

*The Success Trap*

Why You Feel Stuck

Fear Work Guilt  
Stress Not Enough



*It's Your Turn to Live the Life  
You Were Meant For.*

Susan A. McDonald

Let Your Transformation Begin

March 23-27, 2026

**5 DAY TRANSFORMATION EXPERIENCE  
WORKBOOK**

**Transformational Change  
With**

**Susan A. McDonald**

# Hello, I'm Susan!



**I believe I understand you.  
I spent many years on self-  
development. I gathered tons of  
information, read countless books,  
took courses, attended seminars  
but my life and my results didn't  
change. I wondered, "Is this all  
there is?"**

I felt stuck. I was spending long  
hours at a job that didn't give me  
satisfaction. Unhappy. Unfulfilled,  
Exhausted, disappointed,  
overwhelmed.

I felt like I didn't know how to  
implement the knowledge that I  
had gathered or how to help  
myself.

**Since 2018, I have supported many people in transforming their lives and achieving results such as:**

- > Improved financial situation
- > Changing career direction
- > Building your first businesses or development of the current
  - > Improved relationships with loved ones.
  - > Loving and accepting yourself.
  - > Improving the quality of life and health

**You are the reason I do this.**



## **Your success is my life's mission.**

I believe that you hear the call of a quiet voice from  
your heart telling you that your life can be  
different.

Better. Happier. Calmer. More fulfilled.

I believe you can find a way out of the current  
situation that you find yourself in.

I believe you went through challenges for a reason.

And I believe that this is not the time to give up.

Take my faith. I believe in you.

Giving up is never a choice.

Life is short.

**Isn't it worth experiencing it the way you want?**

**You have infinite potential locked up inside of you...Lets set it free.**

*Susan A. McDonald*

# Transformational CHANGE

## EVERYTHING IN ONE PLACE

Click the link and enjoy convenient access to meetings and materials. We've gathered everything in one place to simplify your work and maximize results.



## STEPS TO YOUR SUCCESS



### MONDAY: SET AN AMBITIOUS GOAL

- 12:00 PM CST: Live Meeting with Susan A. McDonald.
- Complete the PDF with the Exercises.



### TUESDAY: DISCOVER THE POWER OF YOUR MIND

- 12:00 PM CST Live meeting with Susan A. McDonald.
- Complete the PDF with the Exercises



### WEDNESDAY: BREAK THROUGH THE WALL OF FEAR

- 12:00 PM CST Live Meeting with SUSAN A. McDonald
- Complete the PDF with Exercises



### THURSDAY: TAKE THE FIRST STEP, DECIDE

- 12:00 PM CST Live Meeting with Susan A. McDonald
- Complete the PDF with Exercises



### FRIDAY: STAY ON TRACK TO REACH YOUR GOAL

- 12:00 PM CST Meeting with Susan A. McDonald
- Fill out the PDF with Exercises



### SAURDAY: ZOOM CALLS, Q&A, 1-1 MEET



# Live Transformation Commitment

*I commit to doing the challenge LIVE every day because I want to surround myself with the energy of the group and feel the power of mentoring, which will increase the likelihood of achieving my goals over the next 12 months.*

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Signature

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Date

# Transformational Change

## ***The live Transformation Experience*** WORKBOOK

### How to use this *workbook*

Each day of the session focuses on a key breakthrough in understanding your current life patterns and new direction. Take time to reflect and write your answers honestly. The power of this workbook comes from your willingness to explore your thinking.

#### DAY 1: **Awareness and Breakthrough**

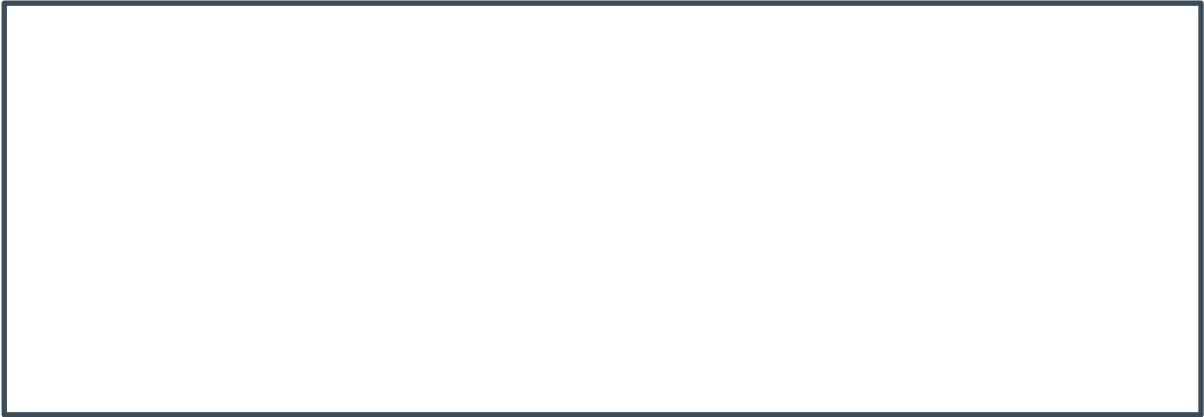
Where you are and where you truly want to be, understanding why you feel stuck.

- 1) What areas of your life currently feel most out of alignment or unfulfilling.

- 2) When did you first begin noticing the feeling that something was missing?

