

7 Foundations to Achieve Anything

...so you can fire 'X' from your life.

With Vaughan Liddicoat & Nathan Hawken.

Welcome! We are so excited to bring this training series that has been specifically designed to push you away from mediocre results and pull you towards your higher purpose in life. Your destiny is far too important to be held back because of confusion, lack of confidence or not knowing the right steps to take. You have full permission to unleash your imagination and set your wildest dreams, desires and wishes free.

Once you have taken your ideas from your mind they no longer stay a mere fantasy - they now become a theory. We can then show you how to turn that theory into your new fact of life over the coming 12 months.

Take your first step by completing these exercises below now (love the process)

1. LOCK IT IN (DECISION)

Change and achievement starts from somewhere, and that somewhere is the idea that you want something else or something more but where most people struggle is turning that idea into more. What needs to happen after you have the idea is to decide to follow it. Decide to do more and to be more. Make the decision that you no will longer live how you are currently living and that you will do something to change it right now.

**“All winners make decisions quickly and change them slowly.
Those who lose make decisions slowly and change them quickly.”**

EXERCISE

Today I, (name) _____ am making this irrevocable
commitment to myself on date _____ to have, be or do the following
in the next 12 months:

BEST PRACTICE: Reinforce this decision by carrying it with you and reading it twice daily.

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2. MY 1st STEP

Once the decision has been made that things are going to change, there is only one thing to do. Figure out what the very first step you need to take will be. That is the only thing that needs to be thought about right now. Once that first step has been taken, then the momentum has started and you will move onto the much clearer second step. You don't need to know all the steps that you're going to take on the path to your goal or new life as they'll become clearer as you start moving towards them.

“You do not need to know all 99 steps to achieving anything.

Your job is simply to figure out that one-single-step you can take right now, where you are, with what you have.”

EXERCISE

The single step that I am in full control of and can take towards my decision above is:

1: _____

Now that I am thinking about it...I can probably also take these steps:

BEST PRACTICE: Buy a book or use Evernote and list out every possible thing you may need to do for your new decision, then you can simply take one step after the other. Keep listing as you go.

3. COMMITTED ACCOUNTABILITY (DEADLINES)

Accountability is key to any level of success, change and achievement. However, most accountability strategies fail. If this is something you have tried and failed at before, we have a proven model, that virtually guarantees you'll hit your goals, which you can follow in the [Achievement Club](#). Even the elite have strategies in place to make sure they stay on track with their goals and when you have your own accountability you drastically increase your productivity and motivation to achieve what you want to achieve much quicker.

“You can't do it alone. Accountability is the hidden tactic behind all high-achievers.”

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EXERCISE

I will find, hire or join, this person, club or community to help me pursue my goals and dreams:

BEST PRACTICE: Don't ask just anyone to help you. Find a tribe of like-minded people who actually want you to succeed as much as them and who will also hold you to your goals, increasing your success rates.

4. DAILY DISCIPLINES

Our daily habits and rituals are what prime us to take on each day full of energy, determination and high levels of motivation. If we start our day on the back foot and don't get ourselves in the right state, then we're setting ourselves up to fail. Through daily disciplines we condition ourselves to utilise our time and energy effectively to get more done and bring our goals closer towards us.

“Habits are automatic actions. All results reflect your habits.

Change the habit - change your life.”

EXERCISE

The number 1 habit that is holding my success back that I want to remove in the next 30 days:

The number 1 habit, that will free me to succeed, and that I want to develop is in the next 30 days:

BEST PRACTICE: Change only one negative habit by replacing it with one positive habit at a time over a 30 day period. Attempting to change too many things results in stagnation and high probability of no change.

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5. SKILLS (HONING YOUR CRAFT)

To level up in your life you have to level up in your skillset. To become the person, start the business or move up in career we want, we have to work on our craft and develop the skills that we need for the role. Your current skill set can only take us so far and the evidence will show exactly where it's brought you up to now. So we must begin working on and refining our skills so we are equipped to take on the new challenges that our change will bring us.

“Deliberate, daily practice to develop your skills in your chosen specialty is the difference between average and world-class results.”

EXERCISE

Every day, I am going to spend focused time on honing, crafting and developing this skill:

_____ which I know is the single most important ingredient to becoming a recognized leader in my field.

The time of day I am going to do this is: _____

BEST PRACTICE: Schedule this practice into your diary, with a reminder, for a set time every single day.

Also hiring a coach, expert or registering for a course is a great regular practice.

6. POSITION FOR OPPORTUNITY

It's time for you to get noticed! No matter what you want to change you must divorce old behaviours and groups, and start associating around the influences that will bring you closer to opportunity and growth. We are the sum total of our experiences and surroundings, and we become like the people and situations around us. When you position yourself around success and opportunity you are more likely to reach out and grab the opportunity when you see it.

