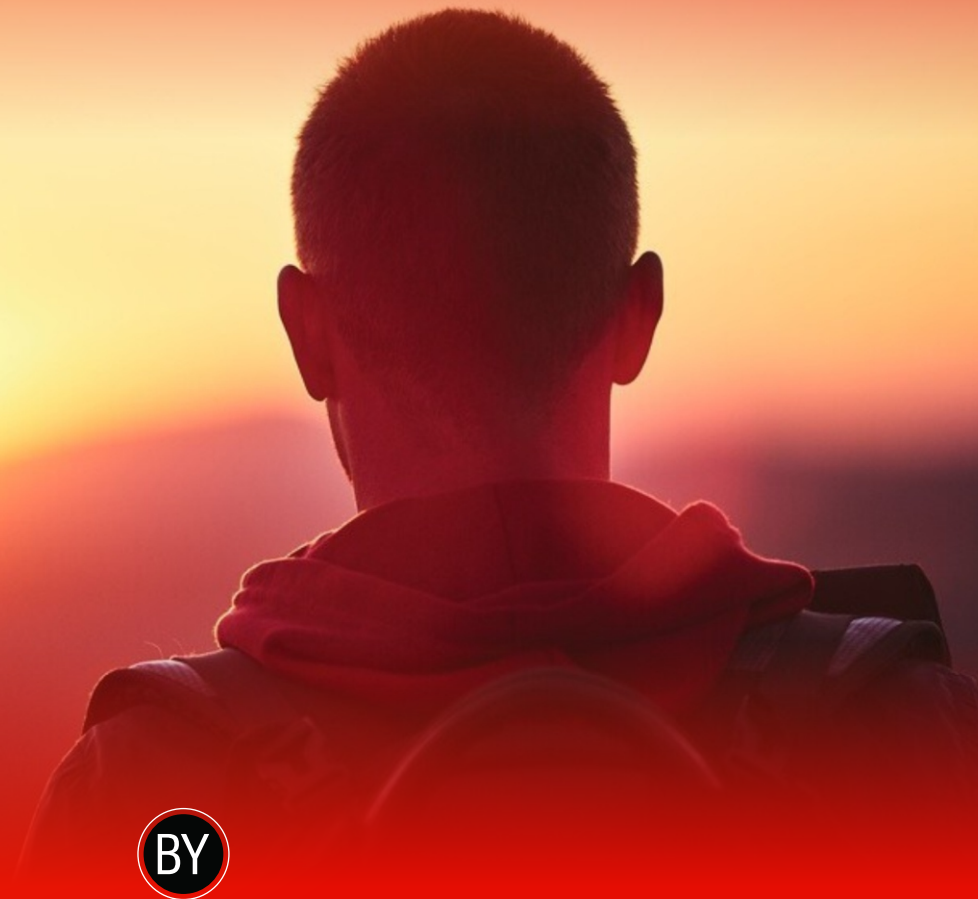


THE ANATOMY OF A COMEBACK

Break In, Breakthrough, Break Out, Break Away



BY

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BREAK IN

○ Facing the facts

- Until you face your true, current position, you will never be able to make real progress towards your intended target
- The sooner you face the facts, the closer you are to your Comeback

○ How did I get here?

- Once I faced the reality of my true situation, I had to analyze the decisions that had brought me to that place
- When we ignore the role our decisions play in bringing about our crisis, we make ourselves passive victims
- Passive victims can't rescue themselves

○ Check your blindspot

- To orchestrate a Comeback, we have to Break In past that self-deception and take an honest look at our strengths, weaknesses, and blind spots
- Our greatest strengths can also be our greatest weaknesses
- If we are not careful, boldness can become recklessness
- It is essential to begin your Comeback with an honest and thorough self-evaluation

○ The Stories We Tell Ourselves

- The life stories we construct for ourselves play a central role in our identity and relationships
- When we don't know ourselves well enough, it becomes easier to accept what others say we are
- What characterizes the defining story of your life? Are you the hero or the victim?

BREAKTHROUGH

- Not every Breakthrough has to be an intense, physical experience, but we need to experience it physically, spiritually, mentally, and emotionally
- You can go extremely far if you stay focused on taking your very next step
- Just one more breath, one more step
- If the purpose of the Break In is to identify your current situation, the key with the Breakthrough is to shake yourself free from the assumptions and habits that got you there or are keeping you there
- What do you need to shake yourself free from?

BREAK OUT

○ Think of your Breakthrough as a spark

- What do you need for that spark to “catch” so you can Breakout?

○ What now?

- Unless you have a strong sense of direction and a driving force pushing you towards your intended goal, you'll stay adrift on the ocean
- It is the Breakout that separates those who are serious about their Comeback from those who are not willing to change
- If the key to the Breakthrough is decisive, radical action, the Breakout is all about making a plan
- Take the time and effort to write down your new goals and how you will achieve them

○ How Can I Add Value?

- The real question you need to ask yourself is “How can I add more value? How can I solve more problems for more people?”
- By asking these questions, it immediately puts you in the role of the provider, not taker
- Asking these questions trigger creativity instead of fear
- When you are in a place of desperation, it may feel a little counterintuitive to focus on what you have to offer others rather than what they can give to you
- Ask yourself what you need, what you are able to meet, what problem you are able to solve, or solve more effectively

MY BREAK OUT PLAN

- “How can I add more value to this economy? How can I solve more problems for people right now?”
- Consider the market, as well as our passion, experience, and skills

THE PLAN:

1. Clarify

- Once you're connected to your purpose, the means of achieving your goals often become much clearer

2. Adjust

- Many people see a reduction in their material goods as a “setback,” but I knew my adjustments were a step forward in my Comeback

3. Assess

- I realized during my Comeback that happiness is much more about enjoying the moments than the things

4. Plan According to Passion and Purpose

- It is best to pour that energy into something that not only has income potential, but also involves what we are passionate about
- Two Questions I asked myself in this stage:
 - 1. What can I do?
 - 2. What do I want to do?

BREAK AWAY

- It is our habits that enable us to break away
- Developing new habits is vital to your Breakaway for several reasons
- Habits shape our character and what we get out of life far more than natural ability or talent
- Someone of unremarkable talent and intelligence can achieve tremendous success with the right set of habits

○ What about you?

- Taking into account the strengths and weaknesses that you assessed in your Break In, write down a list of old habits you need to get rid of and new habit you need to cultivate

○ What habits led to your break down?

- Renewing your mind
- Any lasting transformation involves changing the way we think
- Do What It Takes
- Humble Enough to Succeed
- “Don't let your ego get in the way of your economics”

● Choose Your Friends Wisely

- You're the sum of the five people you hang around the most
- Our brains are designed from birth to mimic those around us
- When it comes to your Comeback, you need to do two things:
 - 1. you need to evaluate your relationships critically
 - 2. think about how to establish some new ones
- You need to evaluate whether or not the dynamic of certain relationships is encouraging you in the wrong direction or even weighing you down
- Part of Breaking Away is ensuring that you are bombarding yourself with positive input
- Regardless of whether you are an employee or an entrepreneur, everyone is the boss of his or her own Comeback

Whatever comes, know that your life, your family, and your Comeback is worth everything you invest in it! Break Away...and Godspeed