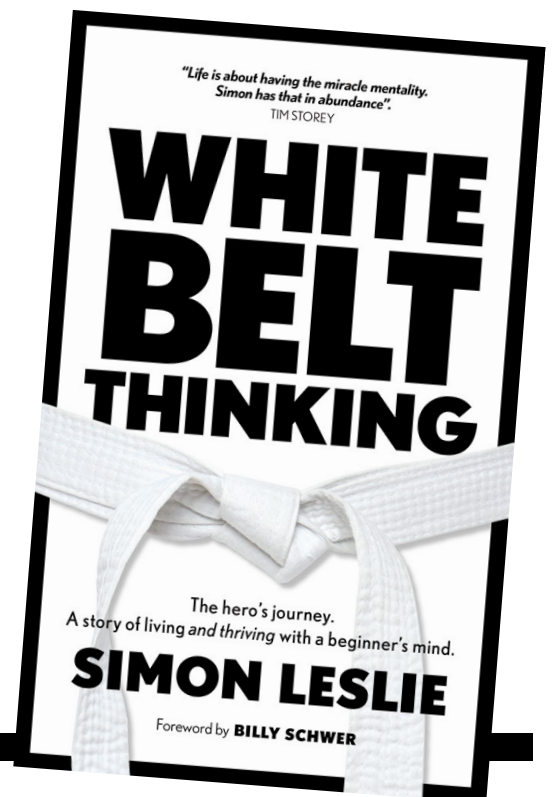

THE WHITE BELT THINKING TRAINING GUIDE

A
POSITIVE
FEEL
GOOD
FABLE

Welcome to *The White Belt Thinking* training manual. We are excited for you to begin the journey to uncover your best mentoring skills and start building stronger relationships.



Fair Warning

- This book is not a magic potion that you read once and expect transformation overnight... **YOU** must do the work!
- Greatness takes what it takes. You will get out of this what you put into it.
- Everyone wants to be great until they see what greatness requires.
- There are NO shortcuts to greatness.

The training manual will lead you through questions, exercises, and challenges helping you to push your comfort zones and making a consistent commitment.

In life we have facts and stories.... Be sure the stories are positive, and you don't dramatize the facts.

The best growth from this manual happens when you trust yourself and make the commitment to be vulnerable and share openly about your journey.

The most important exercise

Questions:

Write down what you want out of life?

Your goals, dreams and ambitions?

Where do you want to travel to?

Where do you to live?

What's stopping you?

Who believes or believed in you?

Who is holding you back?

Who gives you courage?

What do you need to achieve your goals?

What can you do now to ensure you don't slip?

Date:

No Fear

1. When have you been in a stressful situation and fear paralyzed you?
How did that feel? What thoughts raced through your mind?
How did you respond at that moment?

2. Explain a time when you did not take a risk and regretted it?
What prevented you from taking that risk?

How big is your belief

1. What unwavering belief do you have?

2. What do you believe in?

Where's your focus?

1. What can you eliminate to make yourself more efficient?

2. Who are you doing what you do for?

3. How can you improve your focus?

What's your plan?

1. What are the magic moments you want to create?

Excuses

1. What setbacks have you overcome?

2. What is one specific opportunity that setbacks robbed you of?

Thinking time

1. How often are you spending time thinking?

2. How are you going to improve this?

3. Have you paid any dumb taxes?
(The price for not knowing what you are doing)

Do what you say you will do?

1. What promises have you let slip?

2. What are you going to commit to as a result of reading this book?

3. Do you like the idea of Kaizen?

Planning time

1. Who is the best leader in your life and why?
Would you consider that they spend time planning?

2. How can you do a better job of “planning” for you and your team?

Don't be unkind

1. Think about how you speak to yourself and how you can improve the narrative?

2. Describe yourself in 50 words – and start living those words

3. How do you want to be seen by others?

Energy

1. When do you have great energy?

2. What do you do if the energy is off?

3. What is one intentional action you can make to improve everybody's energy?

4. What is an example of when you allowed the "Energy Vampires" to dictate your behaviour or your decisions? What could you have done differently in that situation?

