

Exit *The Struggle* Cycle

Workbook

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INTRODUCTION

I would like to take you on a journey, mentally we will travel back through time. This is my story of how a very limiting life came to a halt and a very beautiful journey began.

I was born in a small town called Kisumu, in Kenya, East Africa, From a very young age, I was acutely aware of my family's financial struggles, and the constant sense of scarcity and lack had seeped into every aspect of my life. I learned to live with less, to make do with what I had, and to keep my dreams small and achievable.

I had no idea that a person could achieve big goals in life, and the idea of success seemed like an impossible dream. I had low confidence and a poor self-image, and I never felt good enough to speak in front of people. Making friends was difficult for me, and I constantly worried about what other people said and thought about me.

These fears, doubts, and worries were a constant presence in my life, and they held me back from pursuing my dreams. I was always second-guessing myself, questioning my abilities, and hesitating to take risks. My father lost his business in a fire when I was 8 years old and he discouraged me from becoming an entrepreneur because of the risks involved.



Even in my professional life, I struggled to assert myself. I feared my bosses at work, and I was intimidated by professionals at higher levels. I felt like I didn't belong in the corporate world, and that I would never be able to make a meaningful contribution.

But despite these challenges, I refused to give up. I knew that I had to overcome my fears and doubts if I wanted to achieve my goals, and I was determined to do whatever it took.

My life took a drastic turn when I came across my mentor Bob Proctor in July 2021 who introduced me to very powerful concepts - my self image got upgraded, my fears disappeared, the way I related with people took an upward shift & my income also multiplied within 9 months!

As you go through today's session, I would like to encourage you to implement the concepts covered on a daily basis. If you do this, you will start experiencing phenomenal changes.

**To Your Success,
Shalini Gadhia**



EXIT THE STRUGGLE CYCLE

3. What are your current outcomes telling you about your current identity?

4. What ONE step can you take to align your identity with the type of life you want to live?



EXIT THE STRUGGLE CYCLE

5. Are you making decisions based on your current circumstances?
Are you playing small?

6. What is your C Goal? It's time to be honest with yourself!

7. What current excuses are holding you back from achieving what you really want? What are you willing to give up to live a life of joy, ease & flow?



EXIT THE STRUGGLE CYCLE

8. Do you procrastinate?

9. What is that ONE action step you can take today that can help you move towards a better life?

10. Do you fear criticism by those around you?



