



“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 5 – MANAGE YOUR STATE**



Managing your state is vitally important to learn and understand because very often you do not achieve your goals \_\_\_\_\_.

If your desired outcome doesn't happen and instead, you get unexpected results, good or bad, you have to be able to \_\_\_\_\_.

A Superachiever will view such changes as \_\_\_\_\_.

They will simply accept the setback and \_\_\_\_\_ straight onto the \_\_\_\_\_ again.

Managing your state is managing and taking \_\_\_\_\_ of your life, no matter how rocky the road is at times.

Refuse to allow \_\_\_\_\_ to get you down.

Stay \_\_\_\_\_.

Get back on target and stay the course.

You do not have the luxury of getting down in the dumps and \_\_\_\_\_ there.

You do not have the luxury of wallowing in despair or \_\_\_\_\_ - \_\_\_\_\_.

If you have a history of making this all about you, find someone to help you and \_\_\_\_\_  
\_\_\_\_\_.

When things do not go to plan,  
Superachievers \_\_\_\_\_ to their goals,  
take on board the feedback, process the  
\_\_\_\_\_, make the necessary \_\_\_\_\_  
and set off again.

They are goal-achieving \_\_\_\_\_.

When things do not go your way, another \_\_\_\_\_ is waiting to be discovered and it is in there somewhere.

If you cannot think straight, with a \_\_\_\_\_ mind, you have no chance of discovering what it is.

There will be many times when you hate life and what you're doing.

The key here is to reduce your \_\_\_\_\_ from the fear, pain, suffering, heartache & frustration.

One of the greatest secrets of success is to \_\_\_\_\_ THAT THIS IS ALL GOING TO HAPPEN IN \_\_\_\_\_.

Then it won't be a shock when it happens.

You will develop a \_\_\_\_\_.

You will learn to shrug your shoulders and  
move on because it's all \_\_\_\_\_ of the  
\_\_\_\_\_.

I've heard this said more times than I can  
count. 'Every time I'm around that person  
they \_\_\_\_\_ me into their negativity.'

If you have experienced this then stop to  
consider for a minute.

What you are actually saying here is that  
somebody else is \_\_\_\_\_ for the way  
you feel about anything.

Therefore, the ultimate question you need to  
ask is – who is in the \_\_\_\_\_?

Most people allow their \_\_\_\_\_ to control them.

They \_\_\_\_\_ and they are at the mercy or whim of everything that happens to them.

What I am suggesting is that rather than doing that, you go into situations by \_\_\_\_\_.

Ask yourself – what are the \_\_\_\_\_  
\_\_\_\_\_ that I am going to bring into this meeting?

The person who is the most \_\_\_\_\_ to their state will end up \_\_\_\_\_ the other person into that same state.

However...

If you are in \_\_\_\_\_ of your mental state and have faith in yourself then you will draw them into your \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ state.

So your **mindset challenge** for today and every day is to practice \_\_\_\_\_ what \_\_\_\_\_ you want to be in before you go into that situation.

**Decide clearly on the**  
\_\_\_\_\_ **you want.**

