

— TAKE — **CONTROL**

A free 3-part training

WITH MEL ROBBINS

melrobbins.com/takecontrol

WELCOME!

Thank you for joining me and taking the first step towards taking control of your life. I am thrilled to have you here, and I can't wait to see what you will achieve.

This free 3-part training is thoughtfully crafted to help you take action and embark on a new chapter filled with energy and excellence. This training, along with the companion workbook, will help you get there.

To make the most of this training, here are some tips to help you along the way:

1 PRINT THIS WORKBOOK

To maximize your learning, start by printing out a copy of this workbook. Alternatively, you can write your answers in a notebook, or even download this file and type your answers directly into it (just make sure to save it).

2 COMPLETE THE FIRST WORKBOOK EXERCISE

Turn the page and get your learning started now. Your first workbook exercise is waiting for you!

3 WATCH THE VIDEOS

Make sure you watch all three training videos, as each builds on the next. After you watch each video, take a moment to delve deeper into the corresponding sections of the workbook.

4 SHARE YOUR PROGRESS

I would love to hear about your progress and insights after each training. Share your thoughts online and tag me @melrobbins and use the hashtag #TakeControl. My team and I are keeping an eye out and we can't wait to hear from you.

5 TAKE THIS TRAINING WITH A FRIEND

Accountability and community are vital in deepening your learning experience. Share the link melrobbins.com/takecontrol with your friends, family, team, or coworkers to take this journey together.

I'm so glad you're here. Now, flip the page for an exercise you can
do right now before you watch Training #1.



BEFORE YOU WATCH TRAINING 1, ANSWER THESE TWO QUESTIONS:

Why did you sign up for this 3-part training?

What would life feel like for you if you were able to tap into excellence again, locate your power, and pivot your life in empowering ways?

“

You can feel uncertain and be ready.

You can be afraid and do it anyway.

You can fear rejection and

still go for it.

TRAINING 1

After you watch the Training 1 video (or while watching it), complete these workbook exercises.

In Training 1, I talked about a research project I did that inspired this training. What are your answers? Check your answers to each question in the checkboxes.

Do you wish you had more energy?

- YES** I'm ready for more energy
- NO** I'm fully energized right now

Do you want to create more excellence in your life?

- YES** I want to level up
- NO** I'm good where I am

Do you feel uninspired right now?

- YES** I feel 'blah'
- NO** I'm full to the brim with inspiration

These are the words people most commonly used in my research. Check which ones describe you:

How people feel right now

- Stuck
- Lost
- Uneasy

Other words that describe how you feel right now:

What you're seeking right now

- Guidance
- Peace
- Clarity
- Direction

Other words that describe what you're seeking:

TRAINING 1, CONT.

After you watch the Training 1 video (or while watching it),
complete these workbook exercises.

Which of these quotes do you resonate with right now? Circle all of the quotes that apply:

- 1. "I overthink and second guess to the point of no action, and it has held me back in so many areas of my life. How do I keep going, moving, and trying?"
- 2. "I feel so stuck. Everyone in my life tells me this is temporary, but I feel like this has become my new normal. I feel defeated."
- 3. "I want to do better. I just feel like I don't have the time or energy to make the changes that are necessary."
- 4. "I'm finally getting my business [or some other thing] off the ground. I'm really proud of how far I've come, but I feel like I can level up even more. But I don't know how. "

Which quote resonates with you the most, and why?

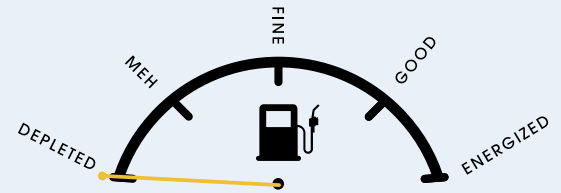
NOW, LET'S GO DEEPER WITH ONE OF MY FAVORITE TOOLS, THE FUEL GAUGE.

This powerful tool has been a staple in many of my courses, and for good reason. It cuts right to the core of the truth. Even if you've used it before, I encourage you to assess where you are right now.

The Fuel Gauge is a measurement tool that allows you to rate your energy and satisfaction levels in a specific area of your life. Here are the different levels:

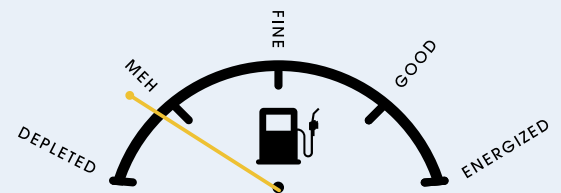
EMPTY TANK:

At this level, you feel completely depleted. You may feel hopeless and lost, with no clear direction on how to move forward.



