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During the ten day program, you have realized that information does exist to help you become skilled in all areas of your life. Now you can get information on anything to build any skills you want. Positive Revolution Audio has a range of topics and authors who shares valuable information for personal and professional development.

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Audio learning is the fastest learning media device for education and self improvement. Audio learning gives you one thing more than anything else. You can use your NET time or No Extra Time to build skills and master new knowledge and information. You can play motivational CDs in your car and you can turn that car into a university on wheels.

Build more skills with Paul Robinson

Skills are quite simply are the secret to success. Ask anyone who has achieved almost anything, they will tell that they have skills that helped them to achieve whatever they wanted. Most of these skills are attitudinal adjustments to take action on their ideas and circumstances. If skills can be acquired through audio, video and books, why not take the big leap, why not go all the way.

An invitation to Paul Robinson Live Seminar Step up to the next level of learning and living

The team at Positive Revolution Training and Paul Robinson, personally invite you to the Live seminar event that will be soon happening in a city near you. This is just not a seminar, it will be a transformational event.

Know more about upcoming workshops and seminars, please log on to:

www.positiverevolutiontraining.com or get regular updates through:

www.theinnergameofsuccess.net



Paul Robinson is a professional motivational speaker and keynote business conference speaker, seminar leader, and corporate retreat facilitator. He is the best selling author of several personal growth titles and management books on leadership, negotiation, change, innovation and sales. As a speaker he has addressed several CEOs, Presidents and VPs of several global firms in Asia. Over 100,000 people have listened to him speaking in keynotes, seminars and workshops hailing from various walks of life. He has written over 14 audio books and books. He is also the cofounder of positive Revolution. know more about the author www.robinsonpaul.info

Positive Revolution Training

STRATEGIC CONSULTING LIFE & EXECUTIVE COACHING KEYNOTES SEMINARS C-LEVEL TRAINING

WORK BOOK *Confidential*



the inner game of SUCCESS

THE INNER GAME OF SUCCESS

"ITS TIME TO START LIVING THE LIFE WE HAVE IMAGINED"
-HENRY JAMES

Welcome to 'The inner game of success.' Congratulations on your purchase of this program and the commitment to improve the quality of your life. The next ten days are going to be exciting for you, because you will be introduced to some of those proven principles that can make a tremendous shift in all areas of your life. This work book is a simple learning accelerating system to give you the maximum experience of an active participation to the inner game of success.

The tools, strategies and the resources used in this program are designed to empower you to win the game of success. Certain key information which is essential for your success and fulfillment will be brought to your awareness and your newly learned insights will equip you to achieve total success in every step of your way. This learning course is power packed with life skills and psychological strategies to achieve whatever you truly want in your life.

No matter how you approach this program, as long as you apply it, you will receive great benefit from doing all the exercise in this book.

Here are the important steps that you must follow to maximize from 'The inner game of success.'

Step 1

Listen each day (one CD each) for the next ten days.

Step 2

After each audio session; or while listening to the program (if recommended) do remember to complete all the exercises in this work book.

Step 3

Complete this program within 10 days and finish all the **exercises* in this workbook.

Step 4

Continue listening to this program till you are conditioned to 'The inner game of success.'

Step 5

Keep a journal to record your progress

Step 6

Attend a Live seminar by Paul Robinson

So, let's gather the courage to rise above our limitations

Let's discover our innate greatness

Let's produce results

Let's play the game of success and win it on our favor.

Be your higher self

Paul Robinson

DAY ONE-Set Your Mind for the Inner Game

"WHEN YOU CHANGE THE WAY YOU LOOK AT SOMETHING
WHAT YOU LOOK AT CHANGES" - DR. WAYNE DYER

Success is a mind game. The mind set is everything.

An extraordinary life is determined by an extraordinary mindset.

You can't control the outside world but you can control the inner world. You can't control the events in life but you can control what they mean to you.

Awakening our lost dreams

What was my ambition when I was a little child?