**“Opportunity is everywhere but you must create the moment.
Position yourself in the right place, at the right time and then seize it!”**

EXERCISE

Each week I am going to pursue the following course of action to align me with the right people, situation or circumstance:

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I will have the following (information, pitch, flyer, offer, product, program etc) fully prepared and ready for that moment:

BEST PRACTICE: Seek out successful people in your field and “smart-market” yourself into their inner-circle by touching base with them monthly and asking how you can help them. Always be on the look out to help first, create an opportunity and then don't be afraid to ask for the business.

7. COMPOUNDING YOUR ACTIONS

Take action today! Right now! If we don't take action then the change we want to make is only a fleeting dream that will soon disappear. Action is the essence of success and anytime we take consistent action we amplify our results and crank up the momentum, ever increasing our capacity to do more, be more, work faster and bring what we want closer.

EXERCISE

TAKE INSTANT ACTION ON THAT 1ST STEP YOU WROTE DOWN.

BEST PRACTICE MINDSETS

DO NOT wait until “the time is right.” You only have this moment.

DO NOT wait until “you feel passionate about it.”

Passion is derived from the work and not the other way around.

DO NOT ask the opinions of those who do not have the results you want. Seek out those who have the results and can teach you how to do it, [click here to access those people and learn more.](#)

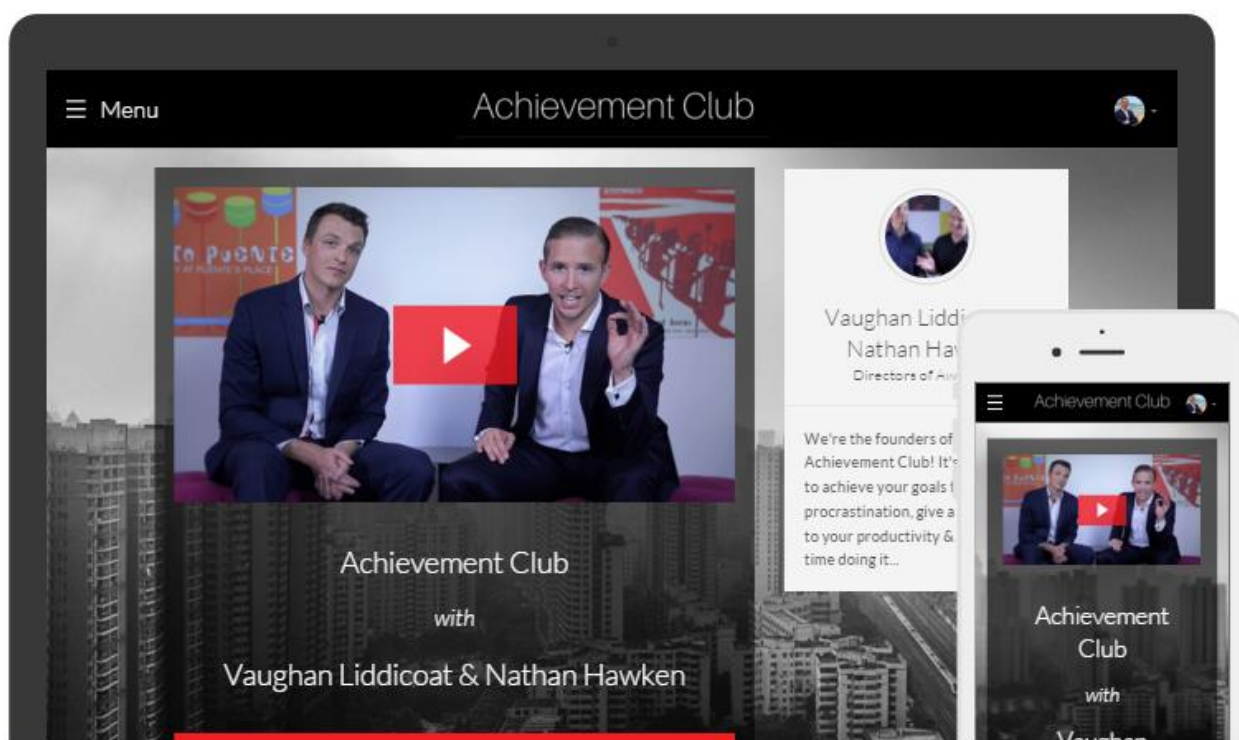
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Congratulations!

You've now successfully completed the 7 Foundations to Achieve Anything.

The next phase of your journey is now finding a tribe of like-minded people who will help you mastermind the challenges you're going to face, help you keep positive, energized and focused. Whilst supporting you until you reach the finish line and achieve everything you set out for yourself.



If you thought this training was high-value (and it was free) imagine what our monthly lessons, systems, PDF's, Mp3's and community of people will help you achieve!

Let us help you - [take the next step on your journey here with us.](#)

To your success,

Vaughan Liddicoat & Nathan Hawken.

Co-Founders of The Achievement Club Online

Questions? go@achievementclub.com.au