

Simplify Workshop

DAY 1 WORKBOOK

Get Set Up for Simplifying Success!



Check out everything for Day 1 on the Workshop HUB page. (Click here to access).

Everything for this workshop is available for a limited-time.



Day 1 Workbook

Purpose

The purpose of this workshop is for you to build a system for incoming and active paperwork. With that system in place, your surfaces will be clear, and you'll have greater peace of mind knowing that you're not forgetting something important and you're not wasting time looking for lost information.

Workshop Schedule

Monday, January 12th - Day 1 (Video 1 and Live Q&A)

Tuesday, January 13th - Day 2 (Video 2 and Live Q&A)

Wednesday, January 14th - Day 3 (Video 3 and Live Q&A)

Thursday, January 15th - Day 4 (Video 4 and Live Q&A)

Friday, January 16th - Day 5 (Video 5 and Live Q&A)

Saturday, January 17th - Day 6 (Implementation day and Live Q&A)

Sunday, January 18th - Live Masterclass, 4pm ET - [Click here to register!](#)

Get Set Up for Simplifying Success

Key Concepts:

- Understanding why paper is so difficult
- Positive Power Statement

Action Steps

- 1- Make sure our emails are landing in your email inbox.
- 2- Stay up to date by subscribing to the calendar, signing up for texts, and understanding when things are happening in your local time zone.
- 3- Have this workbook ready to use!
- 4- Go through the 5 steps for your Positive Power Statement.
- 5- Come into our [Facebook Group](#), introduce yourself, and share your Positive Power Statement with us!

Included with this Workbook:

- Positive Power Statement
- Blank Positive Power Statement Pages (2)
- Notes Page
- Workshop Calendar
- Time Zone Info

Positive Power Statement

A statement that helps you feel in control, purposeful, and aligned with where you want to be.

Steps for Creating Your Positive Power Statement



1

STEP ONE - IDENTIFY YOUR CURRENT STORY/NEGATIVE SELF-TALK

Recognize negative words and phrases that keep coming to your mind.



2

STEP TWO - SWITCH TO A POSITIVE POWER STATEMENT

Create a Positive Power Statement to flip any negative self-talk.



3

STEP THREE - WRITE IT DOWN

Use a pen and paper for this.



4

STEP FOUR - HANG IT UP

Put your Positive Power Statement somewhere that you can see it frequently.



5

STEP FIVE - DAILY REVIEW AND REWRITE

Write and re-write your Positive Power Statement as many times as needed to re-train your brain.

Tips for writing a Positive Power Statement

- Focus on your vision
- Make it concise
- Use the present tense
- Build bridges as needed
- Keep it positive
- Include an action