A simple thought can change our life

What are my current perceptions about life?

Life is (write your current definitions)

Work means

Health means

Money means

Happiness is

Relationship means

DAY ONE-Set Your Mind for the Inner Game

"SUCCESS LEAVES CLUES"

- ANTHONY ROBBINS

WORLD'S FOREMOST AUTHORITY ON HUMAN POTENTIAL GROWTH

Who are the most successful people I admire the most and why?

What clues have they left for me to learn from them?

The inner game is about making changes within.

What are the major changes I want to make in my life this year?

Your Assignment

Think about some remarkable magical moments in life.

DAY TWO-Releasing The Breaks

What is my definition of success?

The definition you have for success underlines what matters you to the most. We seek what we want the most. What we seek in success is the attainment of our innermost values.

What do I want the most?

'The key factor in self improvement is self honesty.'

Develop self honesty- Drop the story and tell yourself the truth about what stops you from achieving what you want. You have to give up the stories and justifications to change the results you are producing with current excuses. Don't kid yourself. Be ruthlessly honest with yourself.

**'NINETY- NINE PERCENT OF ALL FAILURES COME FROM
PEOPLE WHO HAVE A HABIT OF MAKING EXCUSES'-**

-GEORGE WASHINGTON CARVER

CHEMIST WHO DISCOVERED OVER 325 USES FOR THE PEANUT

What is it that really stopping me to lead an extra ordinary life?

What are my major excuses?

DAY TWO-Releasing The Breaks

Five things I don't have time for

- 1
- 2
- 3
- 4
- 5

'Softeners' are used to make us feel better, without actually changing anything. Softeners make you accept mediocre results.

What are the softeners I use?

My excuses- Action list

What are my major excuses for not achieving the success that I have the potential for?

What are the stories I have been telling to myself and to others from not taking any action towards my goals?

My list of five rationalizations that I use often to avoid action

- 1
- 2
- 3
- 4
- 5

DAY TWO-Releasing The Breaks

What are the softeners that I have been using to postpone a decision?

What is that one thing I will do only if I hit the rock bottom?

What is my pressure cooker syndrome like?

PAIN IS A GREAT MOTIVATOR. Pain makes you grow.

What are my top five achievements in life that was once a dream?

- 1
- 2
- 3
- 4
- 5

Circle the top two achievements and answer the following questions.

How did I achieve this? How did pain drive me?

How did I make that success happen?

What was my formula for past success?

How can I model my past success for the future?

DAY TWO-Releasing The Breaks

1.LIFE EQUALIZER- MY CURRENT REALITY

10	10	10	10	10	10
9	9	9	9	9	9
8	8	8	8	8	8
7	7	7	7	7	7
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	3
2	2	2	2	2	2
1	1	1	1	1	1
0	0	0	0	0	0
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
7	7	7	7	7	7
8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10

Health Wealth Relationships Career/
Business Personal
Growth Happiness

DAY TWO-Releasing The Breaks

2. THE STANDARD I WANT TO KEEP

10	10	10	10	10	10
9	9	9	9	9	9
8	8	8	8	8	8
7	7	7	7	7	7
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	3
2	2	2	2	2	2
1	1	1	1	1	1
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1	1	1	1	1	1
2	2	2	2	2	2
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6	6	6	6	6	6
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8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10

Health Wealth Relationships Career/
Business Personal
Growth Happiness

3. PROGRESS I WANT ACHIEVE IN ONE YEAR

10	10	10	10	10	10
9	9	9	9	9	9
8	8	8	8	8	8
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6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	3
2	2	2	2	2	2
1	1	1	1	1	1
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8	8	8	8	8	8
9	9	9	9	9	9
10	10	10	10	10	10

Health Wealth Relationships Career/
Business Personal
Growth Happiness

DAY TWO-Releasing The Breaks

Knowing the gap and making decisions

'THERE ARE A THOUSAND EXCUSES FOR FAILURE,
BUT NEVER A GOOD REASON'
- MARK TWAIN

What is painful to me at this very moment of life?

