GET YOUR MIND RIGHT

Mental Toughness & Emotional Support are essential to completing your success journey. The Success Math methodology is a coaching tool, not a therapy tool, however it is imperative that we explore both of these variables as they relate to achieving our "S". It is critical for you to understand what they are and how they can assist or impair your journey.

This part of work can get really hard so please take your time, be gentle and compassionate with yourself. Allow yourself time to receive and process the data you collect. Then with clarity of purpose and vision proceed with necessary action.

This section will offer you an opportunity to assess your Emotional Support Network: Mentor, Scout, Champion, and Tribe. Then you will get fresh insight on your Self Talk, Personal Prose, and Personal Narrative. You may be surprised at what you learn about yourself, and Support Network. The wonderful news is that by taking inventory of the variables you will be better equipped to complete your success journey.

Before you begin. Take a deep breath, smile and remember your doing this work in order to achieve the *success you truly desire*.

LETS TAKE A MOMENT TO EXAMINE THE "**E**" IN OUR *M/E…*

II (j) ***Build your Team, and they will help you build your Dream.*** Lets get down to business! The next exercise is designed to help you identify potential Mentors, Champions & Scouts. Put on your favorite music, and carve out 30-45 minutes for this exercise. You really need to create space for you to think.

In the chart below you will enter the names of people you identify as Mentors, Scouts, or Champions. These are all members of your tribe. If these concepts are fuzzy revisit pages 39-49.

Remember to to use your journal if there is not enough space provided on the worksheet for your answers. It is always better to have all your data centralized in one place, so that you can refer to it easily as you make choices based on the information collected.

EXPERT TIP: Check your judgments at the door. Remember we are living in brave new world where you can be mentored by someone you have never met in person, a woman in china who you chat with in a closed facebook group could be a champion and a man in Australia who always share

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Name	Mentor – Champion – Scout	Reasoning	Open Access, Limited Contact, No Contact	End Goal/ Leverage point/ Project/Task
Oprah	Mentor	Super Soul Sunday & Masterclasses give me motivation, inspiration & practical guidance that has been invaluable	Never met in person but access to all her talks and resources	To learn

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II(K) **Support System Debrief.** Review your table from II(j). Chose one Scout, Mentor & Champion. Below discuss (1) how each one has already helped you, and (2) the ways in which you envision them helping you moving forward. BE SPECIFIC! You may use bullet points if necessary, as long as it does not lead to vague answers.

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II(l) Who else? Time to think outside the box. You took some time to identify the people who are currently providing you with support. Now its time for you to identify your ideal mentor, champion and scout.

Below fill complete a description for your ideal mentor, champion and scout. Describe how they will be of assistance by considering the following questions: (1) What aspects of your success journey would you like a skilled mentor to help you with? How would their area of expertise or mastery serve you? (2) How do you envision your scouts sharing your message out in the world? How can you empower them towards sharing your message? (3) What do you need from a champion? Is it words of encouragement, accountability, human contact (soloprenuers & telecommuters)?

For each one also ask yourself the following:
Where does my ideal scout/mentor/champion hang out? what are their interest? what does their network look like?

My Ideal Mentor is _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

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My Ideal Scout is _____

My Ideal Mentor is _____

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JOURNAL EXERCISE: Now that you have examined these key players in your emotional support system, you can take a moment to examine the your tribe. Your tribe are the people who lift you up, keep you honest and support you day to day. Not everyone in your tribe will fit into one of the three categories neatly, while some people will fit multiple categories.

Using a macro perspective, discuss the ways in which you Tribe can help you achieve your "S". Get specific! feel free to name people and describe your ideas. Here are a 2 prompt questions to get you started:

(1) Describe your ideal tribe?
(2) brainstrom 10 ways your tribe can hel you achive your "S", then explain each one.

EXPERT TIP: Don't sleep on your tribe. Everyone in your life adds value. Some more than others. Give yourself permission to notice the ways in which people add and subtract value from your experiences. You may collect some important data that helps you to refine your tribe.