## Seeing the life You Truly Want and Set Is A Target Destination

3. If there were no limitations, what would your ideal life look like?



4. What activities or moments make you feel the most alive and fulfilled?



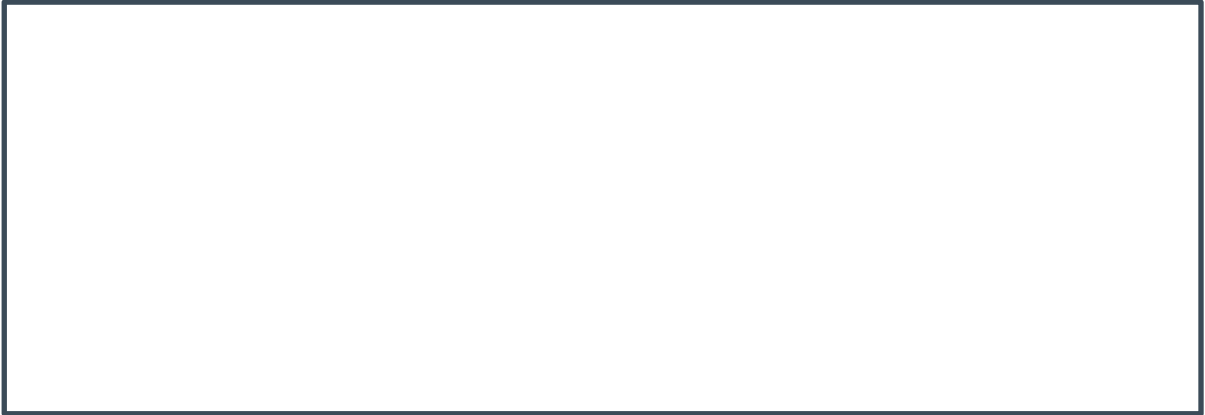
5.

6.

5. What values are most important to you at this stage of your life?



6.What would a balanced and meaningful day look for you?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Deliberate creation means looking at what you want instead of focusing on what currently is.

What do you really want? What is it that you would like to be, do, or have?

Relax and let your mind wander and create a shopping list of professional and personal wants. Where do you want to be in one year?

From each of these lists select THE ONE YOU WANT MORE THAN ANYTHING.

It is important that you give all your mental energy to building the image of the good that you desire.

Begin to think of these wants as images in your mind.

Write about these wants as if in the present.

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**Day 1** MONDAY | 12:00 noon

**AWARENESS & BREAKTHROUGH**

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**TYPES OF GOALS:**



Type A Goal | A goal you know how to achieve.



Type B Goal | A goal you think you can achieve.



Goal Type C | Your desire. The goal you truly want.

**A C-type goal comes from your heart.**





# How Do You Want To Live?

Once you have your goal written down, ask yourself, "Why do I want this?"

Ask yourself this question 7 times and write down the answers that come below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

The final answer that comes is your real "Why."

----- **Add your "why" to your goal card.** -----

**Place the goal card in your wallet, purse or pocket and  
read it several times a day.**

**Remember that the image you most often hold in your mind  
will sooner or later be expressed in physical form.**

If you can't decide which goal is your C goal,  
read the "Decision" article for the next 30 days.

<https://www.transformationalchange.ca/Decision>



## MAKE SURE YOUR GOAL IS WRITTEN CORRECTLY:

- The goal should be written in the present or past tense (like writing in a diary)
- The goal must be specific and measurable (how will you recognize the day when you achieve your goal?)
- A goal should have a date by which you plan to achieve it.

## SESSION 1 EXERCISES

- Answer the questions above. Write your goal on a Goal Card and read it often every day.
- Take a selfie with your goal card and post it in our WhatsApp group. Let us know what you learned from your first session.
- Everyone who completes the exercises will be entered into a drawing for daily prizes (we want to reward your perseverance!)

At this link you will find a complete set of materials and recordings.



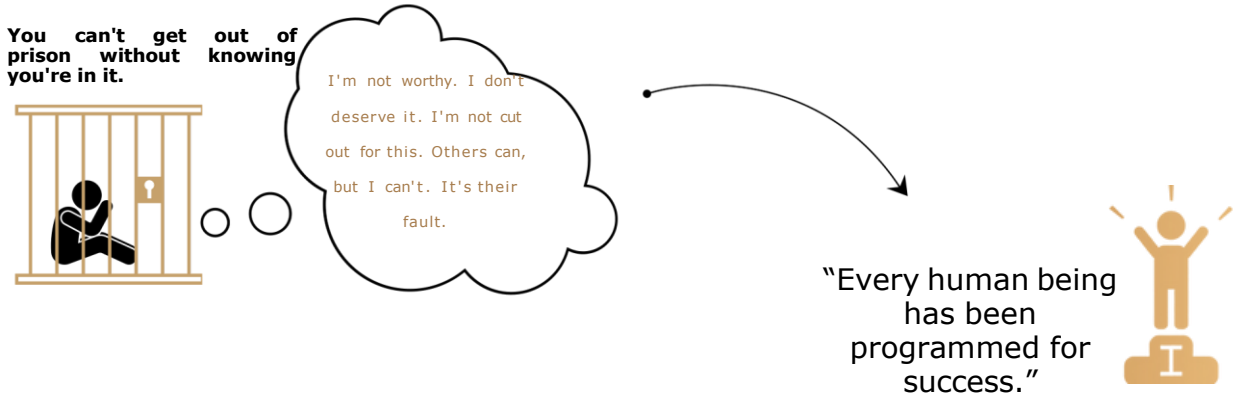
<https://transformationalchange.ca/portal>



