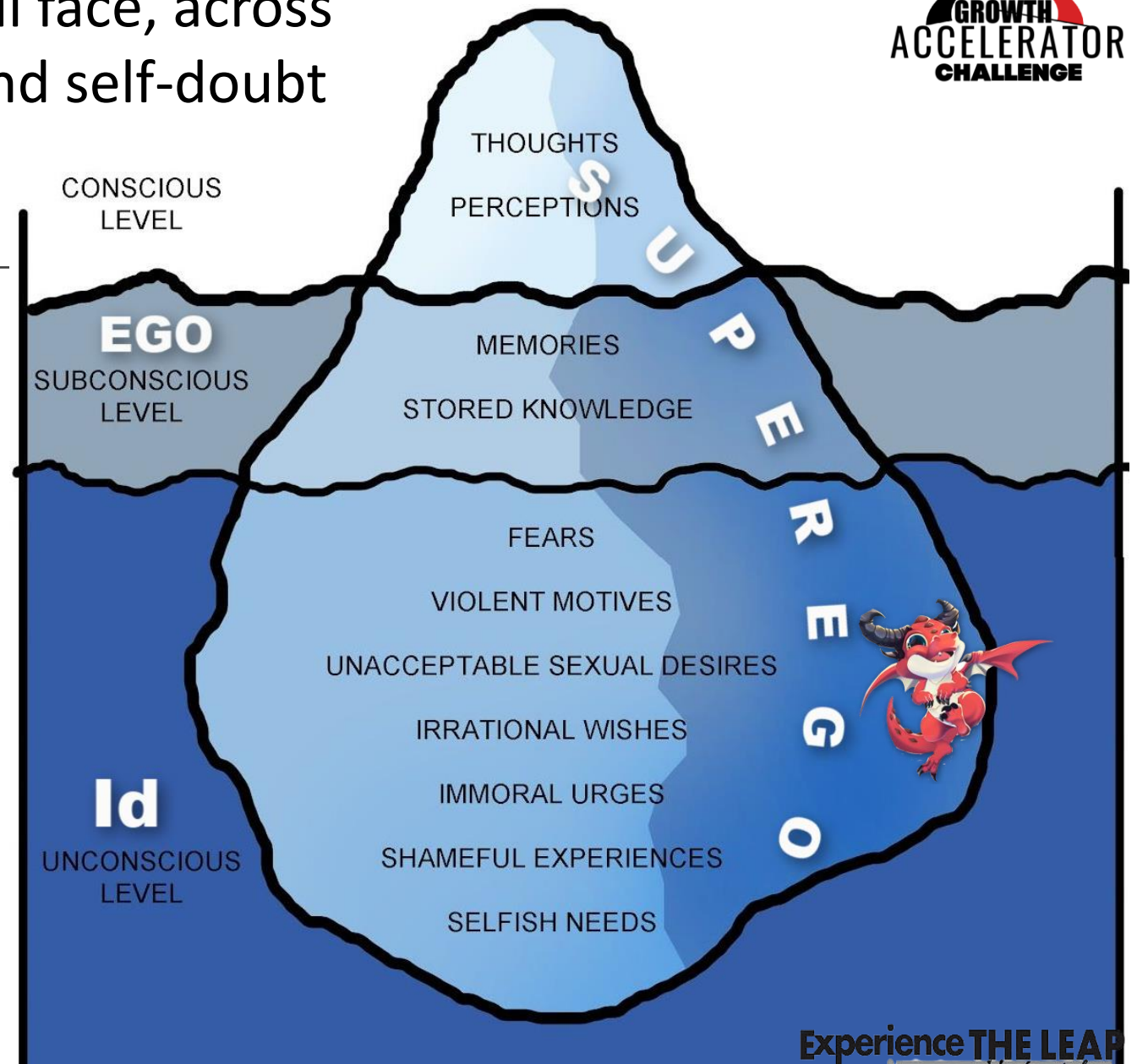




The FEAR driven part of what Fraud defined as the Id, Ego, and Super Ego.



The most common challenge, we all face, across the board is overcoming the fear and self-doubt associated with **CHANGE AND TRANSFORMATION.**



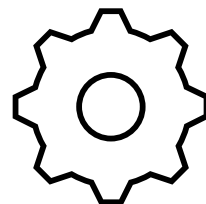
The moment we're crystal clear about what we want and set concise objectives for **change**, we set two wheels in motion...

Internal Success Mechanism

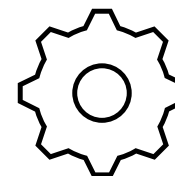


When you think about your goal or objective what feelings come up?

Excitement
Anticipation
Exhilaration
Joy



Anxiousness
Doubt
Uncertainty
Fear



When you think about your goal or objective what feelings come up?



F.I.R.E. Model of Change.



Fact - Interpretation - Reaction - End

FACT: I want to be, have or do...
expressed in the form of a goal.

*EX: "In 12 months I am going to be a #1
bestselling author."*

F.I.R.E. Model of Change.



Fact - Interpretation - Reaction - End

EX: "In 12 months I am going to be a #1 bestselling author."

INTERPRITATION: Thoughts

We us your life history, previous experiences, and personality predispositions to interpret the FACT, give it context and meaning...

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

EX: "In 12 months I am going to be a #1 bestselling author."

REACTION: Feelings

38% of people see change as good and form a positive reaction and potential outcome.

62% see potential change as negative and form a negative response or reaction - depressed, angry, betrayed, frightened, stressed.

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

EX: "In 12 months I am going to be a #1 bestselling author."

END: Results

The "END" will ultimately be the result of our interpretation, emotion, and **response**.

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

The FLOW of Manifestation:

Thoughts – Feelings – Action - Results

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

The FIX:

1. **Different Shoes:** When you start to probe your own mind, really work to separate the facts from the **interpretations**. Rein in your thoughts – look at the change from another perspective. What would it look, feel and sound like if this change were a really good thing?

Put yourself into someone else's shoes...
someone who embraces change.

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

The FIX:

2. Change the emotion: Emotions both lead and follow our physiology. This is where the BODY comes into play. Change your posture, head, eye position and breathing.

Take on an empowered confident posture and mindset.

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

The FIX:

3. Recall a positive experience. Remember a time when Change produced a really good or desirable result and recreate those thoughts.

F.I.R.E. Model of Change.

Fact - Interpretation - Reaction - End

The FIX:

4. **Trust Yourself:** Tap into your intuitive capabilities.



That's where trusting your
INTUITION comes into play...





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