

WEEK 11



BE UNSTOPPABLE

COACHING

PERSONAL DEVELOPMENT PROGRAM

BE INSPIRED
BE CHALLENGED
BE WILLING

BE UNSTOPPABLE



BE UNSTOPPABLE
COACHING



Personal Development Program

"How does one become
a butterfly?"



"You must want to
fly so much that you
are willing to give up
being a caterpillar."

Trina Paulus


BE UNSTOPPABLE
FOUNDATION


DRIVE
LIFE-CHANGING ENTREPRENEURSHIP COACHING


UNSTOPPABLE
KIDS



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BE CHALLENGED BE UNSTOPPABLE



"Change is inevitable.
Personal growth is a choice."

Bob Proctor

BE CHALLENGED

BE CHALLENGED is pushing through our own limitations to consciously grow, learn, develop and become better than we are today.

Everything in life is constantly changing, moving and developing. Change is inevitable; everything changes, so we do not have to focus on change. Our challenge is to focus on personal growth, learning and development, which results in transformation to be a better version of ourselves, a stronger version of ourselves, with the energy, ability, curiosity and willingness to grow, which results in change. We either grow or die.



Life circumstances can put anyone in limiting positions, facing hardship and difficult choices, however, that does not mean life will be that way forever. Yesterday and today, does not equal tomorrow. We each have the power of choice as to what can be done differently to change the circumstances of yesterday and today, even if that choice may take a long time to achieve. The fact is, time will pass anyway. It is better to BE CHALLENGED in a way that is moving towards positive growth, becoming a better version of ourselves, opening new opportunities for different decisions and new circumstances for a 'changed tomorrow'.

BE CHALLENGED is about getting out of our comfort zone, doing new things, experiencing new things and testing the limits we put on ourselves.



The following questions are contained within the worksheet called 'I Accept The Challenge' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.





I Accept The Challenge

Pushing through our own limitations, facing fears, consciously growing, learning and developing.

Identify four areas or challenges that you will put into action today!

CHALLENGE 1

Action Steps ...

1.

2.

3.

CHALLENGE 2

Action Steps ...

1.

2.

3.

CHALLENGE 3

Action Steps ...

1.

2.

3.

CHALLENGE 4

Action Steps ...

1.

2.

3.

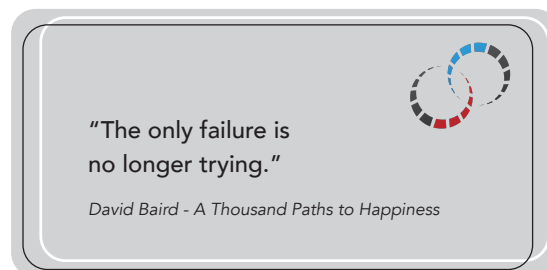


I Accept The Challenge ... Action Goals

Use this page to expand on your accepted challenges and action steps in more detail.
Include personal reflections and realisations.

GROWTH MINDSET

Adopting a growth mindset is a positive step towards working on self-development and improving skills in all areas of your life. All people have the opportunity to develop themselves as individuals, by learning to raise their level of significance, their level of resilience, their level of proactivity, personal responsibility and accountability, learning effective communication, goal setting, strategy planning and the mental strength and control needed to execute plans and achieve their desired outcomes. This level of self-development will not happen with a fixed mindset ... it is essential that individuals adopt a growth mindset to take on challenges and learn to thrive.



The following questions are contained within the worksheet called 'Adopting a Growth Mindset' that has also been included in your email as a separate file, provided in both Digital and Print PDF formats.

Complete this worksheet as shown below, before proceeding to the next stage of this program.





Adopting a Growth Mindset

Do you have a GROWTH or FIXED mindset?

How do you perceive failure?

What is your normal reaction to challenges, hurdles or road blocks?

What determines your level of ability or skill?

What is your attitude towards learning or change?

BE CHALLENGED

How do you respond to negative feedback? Do you feel angry, upset, frustrated, not good enough, etc.

When an opportunity presents itself, how likely are you to take it on? Why?

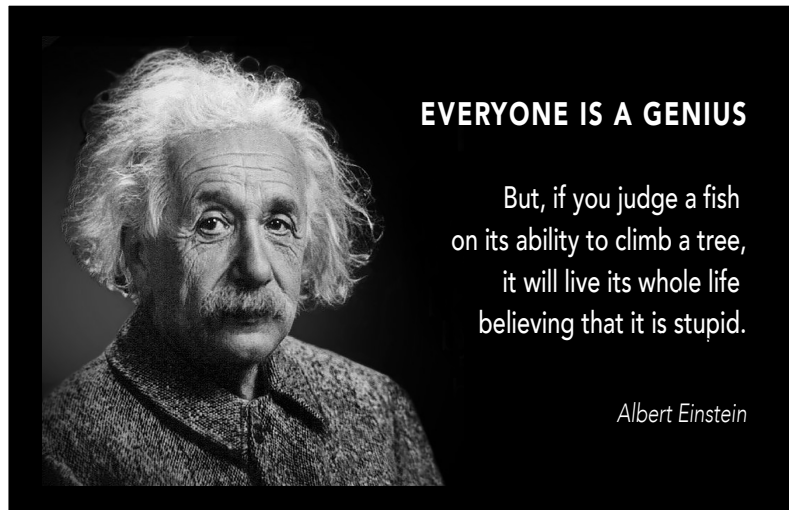
What investment do you make in your own self-development?

