



Tom Terwilliger

GROWTH ACCELERATOR CHALLENGE



CHALLENGE WRAP UP.



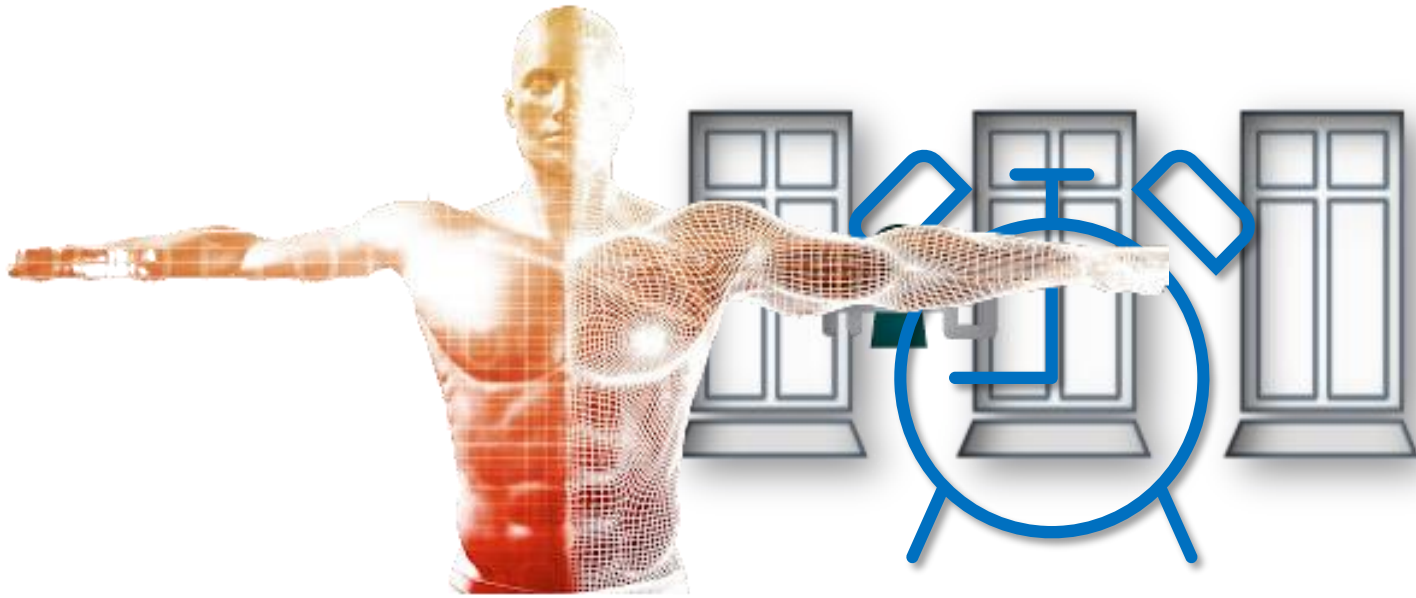
Experience **THE LEAP**
Mastermind
COACHING

The great solution to all human problems is
individual inner transformation.

Vernon Howard

...“You are magnificent”
...something may be holding you back from
manifesting that magnificence.

THE STUFF





Today's **Bonus Wrap Up Session** is about putting the pieces together and fully deciding what to take the greatest action on...



Module 1: Was about discovering your DRAGON – which most of us recognize as that part of our deepest ego. It represents the FEAR of change and TEMPTATION to remain safe.

Premise: Growth represents Change - Change invokes Fear – Fear alerts the Dragon - The Dragon stops Growth and provides TEMPTATION & Justification.

We Know:

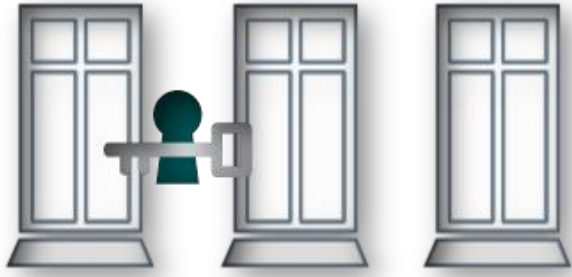
- Trying to protect you from Pain Loss Humiliation.
- Uses Intrinsic psychological and physical tactics and strategies to Stop you from changing
- You are Magnificent and deserve more.
- Identifying your Dragon gives you the power to tame your Dragon.

Module 1: Was about discovering your DRAGON – which most of us recognize as that part of our deepest ego. It represents the FEAR of change and TEMPTATION to remain safe.



- What was your biggest personal takeaway?
- What has changed if anything as a result?
- What's the most important ACTION you can take today, next week, and next month based on this session?





Module 2: Was about the power of INTUITION and discovering your primary decision-making process - **Head, Heart, or Gut?**

Premise: Curiosity and Intuition are critical components in the transformation process.

We Know:

- Intuition can guide our decisions if we Trust it.
- When it comes to making quick decisions, the head is to Slow and the heart is to emotional
- The Dragon will blur our intuitive ability for its own gain.
- Curiosi ty is the first part of the “Potential” equation

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Module 3: Asking The Right Questions

Premise: The right questions lead to empowering answers. The wrong questions lead to Fear, doubt and uncertainty.