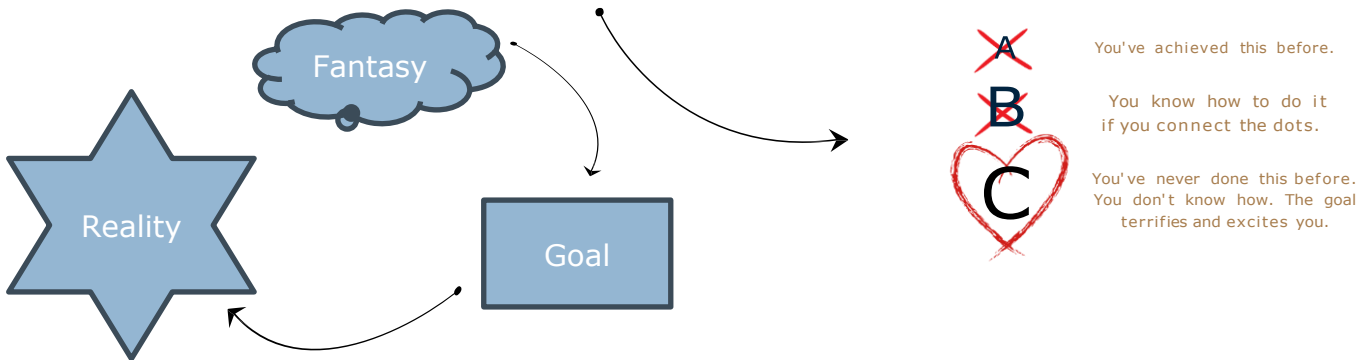
# SUMMARY

## FIRST DAY OF THE CHALLENGE

### CREATE AN AMBITIOUS GOAL



- 
- Do you know where you're going?
  - Do you know what you want?
  - Do you have a goal written down?
- "A goal is needed to start the machine of success."



#### COMFORT ZONE = DEATH ZONE



Your true purpose comes from the heart. What do you really want? Have fun designing your ideal future!

#### PERSEVERANCE IN 4 STEPS

- 
- A friendly alliance with the right people.
  - Closing your mind to the opinions of others.
  - Action plan. 1 or 2 steps forward.
  - Write down your C-type goal.

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# DAY 2

TUESDAY | Noon CST

## DISCOVER THE POWER OF YOUR MIND

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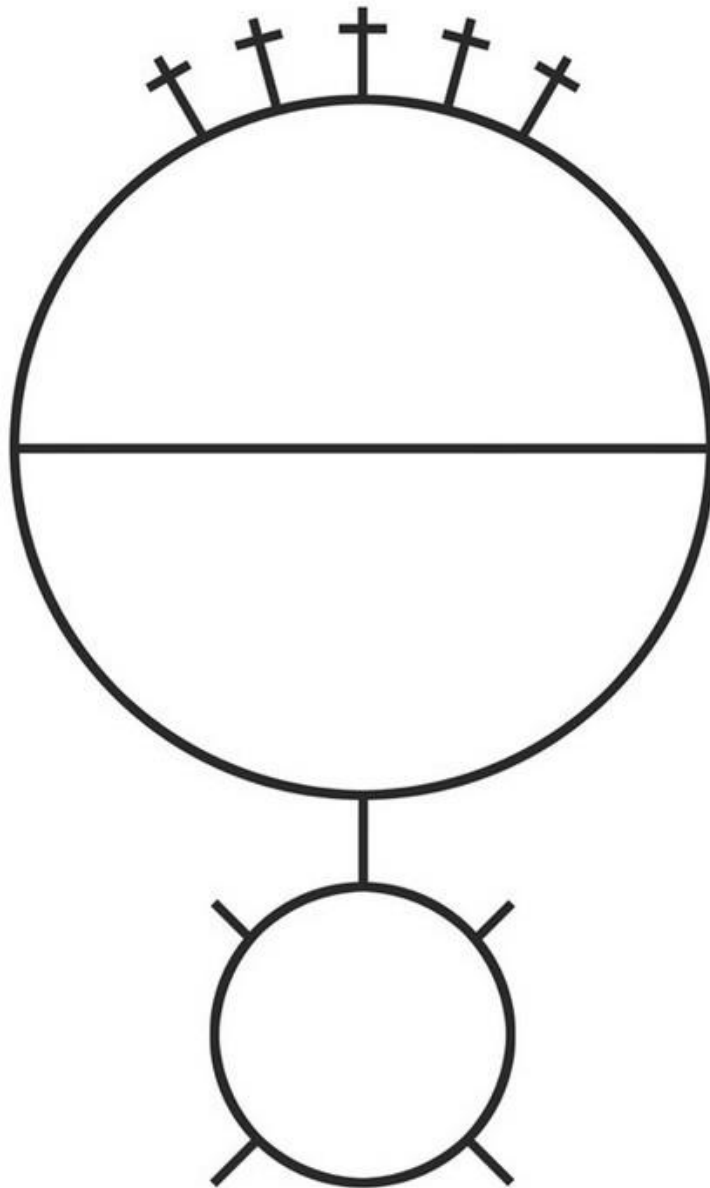
### Mark your answers:

|   |     |    |
|---|-----|----|
| I compare myself with others              | YES | NO |
| I trust my decisions                      | YES | NO |
| I'm worried about other people's opinions | YES | NO |
| I put things off until later              | YES | NO |
| I'm afraid to make mistakes               | YES | NO |
| I'm afraid of rejection from others       | YES | NO |
| I have trouble concentrating              | YES | NO |
| I have a problem with procrastination     | YES | NO |
| I don't feel like a great leader          | YES | NO |
| I'm afraid to sell                        | YES | NO |

### On a scale of 1-10:

- Do you believe in yourself?
- Do others' opinions of you matter to you?
- Are you a confident person?
- Do you respect yourself?
- Do you appreciate your achievements?
- Do you give your best every day?

