

SIMI ARORA'S

START WITH PURPOSE

SKYROCKET YOUR GROWTH AND SUCCESS IN 2021

WORKBOOK



**This workbook is designed
to go hand in hand with the
START WITH PURPOSE: Skyrocket Your Growth and Impact
5 Day Program**



**Use this worksheet to dig deeper and introspect
on the areas of your life you want to consciously
improve on.**

**Let these pages remind you of your innate strength,
resilience, and capacity to create the life you truly love.**



DAY 1

YOUR CURRENT REALITY

Our old patterns of behavior are either taking us closer to our desired objectives, or they are pulling us away from what we want most. And if they are pulling us away from what we want the most, then we are obviously focusing on the wrong things. Therefore, unless we become aware of these patterns and work on them consciously, our goals will always remain out of reach.

1. Are you getting the results you desire to have in your life?

2. What behaviors, rituals, and/or habits might be letting you down?

3. If anything is possible, what would you wish to happen in the 90 days?

4. Are you able to hold yourself accountable or you need extra support to set up new habits and routines?

5. How would your life change if your desires come true?



“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

-Harriet Tubman



DAY 2

DISCOVER YOUR PURPOSE

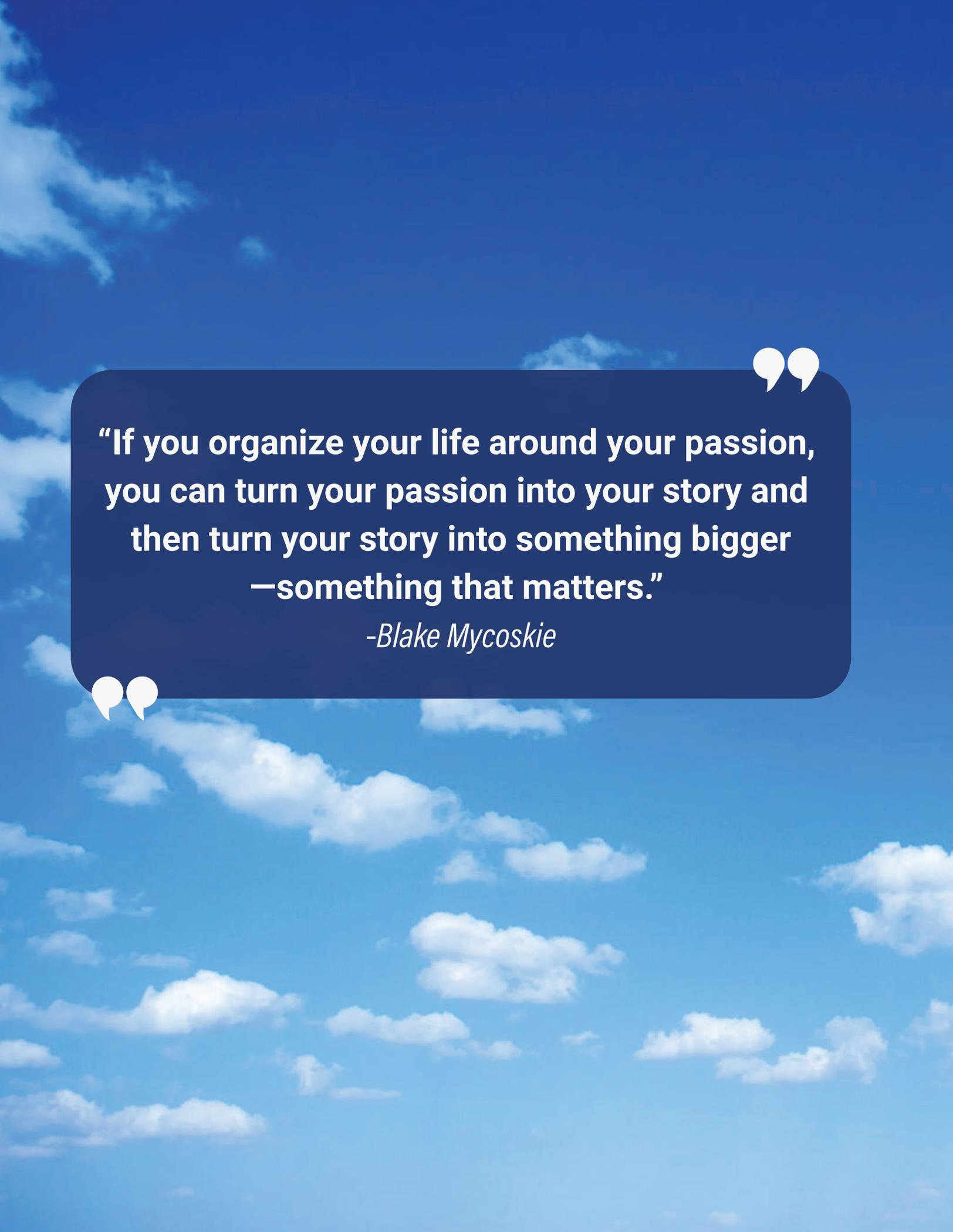
Without a life purpose, you'll continue feeling stuck, like you're moving in circles, watching as time continues to pass you by. A life purpose is like a compass, guiding you over life's path. Keeping you centered, focused and clear on what really matters to you and what you want from life.