Equanimity

1. Do you understand what this means?

2. How can you get yourself into this state?

Are you a professional or an amateur

(Winter will always ask you what you did all summer)

1. Do you know the difference in your behaviour?

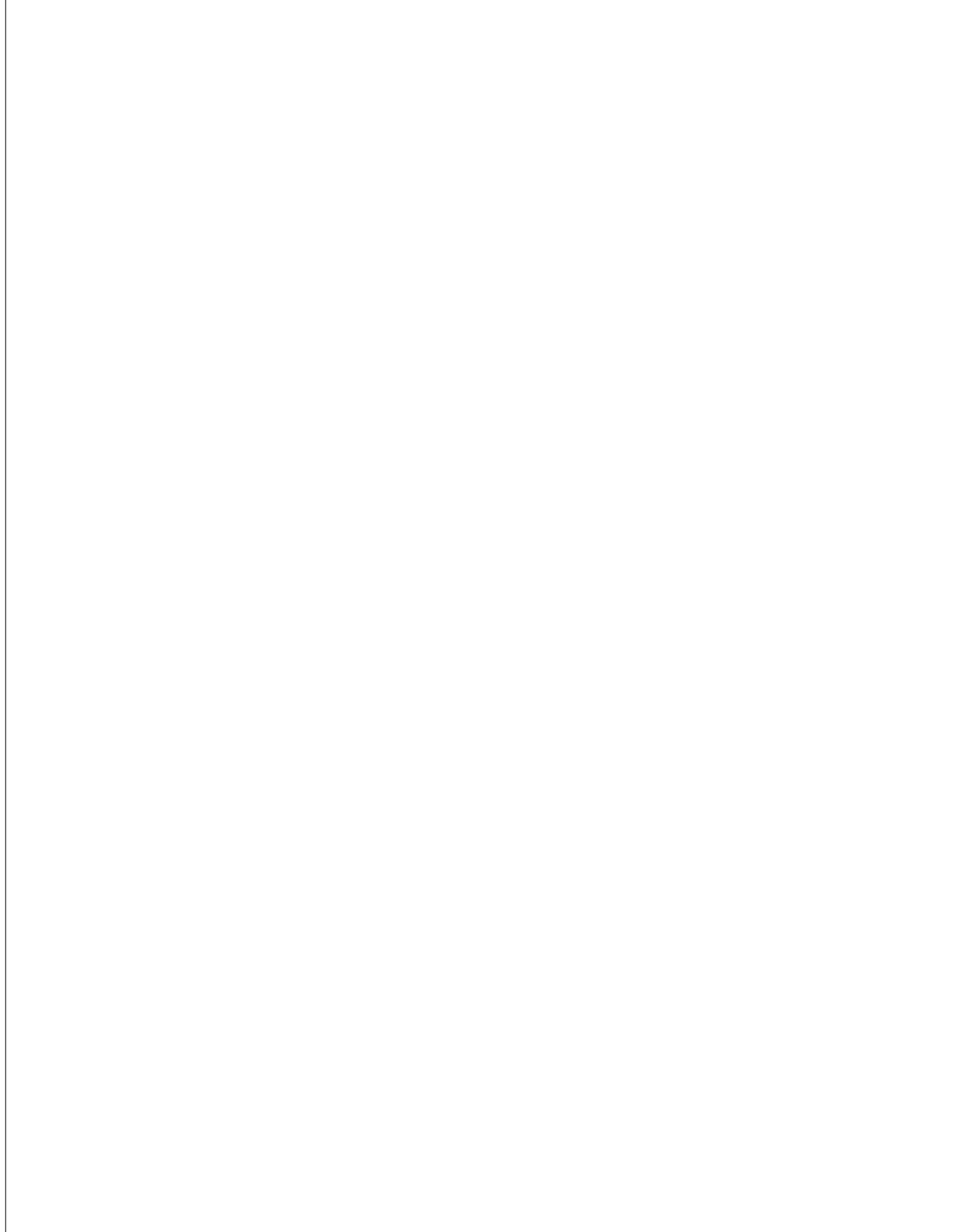
2. How are you going to keep yourself on point?