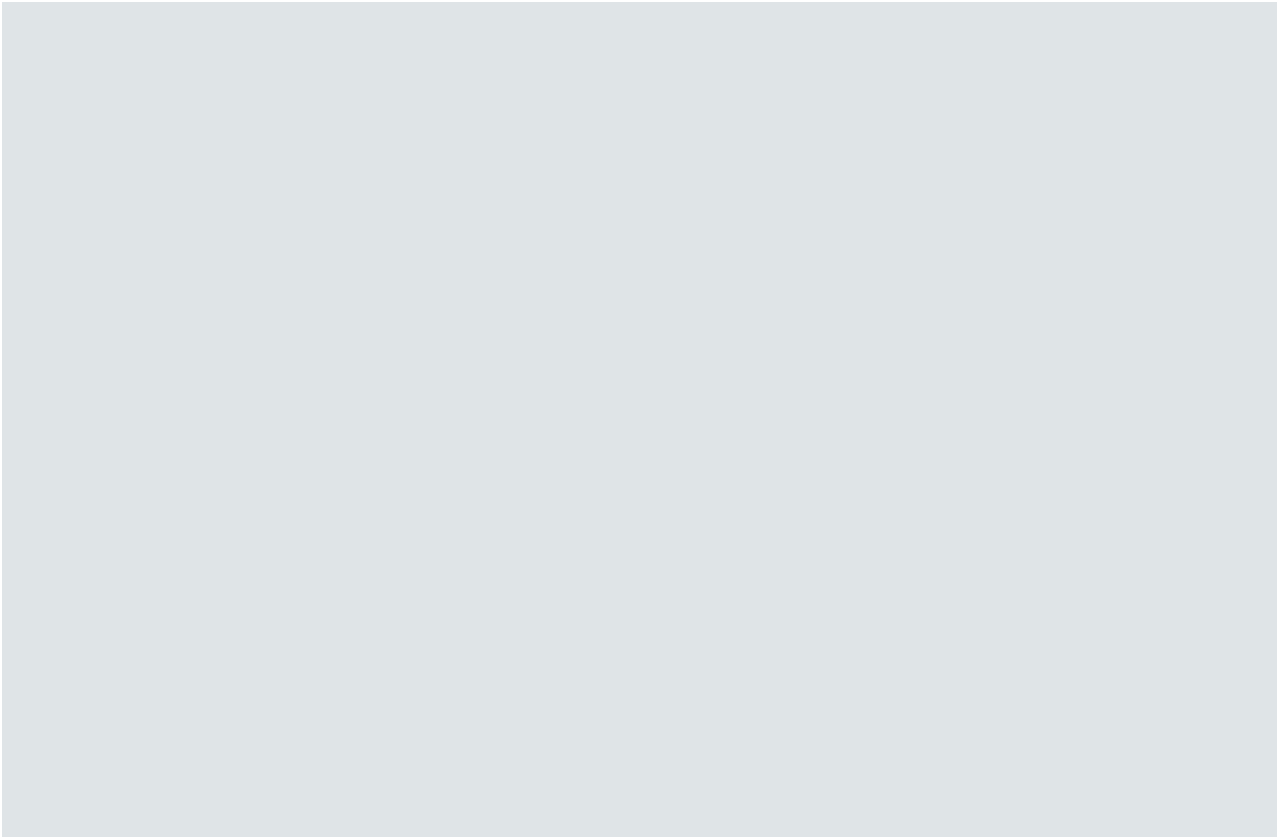
**Discover the power of your mind – Breaking Limiting Patterns**



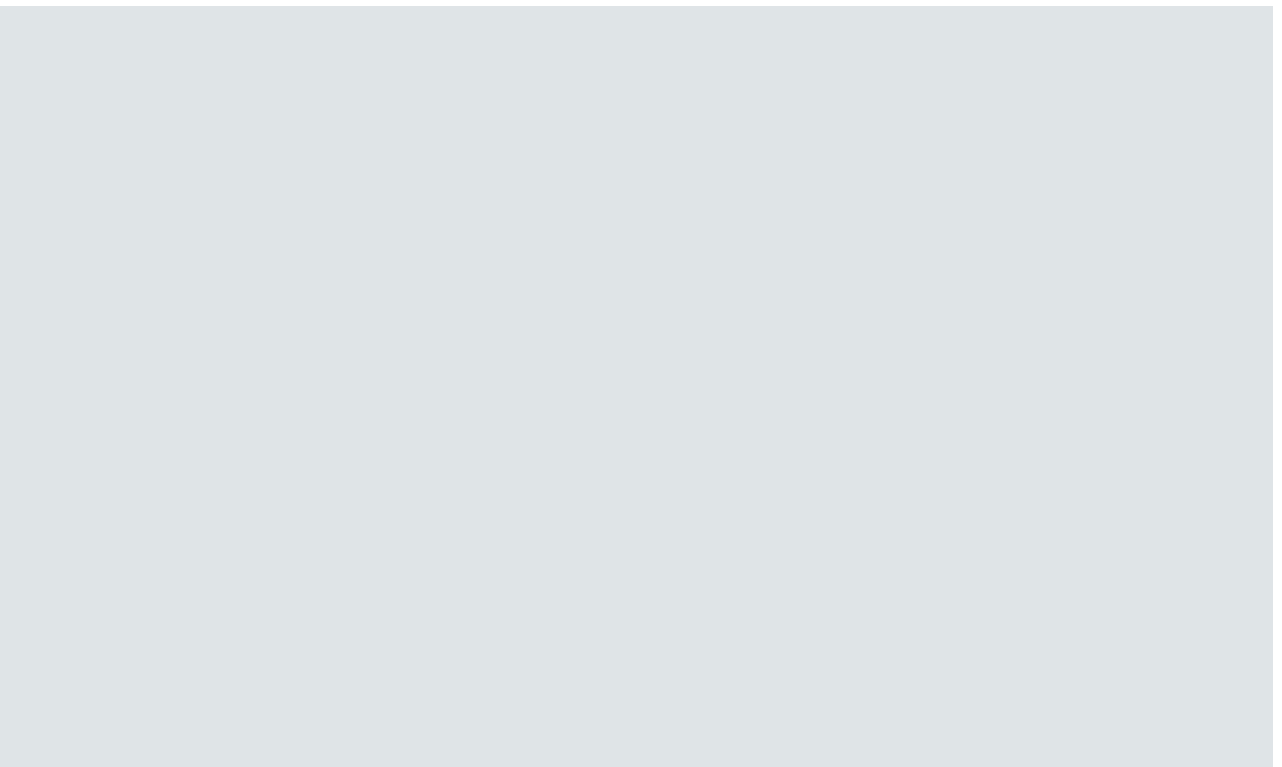
What is your strongest Paradigm?