What is disturbing me about all the excuses I have been making?

What are those excuses that are stealing my motivation away?

LIMITING BELIEVES

Many of us are limited by what we believe about our capabilities and potential. Our mind accepts and executes everything we believe in.

DAY TWO-Releasing The Breaks

"YOUR SUBCONSCIOUS MIND DOES NOT ARGUE WITH YOU.
IT ACCEPTS WHAT YOUR CONSCIOUS MIND DECREES.
IF YOU SAY, "I CAN'T AFFORD IT," YOUR SUBCONSCIOUS
MIND WORKS TO MAKE IT TRUE. SELECT A BETTER THOUGHT.
DECREE, 'I'LL BUY IT. I ACCEPT IT IN MY MIND"

-DR. JOSEPH MURPHY,
AUTHOR OF THE POWER OF YOUR SUBCONSCIOUS MND.

What are my limiting beliefs?

What are my new empowering beliefs?

DAY THREE-GOALS

"IF YOU WANT TO BE HAPPY, SET A GOAL THAT COMMANDS YOUR THOUGHTS, LIBERATES YOUR ENERGY, AND INSPIRES YOUR HOPES"- ANDREW CARNEGIE

What are the five things you have accomplished that you are proud of?

1

2

3

4

5

MY GRATITUDE LIST

DAY THREE-GOALS

PERSONAL DEVELOPMENT GOALS

What would you like to create in life?

What are the experiences you want to create?

What are the areas in your life you want to excel the most?

What do you want to be known for?

What areas of life you need to improve upon?

What subjects do you want to master?

What is the area of your key interest?

What are your learning goals?

What skills, abilities, and attitudes you want to master?

What are the books you want to read?

What subjects do you want to master?

DAY THREE-GOALS

Do you want to achieve any artistic goals, something to do with cultural activities?

What training programs do you want to take up?

What seminars or concerts do you want to participate in?

Is there any knowledge you want to acquire in particular? What do you seek to learn?

What information and skills will you need to achieve your lifetime goal?

What is that one skill, if you develop, that will tremendously change your income?

What is your competitive advantage or a unique strength that you want to work on?

What do you want to be good at?

What are your mental or psychological goals?

What character traits do you want to develop?

What are your emotional goals?

DAY THREE-GOALS

What emotions do you want to control?

What emotion do you need to work on so that you can be happier and peaceful?

What behaviors do you want to change?

What are your spiritual goals?

Do you want to travel? Where do you want to go? What are the places you want to visit? What are the countries you wish to visit? How do you want to enjoy yourself on a tour?

What are your social goals?

What are your personal and professional relationship goals?

Who are the people you want to meet and whom do you want be a part of your network?

DAY THREE-GOALS

Whom do you want to associate with, learn from, or spend time with?

Are there any relations that you want to rekindle, people you wish to forgive, any social activity you want to take up, or any cause or charity or contribution you wish to give to your community?

What are your community goals? What do you want to contribute? Whom do you want to contribute to?

What is that one goal, if you set, that will become a legacy?

What are your relationship goals?

What is that one goal, if set and realized that will enable you to be a better person?

What are your physical goals?

DAY THREE-GOALS

What body weight do you want to achieve? What fitness level do you want to have?

Are there any athletic goals you want to achieve? Any sports you want to be a part of?

Is there any bad habit you must give up in order to improve your health? Like smoking or drinking?

What habits do you want to develop?

Do you want to develop new healthy habits? What habits do you want to quit?

DAY THREE-GOALS

MATERIAL GOALS

Needy greedy goals

Shopping list for this year

I want list

“YOU WANT TO SET A GOAL THAT IS BIG ENOUGH THAT IN THE PROCESS OF ACHIEVING IT YOU BECOME SOMEONE WORTH BECOMING”- JIM ROHN

DAY THREE-GOALS

ECONOMIC GOALS

How much money do you want to earn every month?