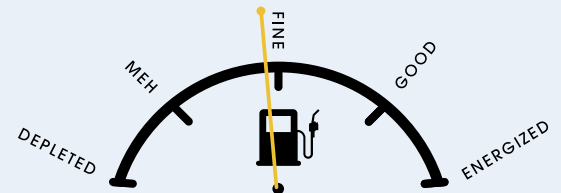
QUARTER TANK:

If you're at this level, you're still in survival mode. You have low energy, and although you may know what you should do to improve your situation, you lack the motivation to take action.



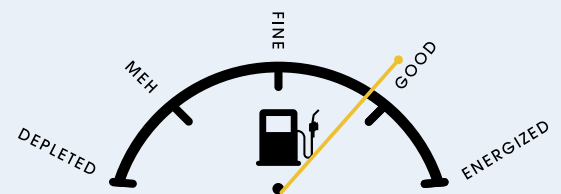
HALF TANK:

At this level, you're coping with the current state of things, but you know there's room for improvement. You're full of desire but lack direction on how to make progress. Even when you see possibilities, you may talk yourself out of taking action.



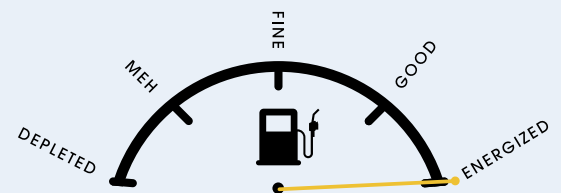
THREE-QUARTERS TANK:

This level adds energy to your life and makes it better. You're happy with the progress you've made, but you know there's still room for improvement.



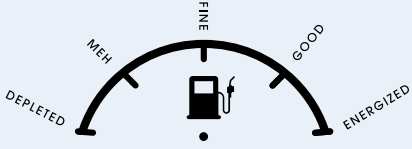
FULL TANK:

This is the level where your life in this area totally energizes you. You feel fulfilled and satisfied beyond measure. You've tapped into excellence, and you're excited to wake up and face this part of your day because you know it will fill you with energy and excitement.



Now fill this out in the different areas of your life

WORK, CAREER, OR SCHOOL



DEPLETED MEH FINE GOOD ENERGIZED

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FINANCES



DEPLETED MEH FINE GOOD ENERGIZED

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FUN



DEPLETED MEH FINE GOOD ENERGIZED

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

HAPPINESS



DEPLETED MEH FINE GOOD ENERGIZED

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

THE STATE OF YOUR HOME

Draw a line where you are in this area

The diagram features a semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

YOUR MORNING ROUTINE

Draw a line where you are in this area

The diagram features a semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

HOBBIES

Draw a line where you are in this area

The diagram features a semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

YOUR PHYSICAL HEALTH

Draw a line where you are in this area

The diagram features a semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

YOUR MENTAL HEALTH



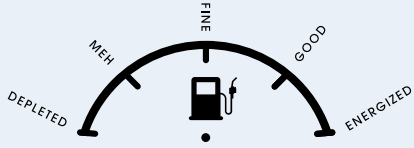
A semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FRIENDSHIPS



A semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FAMILY RELATIONSHIPS



A semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

LOVE



A semi-circular gauge with a fuel pump icon in the center. The gauge is divided into five segments by tick marks. From left to right, the segments are labeled: DEPLETED, MEH, FINE, GOOD, and ENERGIZED. The needle is currently pointing to the 'FINE' segment.

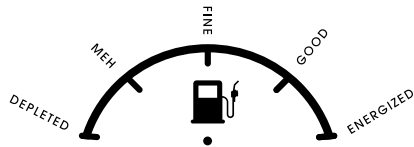
Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

If you're using this training for your professional goals, go deeper on **Career and Business:**

SATISFACTION AND FULFILLMENT

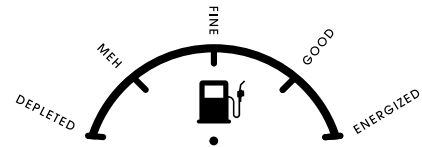


Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

SELLING AND REVENUE GOALS

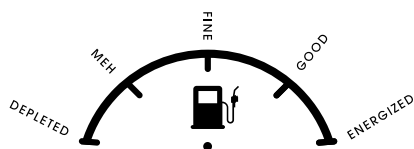


Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FUN AND ENJOYMENT AT WORK

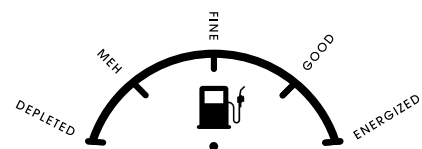


Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

YOUR TEAM



Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

VISIBILITY/INFLUENCE/ RECOGNITION



Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

MARKETING YOUR BUSINESS/BRAND



Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

FOCUS AND TIME MANAGEMENT



Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

WORKING TO YOUR FULL POTENTIAL



Draw a line where you are in this area

Why do you feel this way?