How much has your paradigm cost you so far? Specify the amount:

Write down 5 things you know you should do to achieve your goal, but you don't do them:



Write down the 5 most destructive beliefs you have about your goal or yourself:



## SESSION 2 EXERCISES

☐ Answer the questions above. ☐ Take a photo of your Stick Person notes (mind image) and post it in our WhatsApp group. Let us know what you learned from the second session.

☐ Everyone who completes the exercises will be entered into a daily prize draw (we're still rewarding your perseverance!)

At this link you will find a complete set of materials and recordings.

> <https://www.Transformationalchange.ca/port>



**DOWNLOAD**



# SUMMARY

## DAY TWO OF THE CHALLENGE

### DISCOVER THE POWER OF YOUR MIND



"You are the problem, but you are also the solution."

Your **SUCCESS** depends on your **MINDSET**.

**95% MINDSET + 5% STRATEGY = SUCCESS**

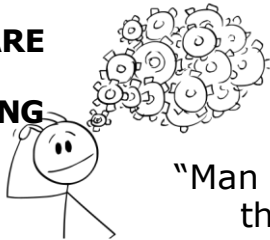


Same company.  
Same product. Same tasks.

**VARIOUS RESULTS**

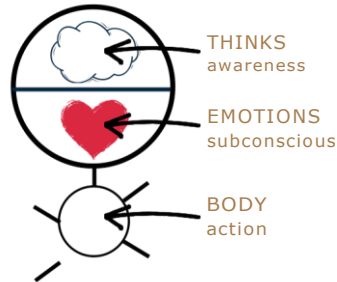


**WHAT ARE YOU FOCUSING ON?**



"Man becomes his thoughts."

**MIND IMAGE**



"You are not responsible for the program you have, but you are responsible for changing it."

**THE IMAGE OF OURSELVES IS THE FOUNDATION**

How do we think about ourselves? How do we perceive ourselves?



**PARADIGM CONTROLS 96% OUR BEHAVIOR**

**YOUR LOGIC YOUR PERCEPTION HOW MUCH YOU EARN HOW MUCH YOU SELL**

**YOU HAVE A CHOICE**



**CHANGE PARADIGM**

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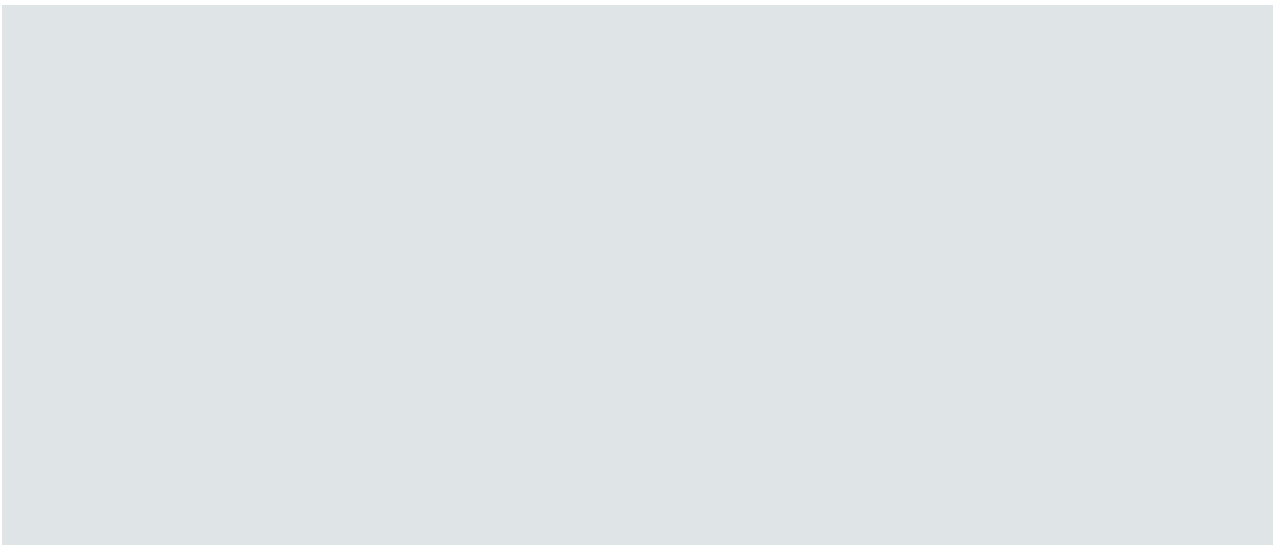
# DAY 3

WEDNESDAY | 12:00

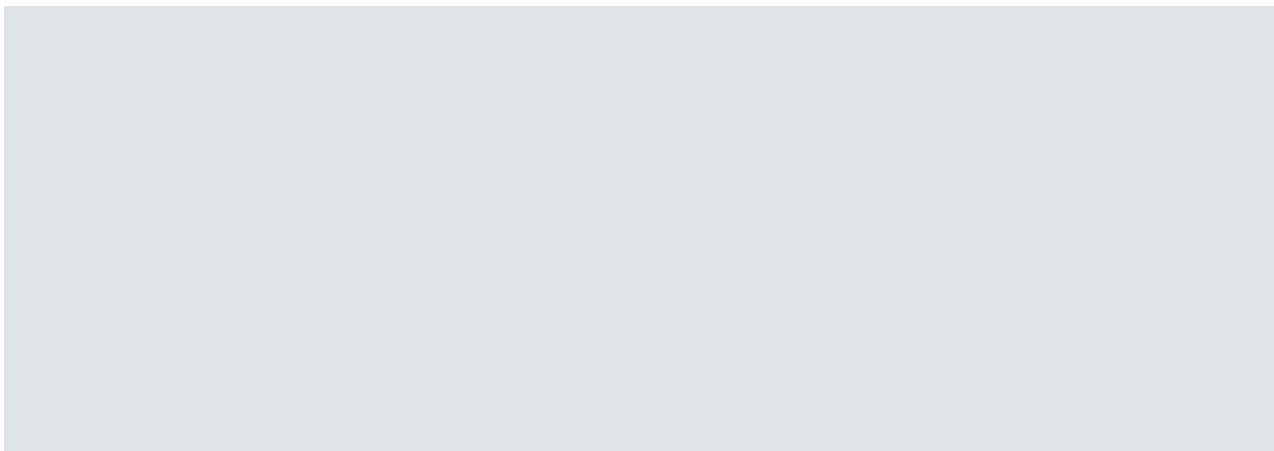
## BREAK THE WALL OF FEAR

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What are your biggest fears that keep you from achieving your goal?



