# **GUIDEBOOK**



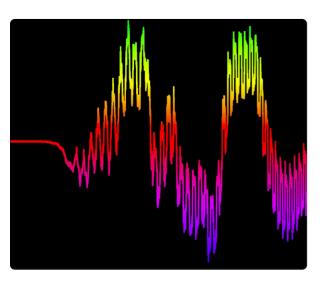
## HOW TO USE THIS GUIDEBOOK

Congratulations! You're starting on a lifechanging journey to incorporate the specific elements of the "7 Voices" message into your daily life activities.

You'll be receiving a daily brief video from Bill via Email (2-3 minutes each) outlining a specific topic for action and reflection. Use this Guidebook to record your daily thoughts and activities regarding each video message. Be prepared to THINK a little and WRITE a little each day, and be diligent in setting aside a few minutes each day for this important activity!

Take control of your daily "Voices" by starting on your 21-Day Challenge and recording your reflections here. Your daily actions WILL make a difference in the quality of your life, because Your Voices are Your Choices!

With love and gratitude, Bill



#### **Day 1 - Being Nervous**

What's going on in YOUR life that YOU'RE nervous about? Is there a project or a deadline that's freaking you out? Is there a relationship that needs work, a family member that needs help, a career decision you need to make that's causing YOUR voices to work overtime?

On the first line below, write "I'm nervous about...", and briefly complete the sentence. It could be about a big sale, a big decision, or something else.

And then below it, start your SECOND paragraph this way: "When I succeed..." and then complete that sentence. What positives will come your way if you can successfully get through it? Will there be peace and harmony in your relationship? Financial gain? Better recognition of the great job you're doing at work? Think about your future non-nervous self, and briefly write about it here.

With this first entry, you're off to a GREAT start!



## Day 2 - Your Goals and "Mini-Milestones"

What goal do YOU have that you're thinking about right now? Whatever it is, M&M's (or Mini Milestones) may be just the thing to help YOU achieve it.

Write at the top of the page: "The goal I want to achieve is..." and then complete the sentence. It might be something for your family, like buying a house or a car. It might be something you're doing in your career, with your finances, your relationships or even your social life.

Once you have that written in, start the second paragraph on that page this way: "My Mini Milestones are..." and list the small steps you need to take to get there. Most goals seem daunting when you think about ALL that needs to happen, but if you map it out by using M&M's, before you know it, you'll be celebrating your success!

<del></del>	

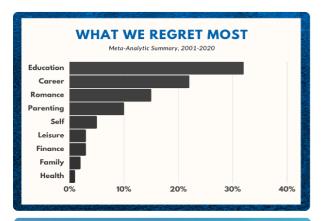


#### **Day 3 - "Getting Real" About Your Goals**

Do you have an unrealistic comparison or expectation of yourself that brings you down? Is it realistic to want to try to lose 50 pounds, or is it BETTER to Get Real, lose 10 pounds, and feel REALLY GOOD about that? If you have piles of work to do, can you Get Real in deciding what a good day's work LOOKS like and work toward that?

On the first line below, write: "I can Get Real about...", and then finish the sentence. What burdens are you putting on yourself to do or to be something that's just not attainable, and what can you do to re-align your thinking to feel GOOD about what you CAN get to? Write down what you're feeling right now, and what you'll do to Get Real going forward. Take your time in thinking about what you're writing down, and be as specific as you can about how you can become more realistic and quiet your Voice of Comparison!

_
_
_





#### **Day 4 - Letting Go of Regret**

There are two really interesting things that researchers have discovered about regret. First, people are MOST regretful about things that can STILL be CHANGED, like education, career, or finding love. And the second thing is this: the more often the regret shows up, the greater the chance seems to be to make things right.

What one major regret do YOU have that's on your mind right now? It may be financial, a family situation, your education, or something else. It may be something you did, or perhaps something you DIDN'T do.

Start today's entry by writing this at the top: "My Big Regret Is..." -- and then take a few moments to think about what that would be.

Once you have that, I'd like to ask you to take one or two deep breaths, and then write these words: **Let It Go.** And as you write those words, I want you to feel as though the very act of writing those words is liberating you from whatever mental anguish it may be causing you. That thing you wrote down is in the past. It's history. You have officially been given permission to let whatever it is float away. In fact, if you have access to a helium balloon today, take it, mentally project your thoughts onto that balloon, and physically let it go. If you don't have a balloon, do the same exercise, only do it in your mind.

Let your Regret go... TODAY!




#### **Day 5 - "Failing Forward" Without Regret**

How can something you regret make you better, smarter, or more likely NOT to do it again?

On the top of today's entry below, write this: "I've been holding onto a regret about..." and then fill in the rest. It could be something you did or said, or maybe something that you were in a position to do but chose not to. Whatever it is, it's been bothering you. It might have taken place recently or a long time ago. Briefly describing what happened that you now regret.

In the next paragraph, write down **how that Regret has affected you.** Has it held you back in your work or in a relationship? Has it come at a cost to you, whether financially, emotionally, or even physically?

And then conclude the exercise today with this THIRD paragraph: What did I LEARN from that experience? As negative as it seems today, what did I take away from it, and how can I use that lesson to fuel my behavior in the future?



## The Rest of the Program

If you finished the first week, Congratulations! You've taken a massive step toward ridding yourself of the negative Voices that are holding you back from all you can be. Not everyone gets this far, so you're one of those people who gets things done... which is why I'm asking you to take one simple action to continue.

Simply send me an email RIGHT NOW at bill@the800poundgorilla.com with the subject line "I'm Ready!" I'll send you the remainder of this Guidebook so you can continue your 21-Day Challenge uninterrupted.

Rock On!

## The "7 Voices" Keynote

"The 7 Voices in Your Head" is a keynote program that delights, entertains and informs audiences of all kinds about the negative Voices that hold us back from reaching our full potential, as well as simple ways to minimize their negative effects on our lives and move forward positively.

For information on having Bill Guertin speak at YOUR next conference or event, please call (815) 549-9134 or reach out to Bill at bill@the800poundgorilla. com.

## **Thank You**

115 Barrington Drive, Suite 800 Bourbonnais, IL 60914

bill@the800poundgorilla.com

(815) 549-9134