Are there any behaviors or attitudes that contribute to why you feel this way?

I'm proud of you for filling these exercises out.

In Training #2, you're going to learn how to fill up your tank.

ADDITIONAL NOTES:

TRAINING 2

The workbook exercises for Training #2 are designed to be completed after watching the training.

What is your version of the blue water?

In the training, I shared powerful research about how to create more time abundance in your life.

What are things that you enjoy doing?

What are hobbies that you have let go of, but wish you still had in your life?

What things, if you added them to your life, would fill your cup with blue water?

The training also introduced a systems thinking model that highlights two ways people approach goals and change.

Let's identify which one you tend towards most of the time.
Check the answer that feels more like you for each question:

Question 1:

- A** It's easy for me to know what I want
- B** It's hard for me to know what I want

Question 2:

- A** I have a vision of what my future could look like
- B** I'm not sure what I envision for the future

Question 3:

- A** I have a million ideas
- B** I have trouble coming up with fresh ideas

Question 4:

- A** I know where I want to go, but can't seem to get there
- B** It's easy for me to take action

Question 5:

- A** I'm a dreamer
- B** I'm realistic

Question 6:

- A** I've been called "scattered"
- B** I've been called a "buzzkill"

Question 7:

- A** Executing on things is really hard for me
- B** I am a master at getting things done

Question 8:

- A** I've been called "an idea machine"
- B** I've been called "efficient"

Question 9:

- A** I want things that are out of reach
- B** I focus on realistic, day to day goals

TALLY UP YOUR ANSWERS:

How many A's did you circle? _____ How many B's did you circle? _____

MOSTLY A's: You are a **BOX JUMPER**

MOSTLY B's: You are a **PATH LAYER.**

While we all have elements of both, people tend towards one, which is your SUPERPOWER!

CHECK WHICH MOST CLOSELY DESCRIBES YOU: **BOX JUMPER** **PATH LAYER**

How is your type a superpower for you?

How has the limitation of this type prevented you from execution, excellence, tapping into your potential, and playing a bigger game?

Once you realize your blind spot, you can develop the necessary skills to fill that gap, and the next training will provide a personalized plan for both types.

ADDITIONAL NOTES:

WELCOME TO TRAINING #3!

This training is about raising your expectations of what your life is about and what it feels like.

In the workbook exercises for Training #2, you identified your type.

After watching Training #3, which went deeper, please confirm which type you most connect with:

BOX JUMPER **BOX STEPPER** (formerly called path layer)

IF YOU'RE A **BOX STEPPER** (also called a Path Layer):

You have a **possibility** gap.

Your dreams are out there waiting for you, but you need to believe in them. Stop blocking your desires and allow the dream state to flow. Give yourself permission to want what you truly desire.

Write down five things that you want, big or small:

- 1.
- 2.
- 3.
- 4.
- 5.

**Write them down every single day for a month.
They can be the same or different.**

This simple practice will help you shift your mindset and
make what you desire possible.

Next, answer:

Who or what are you jealous of?

Give yourself permission to dream again. Trust when the same things
keep showing up. And then, work in your genius and take the little steps!

IF YOU'RE A **BOX JUMPER**:

You have a **process** gap.

You may have many dreams and ideas, but you need to focus on one thing to work on for the next month. Here's how you do that:

What are 5 things you want?

1.

2.

3.

4.

5.

We could paper the walls with your dreams. But that won't get them done.

Now, PICK ONE THING you're going to work on for the next month _____

And if it was hard to pick one thing – that's a way to know that like me, you're a box jumper!

What are 5 tiny actions that could help you get towards that dream?

1. _____
2. _____
3. _____
4. _____
5. _____

Close the process gap by waking up each day, and taking the next small obvious step.
It's simple, but not easy.

FOR BOTH MY BOX STEPPERS AND BOX JUMPERS:

How will you make this change happen?

Who in your life is a positive influence to help you make changes?

Note: this can be people you know in person, or who you know from books, videos, and courses:

What supportive communities do you know of that can help you launch your new chapter?

I'd love to be part of your support team. Hopefully you've felt that in
this training series, and I'm always here for you online.



ADDITIONAL NOTES:

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