1. What are your true passions? What makes you forget about the world around you?

2. What are you willing to struggle for?

3. In what areas have you continually served others or would like to serve?

4. What is the biggest challenge you overcame that you'd like to help others with?



**“If you organize your life around your passion,
you can turn your passion into your story and
then turn your story into something bigger
—something that matters.”**

-Blake Mycoskie

DAY 3

GOAL SETTING

Goals help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure, and you can't improve upon something that you don't properly manage.

1. What are my core values?

2. Where do I want to be in 5/10/20 years?

3. What daily, weekly, and monthly actions and habits can I adopt that will get me closer to achieving my goals?

4. Are the goals I am setting SMART? (Specific, Measurable, Attainable, Realistic & Time-bound)

5. What kind of support do I need to make accomplishing my 2021 goals possible?



If you go to work on your goals,
your goals will go to work on you.

If you go to work on your plan,
your plan will go to work on you.
Whatever good things we build end
up building us.

-Jim Rohn

DAY 4

MANAGING YOUR ENERGY LEVELS

The secret to personal freedom is accepting yourself and aligning your personal energy needs with the purpose of your work. Manage your energy, not your time.

There are 5 types of energies that you must manage effectively to generate high productivity, focus, and impact.

i.e. Physical Energy, Cognitive Energy, Emotional Energy, Spiritual Energy, and Social Energy.

1. List 3 things that you do each day to refuel your mental & physical energy.

2. Do you consider yourself operating as a high performer or you seem to get tired or bored quickly?

3. What have you done in the last 7 days to rejuvenate yourself emotionally?

4. According to you, what are your energy drainers?



“Ability to eventually accumulate less and less mental and physical stress will help you to have more energy for more positive things in your life, more important things, things which matter.”

-Usual Oddman

DAY 5

BUILD POWERFUL HABITS

Your success doesn't lie in your occasional moments of breakthrough or brilliance, but in the small things you do consistently day in, day out. In other words, your habits!

1. Is there a habit in your professional or personal every-day, that is not serving you well anymore?

2. What new habit would you like to build in the next 90 days?

3. IS THERE A SMALL ACTION I CAN TAKE RIGHT now to form the new habit?

4. Whom can you enlist to support you in this new behavior?

5. What are all the ways you will benefit from creating this habit?



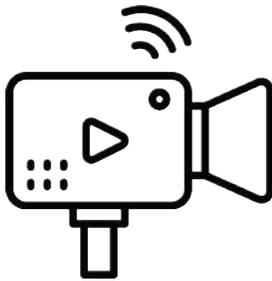
**“We are what we repeatedly do.
Excellence, then, is not an act, but a habit.”**

-Aristotle

Master Your Mind for Happiness, Success and Well- Being

Attain Self Mastery in every area of your life.

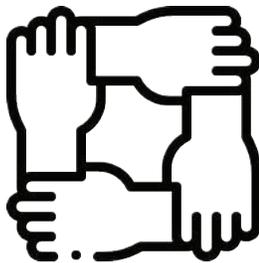
START YOUR SELF MASTERY JOURNEY



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Start with Purpose



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Emotional Intelligence



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**Sometimes the smallest steps in
the right direction end up being
the biggest steps of your life**

-Simi Arora



**Claim Your Power to Empower Your Mind
for Success & Happiness**
Simi Arora's Self Mastery Teaching

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