

BREAKTHROUGH STRATEGY #5

Define “*Yourself*,” by the Stages

Some fun lists to make to help any aspect of your stage climb: (Use additional paper, wherever necessary.)

Stage Seven—The person(s) I admire the most or my favorite mentor(s)—real or imagined—in the area I would most like to make my best contribution(s) are:

They have my admiration as a role model(s), because they inspire me to do the following:

Stage Six— I love:

I am passionate about:

(Note: Make these lists as long as possible.)

Stage Five—The roles in my life that I am committed to are:

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- Stage Five, continued ...** If I were to take complete control of my life, I would change (add, delete, or modify) these roles (list and explain how):

- Stage Four**—If I had absolutely no fears, anxieties, or needs for blanket approval I would:

- Stage Three**—If I were making and living exclusively by my own rules, I would:

- Stage Two**—If I stopped sabotaging myself by thinking and /or behaving as if I can always have whatever I want I would:

- Stage One**—If I were taking the initiative to completely and unquestionably take charge of my life, I would:

Remember to visit www.StageClimbing.com (Password: MyStageClimb) anytime for additional strategies, help with your custom calibrations, and downloadable forms and worksheets containing all of the strategies and exercises in this chapter. **Most importantly, revisit this chapter often and *be relentless* in using these strategies anytime you become aware of another problematic hook or a new challenge to address!**