



FROM INSECURITY TO
EMPOWERMENT

HOW TO CREATE A LIFE OF FREEDOM AND FULFILLMENT

A 5-step roadmap to fast-track your results so you start living the life you want.

WENDAL YODER
Millionaire Mindset Coaching

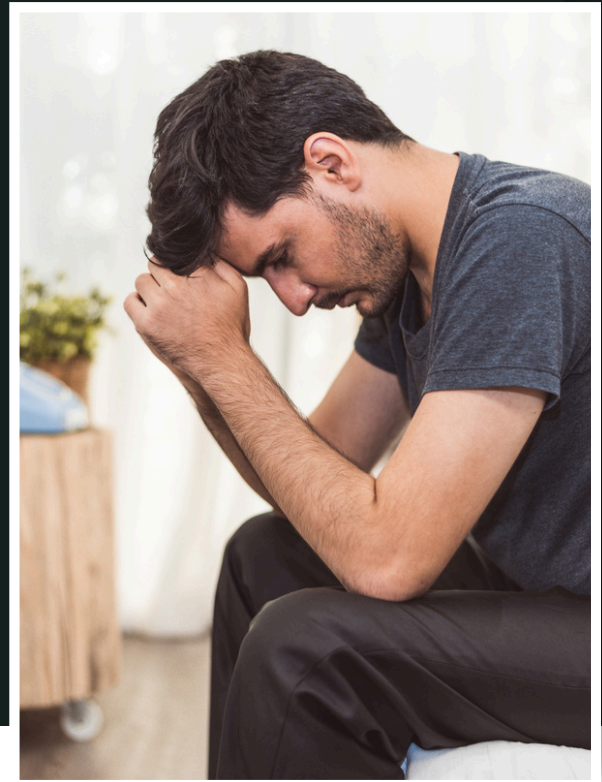


Imagine having the freedom to not have to choose.

A life of freedom and fulfillment is possible. It all comes down to **one thing: wanting a change.**

A few years ago, I thought money and 'success' were the keys to creating a life I would love. I had both, yet felt insecure and unfulfilled.

When I discovered how to shift my thoughts, everything about my life transformed.



Learning how to change how I think and feel about myself, I easily and quickly created a life I love with the freedom and fulfillment I wanted.

This change is possible for you too. It all starts with the 5-steps shared in this workbook.

Ready to live the life you dream about?

Let's get started.

Wendal

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THE PROBLEM

ONLY

47%

of Americans **in 2024** are
“very satisfied” with their
own lives*

*SOURCE: <https://news.gallup.com/poll/610133/less-half-americans-satisfied-own-lives.aspx>



THE SOLUTION



TO LIVE A MORE FULFILLED AND
SATISFYING LIFE YOU MUST CHANGE:

- ▶ how you see yourself
- ▶ the thoughts you think
- ▶ the actions you take

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5-STEP ROADMAP TO CREATE A LIFE OF FREEDOM AND FULFILLMENT



STEP 1 - CHOICE

What you choose to think and believe ultimately shapes how you view yourself and plays a fundamental role in creating your reality. *Every choice you make either moves you towards the life you want to live, or away from it.*

Think about your current results, your thoughts, and what you believe about your ability to achieve greater results. Are you choosing thoughts that reflect your long-term goals and aspirations?

Circle your answer:

YES

NO



STEP 2 - CLARITY

Clarity means having a deep understanding of your vision, goals, values and purpose. *Having a crystal-clear vision of what you want gives you direction and focus. Decision-making is easier, faster, and more consistent. This results in more meaningful outcomes and overcoming obstacles with greater ease.*

Reflect on the life you want to live. On a scale of 1 - 10 (1 being low and 10 being high), how clear are you on the life you want to live and why?

Write that number
in the box to
the right:

5-STEP ROADMAP TO CREATE A LIFE OF FREEDOM AND FULFILLMENT



STEP 3 - COURAGE

Courage is the ability to confront fear, uncertainty, and adversity with bravery and determination. *It's important to develop because courage is the doorway to change and empowers you to step outside your comfort zone, take risks, and pursue your dreams despite obstacles and doubts. Your comfort zone is where dreams go to die.*

In what areas of your life and/or work are you holding back or playing it safe? Write some thoughts about your current fears below:



STEP 4 - COMMITMENT

A dedication and persistence to stay true to your goals, values, and promises despite challenges or setbacks is a definition of commitment. *Commitment is crucial for breaking free of the habits and behaviors that no longer serve you. Commitment fuels progress and achievement while strengthening a sense of self-accountability.*

Look at your results. Are you committed to suffering or to freedom? **Make a commitment right here, right now to yourself** to start learning how to do things differently. Write out "I COMMIT TO WORKING ON MYSELF AND MY MINDSET MORE EVERY DAY" in the box below:

5-STEP ROADMAP TO CREATE A LIFE OF FREEDOM AND FULFILLMENT



STEP 5 - CONSISTENCY

When you maintain a steady and unwavering effort towards your goals over time, regardless of challenges or distractions, you have developed consistency. *Consistency always wins and it compounds over time; it's achieved with discipline and over time produces massive results.* Heard about quantum leaps? The leap is a result of taking consistent actions.

How consistent are you in your daily routines and habits to achieve your long-term goals and create a life of freedom and fulfillment? Circle the word that best describes your current ability to remain consistent:

POOR SATISFACTORY STRUGGLING

OVERWHELMED NOT SURE

PRO IMPROVING STRONG

YOU HAVE THE POWER TO CHANGE ANYTHING
YOU'RE DISSATISFIED WITH.

It all starts with you choosing to take a new, next step.

CONTACT ME

**MAKING YOUR 1ST, NEW,
CHOICE EASY.**

Contact me today to help you
take your next step.



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