We Know:

Empowering Qs influence –

- What you focus on
- How you think
- Your Emotional and Physical energy.
- Remember the 5 simple questions...

1. What am I grateful for right now?
2. What did I do well today?
3. What am I happy about right now.
4. What mistakes did I make today?
5. What can I do to make it better tomorrow?

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Module 4: The Perfect Day Formula

Premise: Investing 10 Minutes at the end of the day to list the 3-5 that MUST get done tomorrow can lead to the perfect day.

We Know:

- For our long-term gratification, and growth the perfect day is one measured in Productivity, Accomplishment, Pride, Support and Gratitude .
- Organized and disciplined individuals are happier and more accomplished.
- The Dragon want's you to be unorganized and lazy.
- An extra 10 minutes can free you of stress, anxiety, doubt and uncertainty.

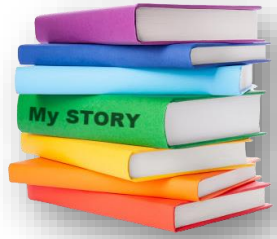
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Module 4: Your STORY – The Narrative of Who You Think You Are

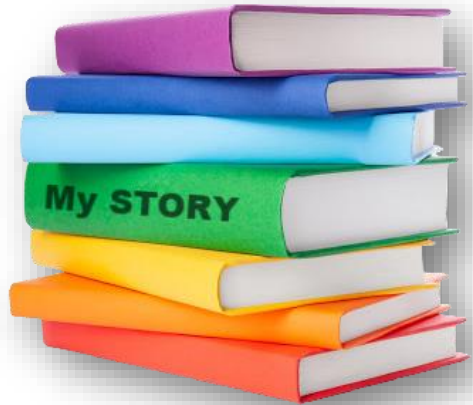
Premise: Our story makes life coherent and keeps us on a familiar path. But we can change the story anytime we want...we can give it a happy, productive, and heroic next chapter and ending.

We Know:

- Our story can keep us in a perpetual, disempowering STUCK state.
- Our Narrative started early and provides the backdrop but it's the meaning we give it that provides the theme.
- We can change the story by Re-framing or changing the meaning.

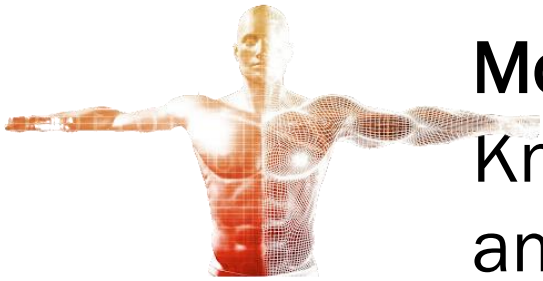
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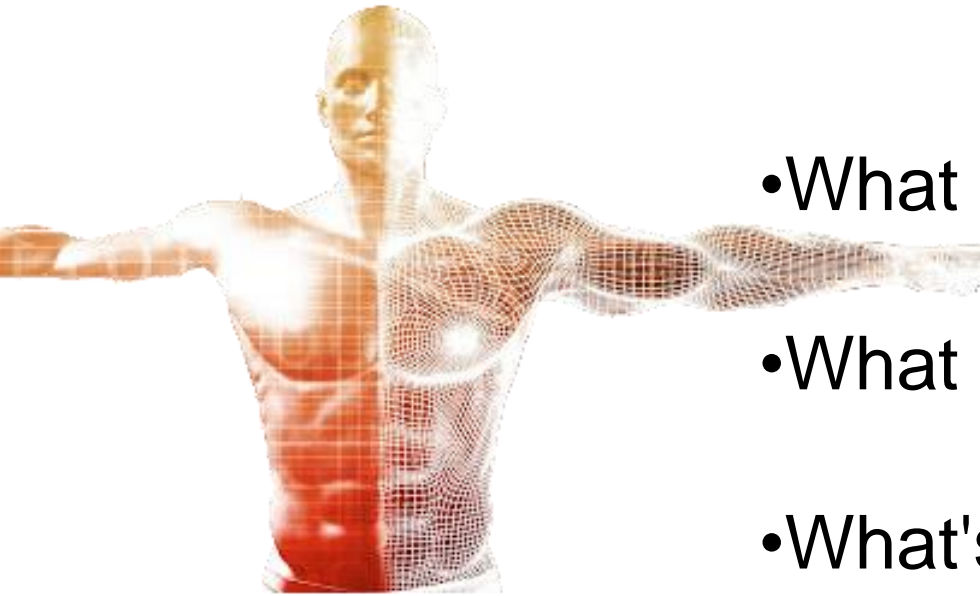
Module 6: Was all about Rapport with your body. To Know – Like and –Trust your body is to Know – Like and –Trust your self.

Premise: Your Body Is Your Unconscious Mind. Body Rapport is to...Know, Like, and Trust Your Body.

We Know:

- Memories and emotions are stored in the body as well as the brain.
- Stuck emotional states represent trapped negative energy in the body.
- Posture and body language both reflect and create our emotional state.
- Change the posture and you can change the state
- Dishonor the body and it will not support your LEAP

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Today's