What annual income do you want to have?

What is the net worth do you want to have?

How much do you want to make within a year after your taxes?

What are your investment goals?

BUSINESS GOALS

What are your business goals?

Are you leading your dream business? If not, what is your dream business be like?

How many people you want to impact in your life time through your business, your products and services? How many customers you want to serve in the next one year?

What is the market share you want to achieve in the next one year or five years?

What is the number of items do you want to sell monthly and annually?

What is the number of consumers you want to serve in the next five years?

DAY THREE-GOALS

What are the annual sales you are expecting in your business?

What is the expected ideal turnover in a year?

What is the net worth and net income you want to have?

What value do you want your stocks to have, if you own a public limited company?

What are the new acquisitions and mergers you want?

What new markets you want to enter? How many new branches you want to open?

PROFESSIONAL GOALS

Are you having your dream job? If not what is your dream job? What is that one job that you will enjoy the most? What gives you the greatest feeling of importance?

What career growth do you desire? What promotions do you want?

What title or rank do you want in a year or five years from now?

How much salary do you want to improve in a year?

Which firm do you want to ultimately work with? Whom do you want to work with?

What is that one goal, if you set and realize, that will take your career to where you want to be?

DAY THREE-GOALS

What are your TEAM goals?

Whom do you want to team up and partner with?

Who are the people in your ideal team? Who will make it into your ideal team? What are their names?

Whom do you want to partner with, collaborate in the future?

Do you want to make your mastermind group? Name the people who would become a part of your mastermind group?

DAY THREE-**GOALS**

TOP NINE GOALS FOR THIS YEAR

PERSONAL DEVELOPMENT GOALS

1

2

3

MATERIAL GOALS

4

5

6

ECONOMIC GOALS

7

8

9

DAY THREE-**GOALS**

WHY: PURPOSE

When I meet this goal, my sensation will be

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DAY THREE-GOALS

HOW. 20 ACTION LIST

Goal #1

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DAY THREE-GOALS

Goal #2

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DAY THREE-GOALS

Goal #3

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DAY THREE-GOALS

Goal #4

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DAY THREE-GOALS

Goal #5

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DAY THREE-GOALS

Goal #6

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DAY THREE-GOALS

Goal #7

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DAY THREE-GOALS

Goal #8

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DAY THREE-GOALS

Goal #9

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DAY FOUR-Wealth & Money

Define what wealth means to you-exactly what will take you to feel wealthy?

The real wealth is having abundance in all areas: mental, emotional, material, relationships, health & spiritual. The key to unlocking our inner wealth is through the power of gratitude. The moment you feel grateful you feel rich.

Understanding my wealth

What is my mental wealth?

What is my wealth of relationships?

What is my health of wealth?

What is my spiritual wealth?

DAY FOUR-Wealth & Money

Write down your beliefs about money?

What are the five positive reasons for you to attract money now?

Write down a problem or current complaint you have.

Write out a way to turn that problem or complaint into a business opportunity like a product, idea or service.

"THE DEFINITION WHAT YOU GIVE TO MONEY IS THE WAY AND MANNER IN WHICH IT IS GOING TO BE RELATED TO YOU."- PAUL ROBINSON

DAY FOUR-Wealth & Money

"IF YOU TOOK THE ENTIRE WORLD'S WEALTH AND DIVIDED IT EQUALLY AMONG EVERYONE, WITHIN 10 YEARS THOSE WHO WERE PREVIOUSLY WEALTHY WOULD AGAIN BE WEALTHY. THOSE WHO WERE PREVIOUSLY POOR WOULD AGAIN BE POOR." -OTTO VON BISMARCK

What are the verbal programming or the hetero- suggestions I have received about money?

My affirmations to counter the negative suggestions I have received about money?