Giving back

1. Who and what causes are important to you and how are you going to help?

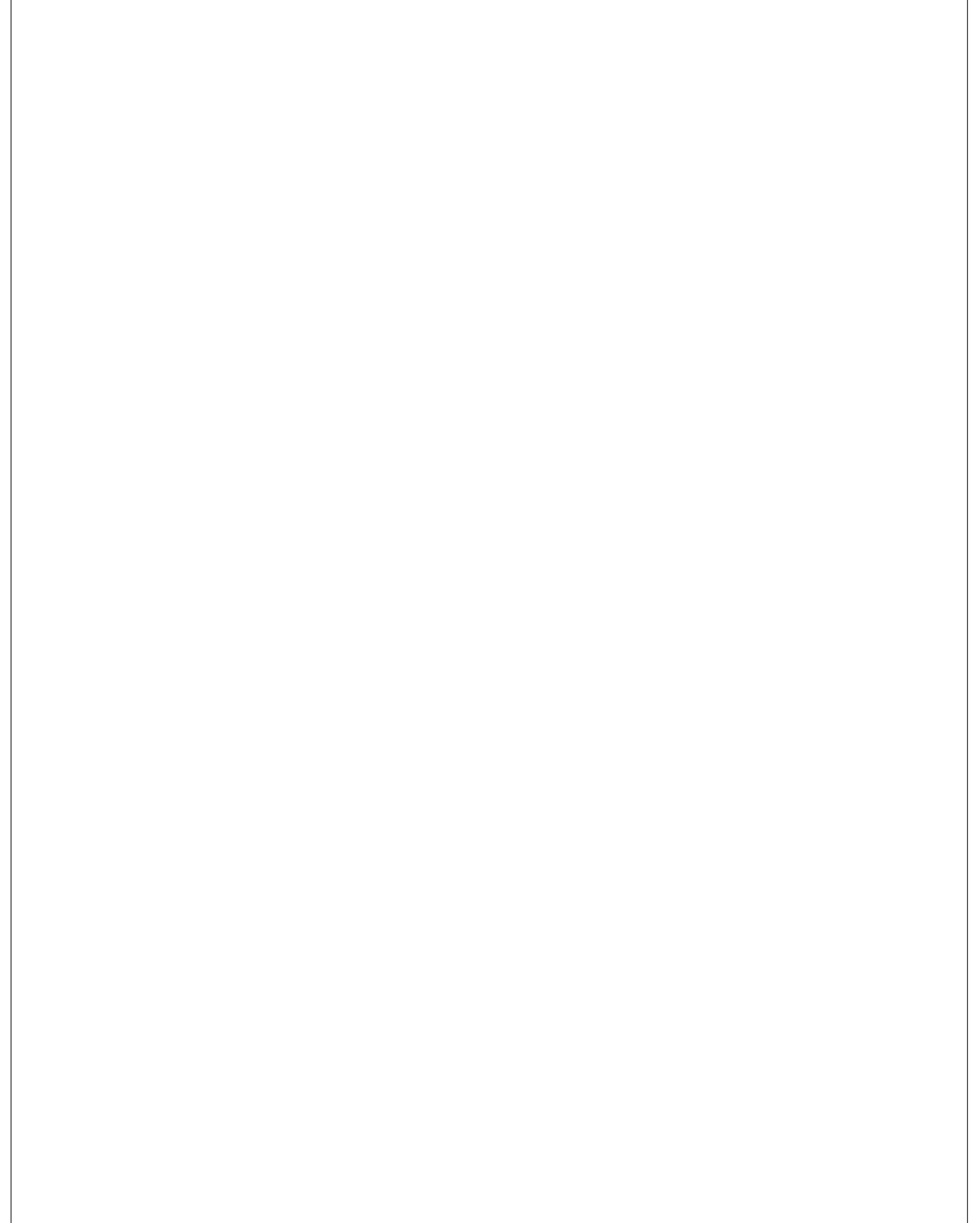
11/11

11 things you want to do



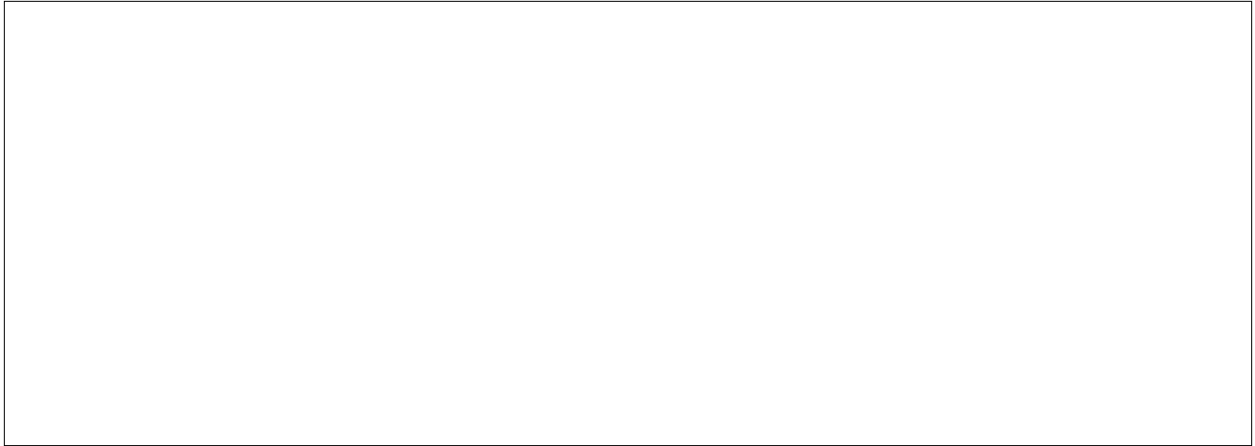
11/11

11 things that you appreciate

