



# Life Accelerator

## 3 Secrets to Getting Sh#t Done

***“Just F\*cking Do it!”***

- Dan Pena



## **Learning Outcomes:**

- **Learn the timeless tools to build superhuman confidence**
- **Become a consistent self-motivator using the GTD mindset**
- **Break the shackles of your excuses, your distractions and your fears by cultivating extreme ownership**

# Affirmations

An affirmation is a statement declaring that something is true. For this module we will be affirming your goals *as if they are true today*.

By practicing affirmations, you envision and create the future you want by stating that it already exists now.

## Exercise

1. Decide on one affirmation for your S.M.A.R.T. goal.

*Enter here...*

My personal examples:

*“I am proud of the 10,000 London Real Academy members because it empowers them to live up to the fullest potential in themselves, their relationships, and their businesses.”*

*“I am lovingly and assertively pushing Kaden, Gaby & Mariana to new levels of fulfillment and happiness through my actions and interactions.”*

*“I am a high value, extremely motivated executive who makes big, bold, motherfucking, decisive corporate moves” (my personal favorite)*

2. Speak your affirmations out loud in the morning for the next 7 days minimum.

## Getting Things Done

This section is all about overcoming procrastination. When we get clear on what we need to do next, reaching our goals becomes a lot easier.

### Exercise

1. Decide on the “next action step” you can take TODAY for your S.M.A.R.T. goal.

My personal examples:

**Goal #1: Execute a Million-dollar launch**

**Next Step: Survey the London Real audience on what they want. Sit down with my team on what product we should create. Contact someone in my network that has successfully done this kind of launch.**

Goal #2: Spend more time with my family

Next Step: Plan a weekly ballroom dancing class with my wife

What are your next steps?

*Enter here...*

2. Decide how you will “capture” your ideas. (See quick tip for possible tools)

3. Make a PROJECT for your S.M.A.R.T. goal

4. Write down a minimum of 3 ideas or “to do’s” you had today.

5. Organise your ideas over your project. Repeat this process every 24 - 48 hours.

## **QUICK TIP**

There are different tools available for taking notes. I personally recommend [Todoist](#). You can also use [Evernote](#), a notepad, sticky notes or a Word document.

## Extreme Ownership

People who practice extreme ownership do not obsess over things outside of their control. Instead, they focus on the few things they *can* control and take action in those areas.

## Exercise

1. What are you going to take ownership of your life starting TODAY?  
Be specific.

*Enter here...*

## QUICK TIP

If you don't trust yourself holding your ground, contact someone close to you and have him/her hold you accountable for your next steps.

## Questions for Module 2

What is your single biggest challenge when it comes to achieving your goals?

*Enter here...*

What will it cost you in the long run if you keep avoiding important tasks?

*Enter here...*

Imagine If you took extreme ownership on everything for the rest of your life, describe how your life would look like.

*Enter here...*