How would you feel if you got rid of the fears listed above?



# BELIEFS INVENTORY [THE GOOD, BAD & UGLY]



# MIND MAP

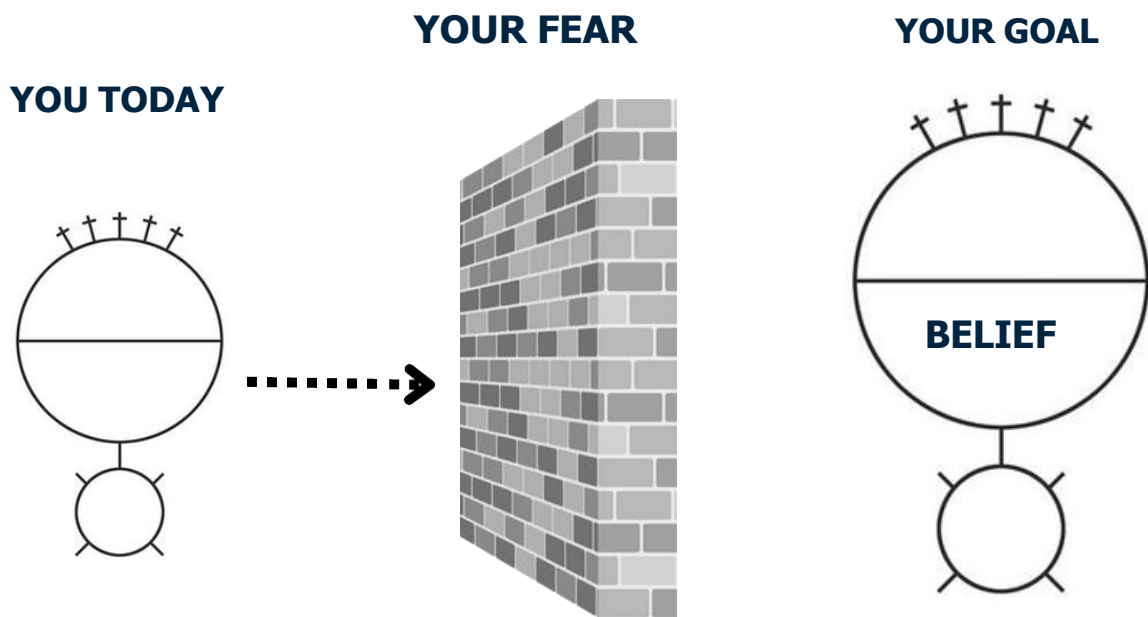
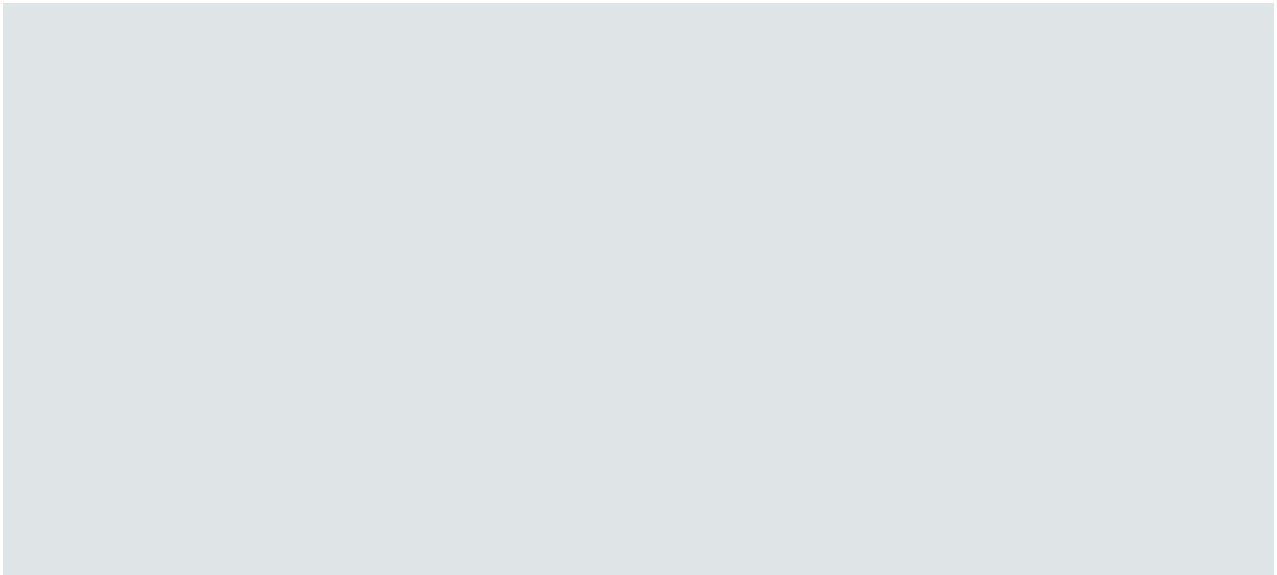


## MY NEW PARADIGM SHIFT [NEW OPERATING BELIEF SYSTEM]

*I am so happy and grateful now that ...*

- I am
- I am
- I am

Choose one thing you are afraid to do, but you commit to doing it because you know it will bring you closer to your goal.



