“To get maximum value from this video, print this handout so you will be prepared to take notes on each point I reveal during the lesson”

Dave O’Connor

DAY 8 – EXPAND YOUR COMFORT ZONE
As entrepreneurs most of us stay within the __________ of our comfort zone. We think the same __________. We __________ with our team in the same ways, we perform daily in the same ways.

The problem with this is that once we stop reaching, stretching, seeking and risking, we actually stop __________.

The comfort zone frame of mind is __________ for what we are today.

That may be fine today, but without __________ __________ we are now all we are ever going to be.

Many people are...

_________ AT 30 ___________ AT 70
Winners realise that one of the great secrets of success is to be able to expand your comfort zone

They are __________ to do what it takes to get comfortable becoming __________.

They are willing to do the things that the average person is __________ to do.

What starts to happen is we set __________ goals and we say, “I want to take my business to a whole new level. I want to have a high-performing team... I want extraordinary success.”

But at the same time we then initiate a __________ __________

The greatest habit we have to break is being our old __________ self.
Neuroscience says that by the time we reach _____ we’re a finite set of solidified circuits.

We then live our lives from automatic circuits or a limited _____-_____ but

How much room do we leave for the _________?

The truth is we stop having lots of new ___________

So the question I want to put to you is...

TO WHAT ____________ CAN YOU LEAVE THE COMFORT ZONE AND EMBRACE ____________.

The process of transformation and change can be ____________.

But being ____________ and being OK with that is the secret to success.
So much of the _______ in life comes from the fact that we don’t feel like we’re in control.

We’re running around trying to control all the events of our lives. No matter how skillful we are, every single one of us is going to experience ___________ ___________ in our lives that we cannot control.

This is why most people stay in the comfort zone...it’s their attempt to try to stay in control and avoid the _______ and __________

But this seriously limits the ___________ of your life.

You have to put yourself ____ there in ___________ where you don’t know what to do, to see what you’re really capable of and to grow.

This is where you will discover more of what your true ___________ is. This is where our ___________ is shaped.
Sometimes not getting your ______ within the date and timeline you set is part of the ______.

It simply means you have to _____ ___________ and become ______.

So instead of feeling angry or frustrated, or resentful and disillusioned and blaming others...you need to look at the much ________ __________, go _________ and demand more of yourself.

The traits and characteristics in you only respond when ___________. Perhaps the Universe is not interested so much in our ___________ as in our ___________.

So how do you live in a world where it’s always ___________. You set goals and still things don’t always turn out right.
How do you survive in a world where suddenly your team can fall apart, you can find yourself in serious debt, your husband or wife could up and leave you, a disease could hit or someone close to you could die.

How can you deal with all of that?

By absolutely knowing that the one thing you cannot control is __________.

We can’t change the ________.

We cannot change the fact that people will act in a certain way.

But the one thing you can control is how you __________ to events, how you handle things.

This is one of the great secrets to success in life. You get to control the __________ you ascribe to events.
Yet we need to remember that the comfort zone is the most _________ place to be. If we're not moving forward, we're not growing.

And in this world,
If you are not growing....you are ________.

This is simply a natural _____ IN OUR UNIVERSE

Helen Keller, the deaf and blind child who grew to become a famous and inspirational writer and lecturer, once said,
"Life is a _________ ___________ or nothing."

Winning the game of life requires daring, commitment, passion, and an unquenchable spirit. While every human being has these traits inside, few put them to use, and few have the tools to do so.
So you can either step forward in _______ or backwards in _______.

So your Action Step for today is to ________ yourself to become ________.

Get on the phone with someone who you’ve been procrastinating on calling about your opportunity.

Do something that’s a stretch to build your character.
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