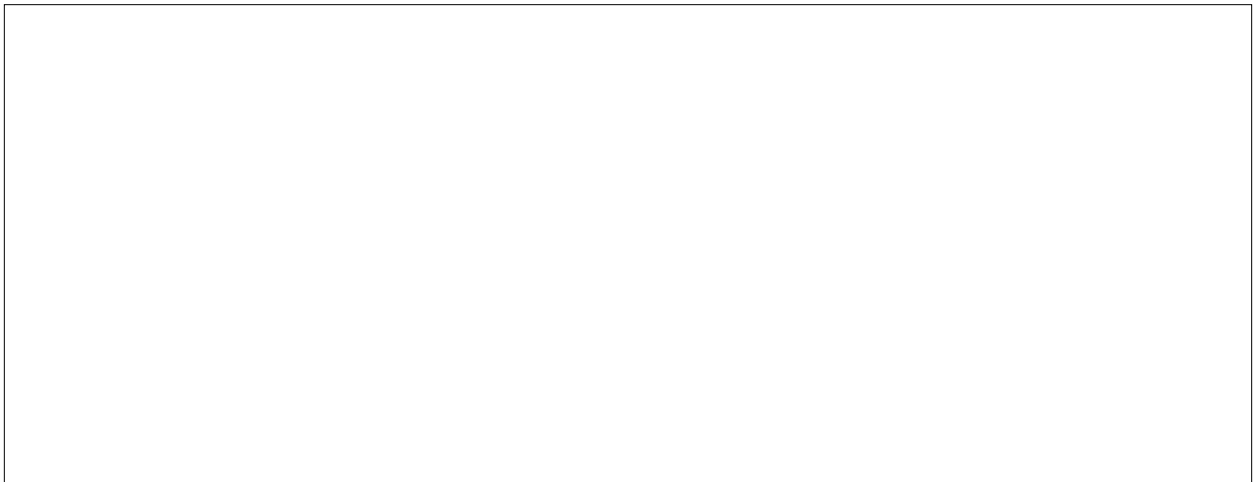


Gratitude

1. Create a daily habit of gratitude?



2. Write handwritten thank you letters?



3. Think about how lucky you are versus the whole population of the world, perspective is everything.