- Yes, I want to overcome my fears and anxieties because I want to create my reality consciously!
- No, I make the decision to stay where I am and allow my paradigms to continue to control my life!

## SESSION 3 EXERCISES

Answer the questions above.

Go Live in our WhatsApp group to break your fear of criticism from others and public speaking.

Video should be at least 1 minute long, share with us what you have gained from our challenge so far.

Everyone who completes the exercises will be entered into a drawing for daily prizes!



*God placed the best things in life on  
the other side of fear.*

**WILL SMITH**

# SUMMARY

## DAY THREE OF THE CHALLENGE

### BREAK THE WALL OF FEAR



Can you afford to stay where you are?  
**How much is your paradigm costing you?**

"If your goal conflicts with the information that is encoded in your subconscious mind, your self-image will never allow your goal to become a reality."

**MAXWELL MALTZ**

**NO-NO EFFECT???** → **PARADIGM EFFECT**

I'm not suitable  
 what if...  
 what others will say



I can't cope  
 it is impossible  
 I will disappoint others myself and

**WHAT DO YOU WANT TO BELIEVE?**



"God put the best things on the other side of the wall of fear."



**BE AFRAID AND DO!**

**FAITH OVER FEAR**

"Faith is the power to achieve anything."

**FAITH WITHOUT ACTION IS DEAD**

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# DAY 4

THURSDAY | 12:00 noon

## TAKE THE FIRST STEP, DECIDE

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How long have you been at the same level with your results in life? Be honest with yourself.

Think about a time in your life when you wanted to make a decision, but fear stopped you.

Write down the names of the people who would suffer the most if you stayed where you are in life now:

- 1.
- 2.
- 3.
- 4.
- 5.

- Yes, I want to get out of my own way and build the life I deserve!
- No, I want to stay exactly where I am!

### SESSION 4 EXERCISES

Make a decision that will change your future forever. Schedule a call to learn more about Transformational Change and how working with us over the next six months will completely transform your life.

**Schedule a call in my calendar at bottom of the page in this QR CODE**



Get Ready For Live  
Transformation

Susan A. McDonald



## **DO YOU FEEL IT'S TIME FOR A CHANGE?**

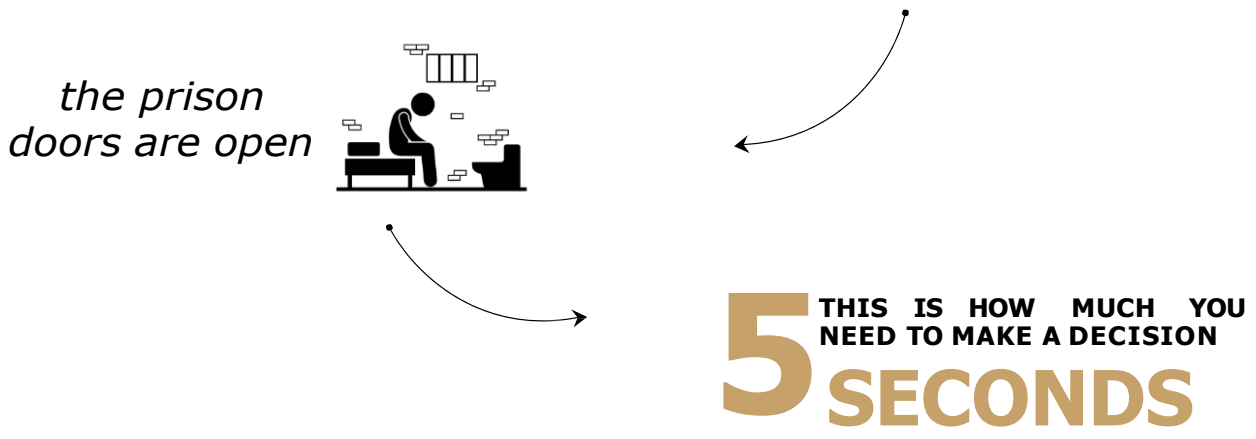
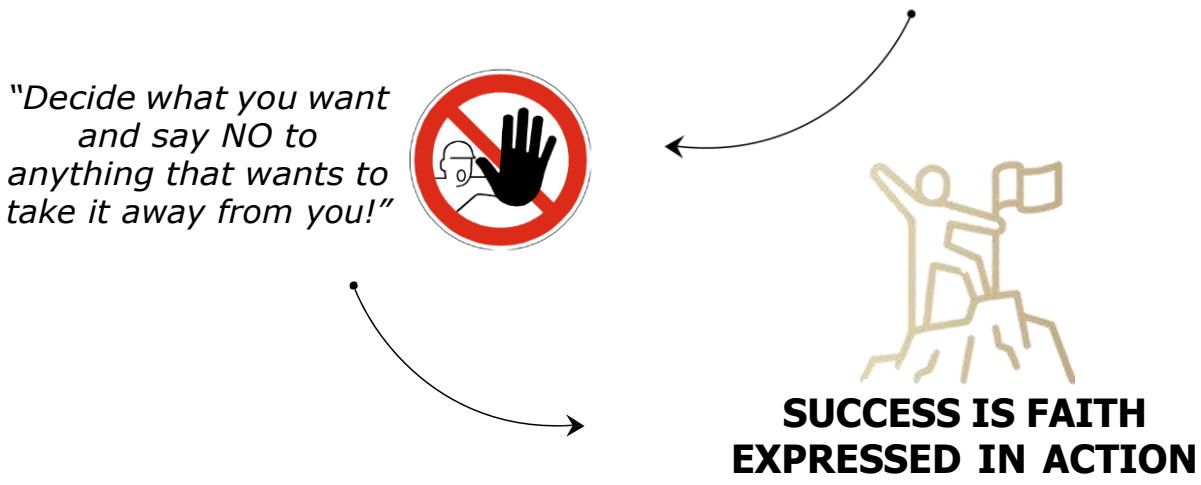
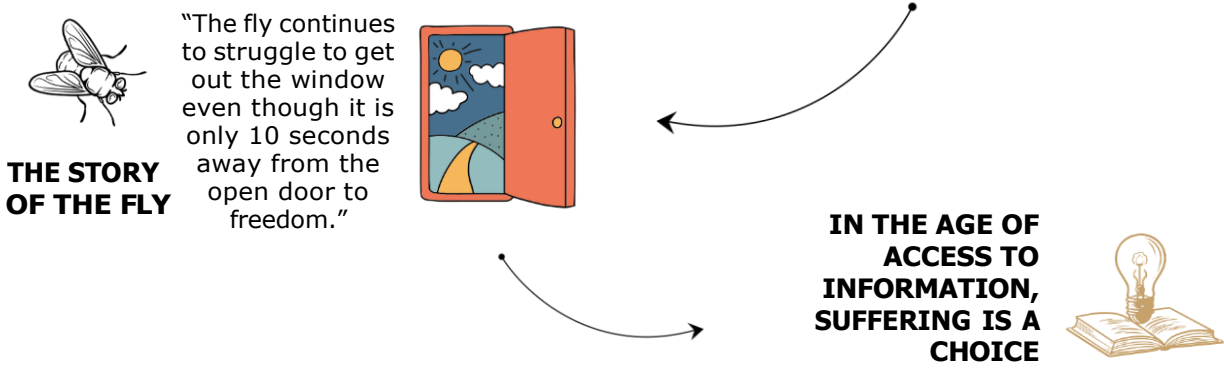
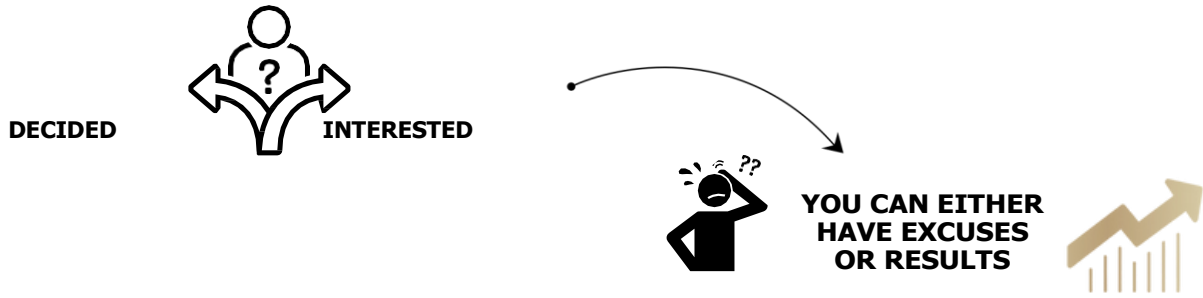
Do you feel like you're capable of achieving so much more, but don't know where to start? Do you feel stuck in the same place and don't understand why? Would you like to start fulfilling your dreams, but are afraid of failure? Would you like to discover your true path in life? Would you like to eliminate negative thoughts about yourself?