What do you need to do to develop a growth mindset (or strengthen it further)?

What action goals are you going set to develop or strengthen a growth mindset?

BE CHALLENGED

As Albert Einstein says "everyone is a genius" ... we need to look beyond the limitations we place on ourselves, work through the challenges that life throws our way, block out the opinions and judgements of others and BELIEVE in our inner genius to achieve more than we think we can. All one needs to do, is be brave enough to take on the challenge!



One needs to BE WILLING to BE CHALLENGED and, in some cases, it helps if they can BE INSPIRED too. Finding a role model, mentor and coach to support and guide a person through this process will help harness the motivation, learning, insights and mental strength needed to achieve more than an individual, team or organisation could have ever imagined.

BE CHALLENGED
BE UNSTOPPABLE

- Pushing through our own limitations.
- Conscious growth, learning and development.
- Becoming more than we thought we could achieve.
- BE CHALLENGED – grow or die!

"You only live once? ... FALSE
You live everyday ...
You only die once."

Author Unknown





REFLECTION

What is the biggest insight you have gained from completing this section of the Personal Development Program?

What have you discovered about yourself as a result of learning about BE CHALLENGED?

What topic area within BE CHALLENGED would you like to strengthen within yourself?

What are you going to focus on moving forward, regarding developing the skills needed to harness the mindset of BE CHALLENGED in all your life areas?



PERSONAL DEVELOPMENT ACTION GOALS

Mindfulness ... Daily Reflection

AIM: To increase self-awareness and control of thinking, emotions and behaviour.

To strengthen your mindset with the BE UNSTOPPABLE DRIVERS for better life outcomes.

- Be aware of your personal-set limitations that effect your likeliness to take on challenges and grow in your current life. Consider how your mindset about this driver is shown through your daily thinking and behaviour.
- Make note of circumstances where you have consciously pushed through your own limitations and grew. Identify those decisions made and the outcome achieved.
- Use the tools provided to work on understanding and developing a growth mindset and request more tools for areas you want to focus on (as explained below).
- Work on the BE CHALLENGED Tools and Worksheets daily.



"The only thing that will
stop you from fulfilling your
dreams is ... YOU."

Tom Bradley

NEXT WEEK

Next week's focus is all about Goal Setting.
How to set effective goals broken down into steps that are within your control,
to progressively move towards the desired outcomes you seek.



BE CHALLENGED - FOCUS AREAS

The learning outline about BE CHALLENGED this week, has provided you with two focus area tools and worksheets to use:

1. I Accept the Challenge
2. Adopting a Growth Mindset

BE UNSTOPPABLE has many tools and worksheets that support the trained coaches who work with clients directly, helping them with personal development strategies regarding all areas covered in the learning provided in this program, as well as specific goals set by the coachee.

If there is a specific area you would like to focus on for your own personal development, enhancing your awareness and abilities to strengthen your mindset and behaviour regarding components of BE CHALLENGED, please take advantage of your bonus discount voucher to book a coaching session with a trained BE UNSTOPPABLE coach, who will coach you through your personal development and provide you with targeted tools and strategies through your coaching sessions.

BE CHALLENGED PERSONAL DEVELOPMENT AREAS:

- Adopting a Growth Mindset
- I Accept The Challenge Worksheet
- What Would You Do Worksheet

Take advantage of your 20% OFF discount voucher for a personal coaching session with a trained BE UNSTOPPABLE coach.




BE UNSTOPPABLE DRIVERS – Assessment Tool

All humans activate a level of each of the six 'drivers' within themselves, some stronger than others. The 'BE UNSTOPPABLE DRIVERS - Assessment Tool' has been developed to guide both coaches and coachees as to the natural level of application for each of the six 'drivers' and target areas for learning and development, helping all individuals strengthen their mindset and behaviour to achieve desired life outcomes.

This assessment is designed with 60 statements, offering a selection of responses including Agree Completely, Strongly Agree, Somewhat Agree, Neutral, Somewhat Disagree, Strongly Disagree and Disagree Completely. The statements highlight thinking, feeling and behaviour that various individuals experience and do, which correspond with the six BE UNSTOPPABLE DRIVERS.

Upon completion of the assessment statements (provided in excel format), percentages will appear at the end of the tool, indicating an individual's natural application level for each 'driver'. The outcome gives a baseline for potential targeted drivers to focus on.