"FINANCIAL FREEDOM MEANS 'THE ABILITY TO LIVE THE LIFESTYLE YOU DESIRE WITHOUT HAVING TO WORK OR RELY ON ANYONE ELSE FOR MONEY.'"

- T HARV EKKER

AUTHOR OF THE BESTSELLER 'THE SECRETS OF THE MILLIONAIRE MIND'

DAY FOUR-Wealth & Money

"AN ASSET IS SOMETHING THAT PUTS MONEY IN YOUR POCKET. A LIABILITY IS SOMETHING THAT PUTS MONEY OUT OF YOUR POCKET."

-ROBERT KIYOSAKI

AUTHOR OF THE BEST SELLER THE RICH DAD POOR DAD

PAY YOURSELF FIRST

My Plan for financial freedom.

Money management for every month

The FFA Account

January	February	March	April
May	June	July	August
September	October	November	December

The LTSS Account

January	February	March	April
May	June	July	August
September	October	November	December

The STSS Account

January	February	March	April
May	June	July	August
September	October	November	December

DAY FOUR-Wealth & Money

Contingency account

January	February	March	April
May	June	July	August
September	October	November	December

Debt Repayable Account (DRA)

January	February	March	April
May	June	July	August
September	October	November	December

Lifestyle Account

January	February	March	April
May	June	July	August
September	October	November	December

Karma Account

January	February	March	April
May	June	July	August
September	October	November	December

DAY FIVE-Mental & Emotional Health

Powerful affirmations that you can use everyday

- Today I love my body fully, deeply and joyfully.
- I am growing more beautiful and luminous day by day.
- Today I choose to honor my beauty, my strength and my uniqueness.
- Today I am willing to face any challenges and I will succeed.
- I grow in strength with every forward step I take.
- I am open to the flow of great abundance in all areas of my life.
- I always have more than enough of everything I need.
- Thank you, thank you, thank you, thank you!
- My grateful heart is a magnet that attracts more of everything I desire.
- Prosperity surrounds me, prosperity fills me, prosperity flows to me and through me.
- My day is filled with limitless potential in joy, abundance and love.
- Today I present my love, passion, talent and joy as a gift to the world.
- All is well, right here, right now.
- I trust the universe to deliver my highest good in every situation.
- Today I open my mind to the endless opportunities surrounding me.
- Today I see each moment as a new opportunity to express my greatness.
- I am ready for a healthy, loving relationship.
- I am grateful for the people in my life.
- I deserve to be loved and I allow myself to be loved.
- My energy and vitality are increasing every day.
- Thank you for my strength, my health and my vitality.
- I am centered, calm and clear.
- Thank you for showing me the way to my dreams.
- I am filled with light, love and peace.
- I give myself permission to shine.
- I love myself no matter what.

DAY FIVE-Mental & Emotional Health

“I promise myself...

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true

To think only of the best, to work only for the best and to expect only the best

To be just as enthusiastic about the success of others as I am about my own

To forget the mistakes of the past and press on to the greater achievements of the future

To wear a cheerful expression at all times and give a smile to every living creature I meet

To give so much time to improving myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.”

- Chistian D. Larson

DAY FIVE-Mental & emotional Health

What are the unpleasant emotions that I experience frequently?

What is the message in these emotions?

"THOSE THINGS THAT HURT, INSTRUCT."
-BENJAMIN FRANKLIN

DAY FIVE-Mental & Emotional Health

"TO ERR IS HUMAN, TO FORGIVE DIVINE."
- ALEXANDER POPE (1688 1744)

FORGIVENESS TO DO LIST

Understand fully that forgiveness does not mean that it is all right for the aggressive behavior to ever be repeated. Forgiveness is meant for past behavior that was unacceptable.

Give up the unrealistic hope that the one who hurt us will apologize, answer your questions or be able to explain why he or she hurt you. Even if apologies or answers were forthcoming, they would not alleviate the pain. This person's views, and depth of insight, will differ from your own. Understand that the pain is all yours, not the other person's. When we forgive, it is for the purpose of dealing with our own pain.