Lets Talk



WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT  
HOW YOU CAN MOVE FORWARD IN LIFE.

**SUMMARY**  
**DAY FOUR OF THE CHALLENGE**  
**TAKE THE FIRST STEP**



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# DAY 5

FRIDAY | Noon

## Stay On Track To Reach Your Goal

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### 1. Reconnect With Your Goal

- What is the specific goal I am committed to achieving?
- Why is this goal deeply important to me?
- Who will I become as a result of achieving this goal?
- What would it cost me emotionally, financially, or personally if I quit?

### 2. Strengthening Your Self-Image

- Do I truly see myself as the type of person who achieves this goal? Why or why not?
- What beliefs about myself must change to stay on track?
- What is one new belief I am choosing to adopt starting today?
- How would the "version of me who already has this goal" think and act daily?

### 3. Daily Discipline & Habits

- What are the 3 most important daily actions that move me toward my goal?
- Am I currently consistent with these actions? If not, why?
- What distractions or habits are pulling me off track?
- What new daily routine will I commit to starting now?

### 4. Emotional Control & Focus

- Where is my attention most of the time—on what I want, or what I fear?
- What negative thoughts tend to pull me off track?
- What is one empowering thought I can use to redirect myself instantly?
- How will I bring my focus back when I drift?

### 5. Final Commitment Exercise

What is the *ONE decision* I am making right now about my future?

What will I no longer tolerate from myself?

What standard am I choosing to live by starting today?

Write a commitment statement to yourself:

# Clarity & Transformation Call

This is not a sales call—it's a *strategy + clarity session*.

Schedule your call here

This is a complimentary call, but it's not casual.

## **Book your complimentary Clarity & Transformation Call**

and discover exactly how to go from where you are... to the life you truly want.

### **On This Call, We Will:**

- ✓ Get crystal clear on what you truly want
- ✓ Identify what's been holding you back
- ✓ Uncover the hidden patterns limiting your results
- ✓ Map out a simple, powerful path forward

### **This Call Is For You If:**

- You're ready for real change—not just more information
  - You're tired of starting and stopping
- You know you're capable of more and are ready to step into it
  - You're open, coachable, and willing to take action

### **This Call Is NOT For You If:**

- You're looking for a quick fix
- You're not ready to take responsibility for your results
- You're unwilling to invest time or energy into change

If you're serious about creating a different result in your life...  
book your time now.





## **DO YOU FEEL IT'S TIME FOR A CHANGE?**

Do you feel like you're capable of achieving so much more, but don't know where to start? Do you feel stuck in the same place and don't understand why? Would you like to start fulfilling your dreams, but are afraid of failure? Would you like to discover your true path in life? Would you like to eliminate negative thoughts about yourself?

**[https: www.transformationalchange.ca](https://www.transformationalchange.ca)**

**WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT HOW YOU CAN MOVE FORWARD IN LIFE.**