

The Top 5 Tools That I Use to Think Big, Take Massive Action and Create Breakthroughs

(Including 3 that You Can Use in the Next 24 Hours)

1. **Goal Setting Worksheet:** This quick and easy goal setting worksheet allows me to create powerful, life-changing goals... not too much detail. Just enough to be effective. [Download here.](#)
2. **Mantra:** I recently heard someone say that “If our mind is a supercomputer then our self-talk is the program running it.” Most people don’t control their self-talk which is why most people get average results. If you want *big* results then you have to reprogram the subconscious voice that is playing in the background of your mind 24 hours a day. What do you want to be? What do you want to change about yourself? A mantra will help you do that.

Example: *“Today is a great day. I will attack it with intensity and focus while enjoying my relationships and blessings along the way. [My wife] is the most important person in my life and I will treat her as such. I am on a journey to greatness and I will build my wealth along the way. I am stronger, wiser and more confident today than ever before. Let’s do this!”*

Modify for yourself and then repeat this every morning on your drive to work.

3. **Podcasts:** When I’m driving and when I’m working out (part of my health goal) I listen to educational podcasts (self goal) and sometimes relationship podcasts (relationship goal). Jim Rohn says that you’re the average of the five people you spend the most time with. I think it’s bigger than that. I believe you’re the sum of the words you say and the content with which you fill your mind. Here are some podcasts that will get you thinking big and believing in yourself so that you can take massive action:
 - a. The School of Greatness *by Lewis Howes*
 - b. Eventual Millionaire *by Jamie Tardy*
 - c. This is Your Life *by Michael Hyatt*
 - d. Wrestling with Greatness *by yours truly*
4. **Mastermind Group:** A mastermind is a group of like-minded individuals who meet regularly to offer advice and feedback to each other with the purpose of achieving goals not otherwise possible. Andrew Carnegie, Teddy Roosevelt and Bill Gates have all used mastermind groups.

While they have been around for ages (Napolean Hill popularized them in his all-time classic book, *“Think and Grow Rich.”*) I finally took action last year to start one. I carefully selected people who were big thinkers but also could provide insight that would benefit me and others in the group.

In the end we have a group of six people who all have far bigger goals than the average person and they also bring value to the group-- a software engineer, the CEO of a search marketing company, a peak performance consultant, etc.

We meet twice-a-month and help each other with advice in areas of our lives where we're stuck or need feedback. One of the entrepreneurs in the group had been paying \$2,000/month for a business coach and says that he gets more value from the mastermind group.

I gain so much insight and value from my mastermind group that I also started a virtual one with a group of big thinking former wrestlers. This one brought instant transformation because there is this deep understanding of who each other is at the core-- someone who can be trusted, that will take massive action and will do what we can to help each other.

I recommend starting your mastermind group ASAP.

5. **Wake up early:** Everyone is busy and has no time. Richard Branson, who owns hundreds of companies with tens of thousands of employees, has the same 24 hours in a day as you. When you get crystal clear on your goals (Resource #1 above) you will find out that you have more time than you've ever realized to achieve them.

Here's why.

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You will know *how* to spend your time because you'll know *why* you want to achieve your goals, *what* tasks you should be completing and what you should say no to.

To give you something actionable that you can do in the next 24 hours, try this....

...set your alarm :30 minutes earlier tomorrow.

Get up, start your day with exercise, meditation, goal setting, create your mantra or just get a head start on everyone else. Do you want to sleep more than you want to be successful? Then sleep.

If you want to get to the next level then turn off "The Bachelor" or the game and get to bed so that you can do what successful people do.