DRIVERS - Assessment Tool

	STATEMENT	Agree Completely	Strongly Agree	Somewhat Agree	Neutral	Somewhat Disagree	Strongly Disagree	Disagree Completely
1	What I do with my life has a positive impact in the lives of other people.		YES					
2	I handle problems and challenges head on. My mind is focused on finding solutions.							
3	I know exactly what my life mission is and stay focused on doing what I need to do daily to achieve that outcome.	YES						
4	I always affirm and offer compliments to others, communicating in a positive way.							
5	I know my life purpose and I do everything I can to live out that purpose every day.							
6	I don't like change or taking on new challenges.							
7	Negative feedback makes be defensive, especially when I make mistakes.							
8	Stress and anxiety overwhelm me often. I do not cope well when I feel stressed.							
9	I have clear and written goals. I refer to these goals regularly and apply good habits to make sure they are achieved.							
10	Relationships are important to me and I invest myself in other people that I value as important.							
11	I have a written mission statement.							
12	I am open to trying new things, even things that scare me.							
13	I have a strong sense of self, confident with a positive self-image and value myself as an important person, worthy to speak and do the things I want.							
14	When someone is suggesting doing something new, I tend to shy away and stay in my comfort zone. I don't like change.							
	I am a determined person. If I set my mind to do something, nothing and no							

Instructions
DRIVERS Assessment Tool
+

BE UNSTOPPABLE DRIVERS – Assessment Tool



Refer to the 'DRIVERS Assessment Tool' that has been included in your email as a separate file. Complete the assessment to see your results and mark them below.

Complete this assessment before proceeding to the next stage of this program.



BE UNSTOPPABLE DRIVERS ... My Results



BE SIGNIFICANT

.....%



BE RESILIENT

.....%



BE PROACTIVE

.....%



BE CONNECTED

.....%



BE DRIVEN

.....%



BE CHALLENGED

.....%

Which 'drivers' are you going to focus on for targeted personal development?



DEVELOPING MENTAL STRENGTH

You have now completed 11 weeks of this incredible 12-week Personal Development Program, where you have learnt about 'Human Needs' and how your needs unconsciously influence all your decisions for their fulfillment. You have also learnt about 'The Forces' that control thinking, emotions and behaviour, understanding your own psychology and how to take control of the forces, helping you break habitual reactions to circumstances and consciously make decisions with FOCUS towards the outcomes YOU WANT.

What has changed in how you make decisions now, based on what you have learnt and applied from this program about Human Needs and The Forces?

On a scale of 1 (low) to 10 (high), how would you rate your personal development regarding the following: self-awareness and your ability to make conscious decisions now?

	RATING
Self-awareness of the 'Human Needs' in your mindset.	
Self-awareness of the 'The Forces' in your mindset.	
Your ability to control and change your thinking or perspective.	
Your ability to control your negative emotions.	
Your ability change your physical state to break old habits and focus on what you want.	
Your ability and practice to 'Power Up' positive emotions daily.	
Your ability to make conscious decisions focused on what you want to achieve.	



Stop saying ... "I WISH"
Start saying ... "I WILL"
Pretty soon, you'll be saying ... "I DID"

Dee Raquel Joma



DEVELOPING MENTAL STRENGTH

The last six weeks were focused on developing mental strength with universal wisdom for peak performance – the BE UNSTOPPABLE DRIVERS. These drivers are a crucial part of personal development, allowing you to target specific areas you want to learn, understand and develop in your mindset and behaviour, helping you to grow and apply the drivers in all your life areas.

What has changed in how you think, feel and act now, based on what you have learnt and applied from this program about the BE UNSTOPPABLE DRIVERS?

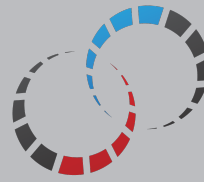
On a scale of 1 (low) to 10 (high), how would you rate your personal development regarding the following:

	RATING
Self-awareness of the 'drivers' in your mindset.	
Your level of confidence, self-efficacy and self-worth.	
Your level of resilience and ability to face fears.	
Your level of proactive responsibility and discipline.	
Your ability to better communicate and connect with others.	
Your level of clarity, passion and engagement for your life mission.	
Your ability to make conscious decisions focused on what you want to achieve.	

Make note of areas you would like to develop further and take advantage of your 20% Off Discount Voucher to discuss this with your coach!

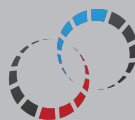
It is essential that you consistently work on what you have learnt, including the tools and reflections provided in this program, to stay mindfully consistent to the triggers that cause habitual thinking and actions, emotions and self-sabotage.

You have the understanding and the tools to TAKE CONTROL OF YOUR THINKING, EMOTIONS AND ACTIONS, managing stress, facing fears and taking on the challenge of fulfilling your goals and dreams ... Leading you into week 12 of the program: Goal Setting!



OUR MISSION

**TO BE A POSITIVE
CHANGE CATALYST
IN THE LIVES OF
MILLIONS OF PEOPLE
WORLD WIDE**



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