

# How to access inner power Power Leaps

Go through all the powerleaps and achieve your ultimate objective! With today's power leap, our purpose is to Discover your core weaknesses and how to convert them into your strengths Get ready!

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Power Leap 1: **Discover your core strengths**

Today's Power Leap: **Discover your core weaknesses and how to convert them into your strengths**

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Power Leap 3: **Face your fears, and learn how to demolish them**

Power Leap 4: **Discover what your ultimate objectives are in life**

MONTH TWO

Power Leap 5: **Discover the emotions that empower you!**

Power Leap 6: **Align your objectives to the emotions that empower you!**

Power Leap 7: **Power of meditation, and how you can use it for a better life**

Power Leap 8: **Define your beliefs about your life and about yourself**



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## MONTH THREE

**Power Leap 9: Stop resisting, start living. Discover what holds you back, and create a pathway around it.**

**Power Leap 10: Look for moments where you feel connected to yourself**

**Power Leap 11: Power of visualisation ? see and feel what you want to achieve.**

**Power Leap 12: Act and do things that make you feel connected to yourself**



# Discover your core weaknesses and how to convert them into your strengths

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30 Sec each

## INTRODUCTION

*When you begin your first week of Masterminds, following things are must!*

### Member Introduction

- What do they want to achieve through the participation of the Masterminds?
- What skills/ experiences/ resources do they bring to their group?

### Ground Rules

- Punctuality of the masterminds
- Stick to the format and allow others to talk
- Contribute to the masterminds, don't just be a spectator
- Get everyone to agree unanimously.

20 Mins

## THE HOUR OF DISCOVERY

*Your objective is to work on today's Power Leap :*

**Write down at least 3 roadblocks/reasons that stops you from solving this Power Leap.**  
(you can write more, but write at least 3)

🙄 Roadblock 1:

🙄 Roadblock 2:

🙄 Roadblock 3:



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# The Incredible You Mastermind: Structure

This is the blueprint of every mastermind you'll run.

1 Hour Total

## BRAIN X SESSION

*This is where your mastermind starts to come up with ideas to work on this week's Power Leap*

25 Mins

### Group Discussion

- Each member, based on their experience and knowledge, shares ideas on how they can work on the roadblocks mentioned earlier. Write down as many ideas for each roadblock as you can.

Roadblock 1

Ideas to work on this roadblock



Roadblock 2

Ideas to work on this roadblock



Roadblock 3

Ideas to work on this roadblock



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1 Hour Total

## BRAIN X SESSION

*Now it's time to shortlist the ideas*

10 Mins

### Prioritize & Shortlist

- Go back to your idea page, prioritize and shortlist top 3 ideas for each roadblock. Take help of your mastermind. At the end you should end up with top 3 ideas for every roadblock.

*Circle out the ideas that you shortlist*

20 Mins

### Action Plan

- For every idea you've shortlisted, think of a way how you can make it happen? How can you achieve that idea? Try to be as specific as you can when you think of ways of achieving these ideas.

05 Mins

### Refine with accountability

- Remember, next week when you come back to the mastermind, you will share how you implemented these ways to achieve the ideas you shortlisted. Try to put as many ideas into practice as you can.

**When you come the following week**  
Go through your this week's mastermind blueprint with your mastermind group and share your breakthroughs and achievements.

**On the next page, fill out your this week's mastermind blueprint.**









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# Mastermind Blueprint for: Discover your core weaknesses and how to convert them into your strengths

Fill out the columns below. This is your action blueprint. This is where your real breakthroughs lie. When you finish this mastermind, use this week to the fullest to make the most of this blueprint!

 Roadblocks	 Ideas to destroy the roadblocks	 Actions I will take to achieve these ideas
Roadblock 1		My actions Deadline:
Roadblock 2		My actions Deadline:
Roadblock 3		My actions Deadline:



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