

Millionaire **INSIDERS**

A stylized black silhouette of a city skyline with three buildings of varying heights, each with a grid of white squares representing windows.

Real Millionaires - Real Action

with Jaime Tardy, The Eventual Millionaire

Millionaire Michael Hyatt's mission is to help leaders like you, leverage their influence in the world. He does this by teaching others how to become an Intentional Leader, how to set goals and become more productive. Michael believes that we are all at our best when we experience personal growth and setting goals is the first step toward progress. Most importantly, he believes that people can change their mindset from a negative state to a positive in the process of working toward our goals.



02 Changing Self-Limiting Beliefs with Michael Hyatt

□ GET REALISTIC...FIND YOUR REALITY

Changing negative thoughts to positive begins with creating a realistic mindset. Stop blaming others for your negativity, take responsibility for your actions and outcomes that ultimately led to your result. Ask yourself, "Could I have done something different to get here?" If your assumptions are the sum of your actions, you're responsible for your negative state of mind.

TAKE ACTION NOW:

Reflect back on your life and make a list of things you wanted to achieve, but didn't. Ask yourself, "What did I want to achieve, but didn't?" Ask yourself, "What was holding me back?"

□ RECOGNIZE THAT WORDS HAVE TREMENDOUS POWER

Every vision begins in our thoughts and ultimately shapes our reality. Our reality then begins to shape our words and what we communicate to ourselves and others. Identify what you're saying to yourself, as well as others. Recognize that when you communicate the language of impossibility, you're creating a platform that will shut you down, as well as others.

TAKE ACTION NOW:

Identify any negative statements or behaviors that have a negative impact on yourself or others. Create an Awareness by writing them down.

□ DEFINE YOUR TRUTH AND WRITE IT DOWN

Look within yourself and begin the process of shifting your identity into what you want your reality to be. Become an Intentional Architect by stepping completely into your vision and owning every part of it.

06

TAKE ACTION NOW:

Analyze everything you've written down to this point, visualize the truth of what you want your reality to be and write it down.

□ CREATE RESOURCES FOR YOURSELF & USE THEM REGULARLY

Create a pool of resources for yourself, such as affirmations, and use these on a regular basis. Make sure these resources reflect what's true about you and who you are when you're at your best. Who are you when you're in a resourceful state? What characteristics do you reflect when you are at the top of your game?

07

TAKE ACTION NOW:

Create a pool of positive affirmations for yourself,
Review them as often as necessary.

FINAL THOUGHT

People can change their brain and more importantly...you can change your brain by taking action. We become the sum of our thoughts and the words we say to ourselves and others. Changing our negative reality into a positive, creating tools that support positivity and taking action is crucial to leading a productive and fulfilling life!