Make up a list of the specific things that were done to you, which you have decided to forgive. This means acknowledging and grieving the losses that have resulted from being hurt, and this may generate potent feelings of anger, sadness and fear.

See if there were any positives about the relationship. In some cases there may not be anything positive but if they do exist, acknowledging them could help you to move toward a more compassionate view of the relationship.

Write a letter to the one who has hurt you (this is a letter that you will never send). Write freely about your hurt and anger, but include any positive feelings you may have about the relationship. If it feels right to you, acknowledge that the one who has hurt you may have been doing the best he or she knew how to do at the time, or perhaps had been strongly influenced by his own upbringing. (If you don't want to write a letter, imagine having a dialogue with the one who has hurt you.) Or engage in role-playing exercise with a therapist.)

Create a ritualized separation ceremony which ends the link between you and the one who has hurt you. For example, you might burn your letter and lists and then scatter the ashes. Or you might visualize a final goodbye where the one who has hurt you will become smaller and smaller and eventually disappear. As part of this ceremony, give the one that has hurt you your blessing and forgiveness

Forgive: a verb meaning to give up resentment against or desire to punish
- Webster's Dictionary

DAY SIX-Physical Health

MY HEALTH GOALS

To have more energy
To exercise more and be more fit, strong and muscular
To gain or lose weight or achieving ideal body weight
To get more sleep at night
To eat better with healthy food
To drink more water and consume more water rich food
To age less or at least age gracefully
To get more pampering to the body
To have more enjoyable sex
To heal from an illness or disorder

Your assignment

Write your health goals for this year

DAY SEVEN-Career & Business

Top three intelligence that I possess the most

1

2

3

My top three career choices based on my intelligence

1

2

3

What is my dream job/dream career/dream business?

**"IF YOU WORK HARD ON THE JOB, YOU'LL MAKE A LIVING.
IF YOU WORK HARD ON YOURSELF, YOU CAN MAKE
A FORTUNE!"- JIM ROHN**

DAY SEVEN-Career & Business

My critical six for this week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

My great business idea

My list of leverages at hand

DAY EIGHT-HAPPINESS

What is happiness according to me

My current happiness blue print (the conditions I have set on myself to be happy). What are those conditions that limit me to lead a happy life?

My gratitude list

"WE TEND TO FORGET THAT HAPPINESS DOESN'T COME AS A RESULT OF GETTING SOMETHING WE DON'T HAVE, BUT RATHER OF RECOGNIZING AND APPRECIATING WHAT WE DO HAVE."- FREDERICK KEONING

DAY NINE-RELATIONSHIPS

10 things that are so great about myself (that I love about myself)

1

2

3

4

5

6

7

8

9

10

SIX HUMAN NEEDS

How are you meeting all your human needs?

At what level are you meeting your partner's six human needs?
Rate them from one to ten, ten being the highest.

1. Certainty
2. Uncertainty
3. Significance
4. love& Connection
5. Growth
6. Contribution

DAY NINE-RELATIONSHIPS

How certain is your partner that you love them?

I make my partner feel certain through

How much variety and surprise do they get from you?

The way I create variety in my relationship is through

How significant do they feel that they are number one in your life?

I make my partner feel significant through

How much love and connection do they get from you on a daily basis?

I make my partner feel loved through

We make our deep connection through

How much growth do they feel in your relationship?

I make my partner meet the need of growth through

How much do you help them to contribute?

I help my partner contribute through

DAY NINE-RELATIONSHIPS

My list of the evil four. take an inventory of negative relationships and people, you are surrounded with.

The list of dream stealers that I am surrounded with

The list of energy vampires that I am surrounded with

The list of jealous jackals that I am surrounded with

The list of my frenemies

DAY TEN-Taking Action

The new philosophy of my life

My core values

1

2

3

4

5

My personal mission statement

My core strategies to win the inner game of success

My major decisions in life

1

2

3

4