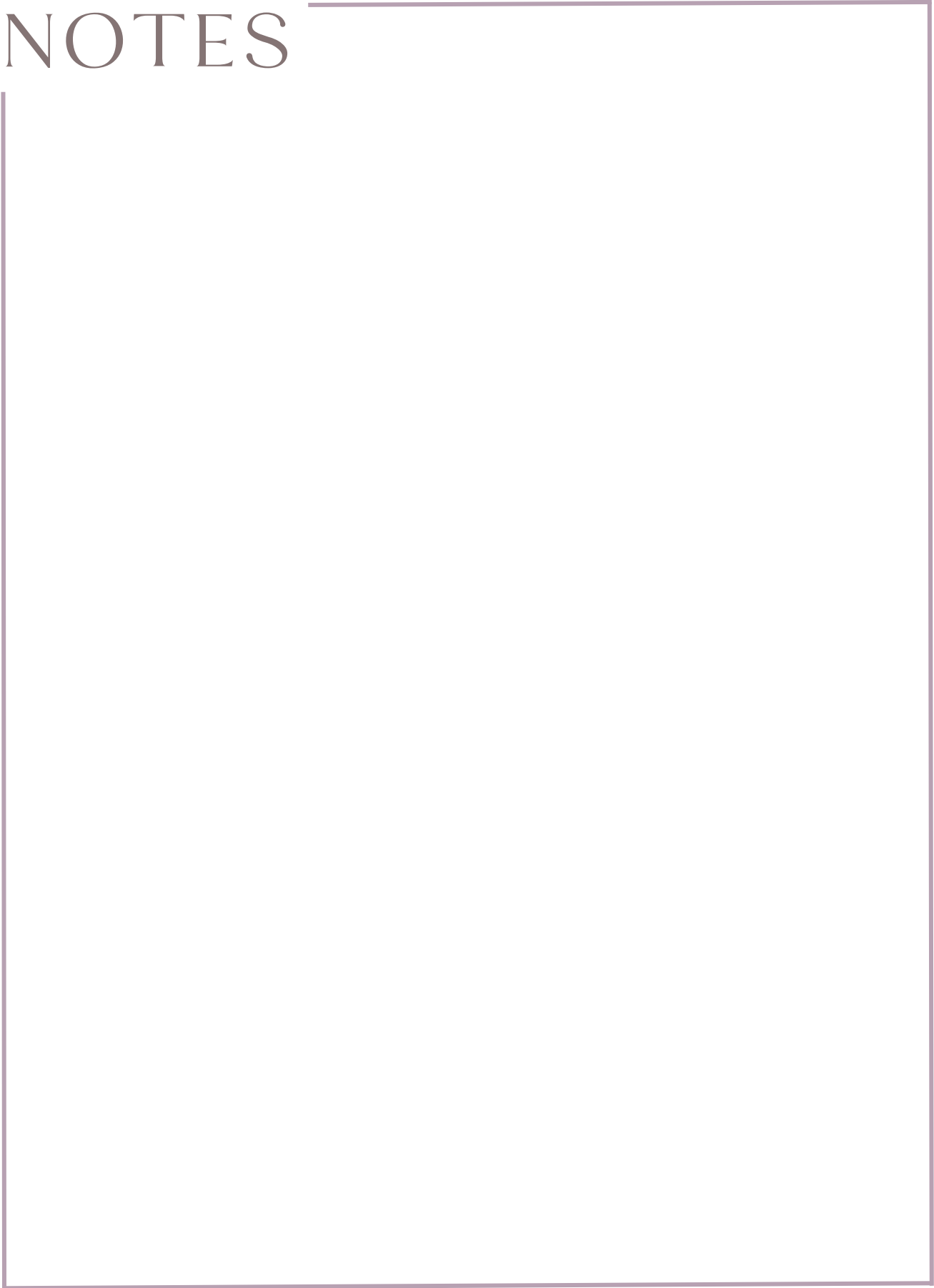
Positive Power

Statement

A decorative border of various flowers and leaves surrounding a central white space. The flowers are stylized with different petal shapes and centers, some with dots or patterns. The leaves are simple, pointed shapes. The border is composed of black outlines on a white background.

Positive Power Statement













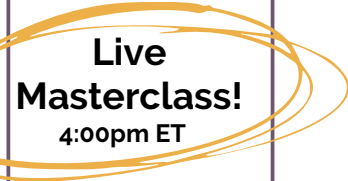


NOTES





The Simplify Workshop schedule

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January

11	12  Video 1 Release 9:00 am ET  Live Q&A 4:00 pm ET	13  Video 2 Release 9:00 am ET  Live Q&A 4:00 pm ET	14  Video 3 Release 9:00 am ET  Live Q&A 4:00 pm ET	15  Video 4 Release 9:00 am ET  Live Q&A 4:00 pm ET	16  Video 5 Release 9:00 am ET  Live Q&A 4:00 pm ET	17  Live Q&A 4:00 pm ET
18   Live Masterclass! 4:00pm ET	19	20   Success Stories 9:00 am ET 10:00 am ET 1:30pm ET 3:30pm ET 5:00pm ET	21	22	23	24

 **VIDEOS 1, 2, 3, 4, & 5** - Five pre-recorded training videos sent directly to your email inbox and found on the **Workshop HUB** page on the release date at 9am ET.

 **LIVE VIDEOS** - Hosted in our Facebook Group. Get extra support & ask questions. Replays available on the **Workshop HUB** page and in the Facebook Group.

 **LIVE MASTERCLASS** - A special 1-hour LIVE training + Q&A! No guaranteed replay. Register at <https://simplifydays1.lpages.co/free-masterclass>

All resources are available for a limited-time. Find updates and links in your email inbox & on the Workshop HUB page.



Time Zones

We have people from all around the world participating in the Simplify Workshop. We've provided an example time zone guide for you.

We created this to help you know what time things are happening in your part of the world.

Everything we send out will be in Eastern Standard Time (New York).

[You can also click right here to check out our favorite online time zone converter.](#)

Time Zone Converter	
Eastern Time Zone	4 pm
Pacific Time Zone	1 pm
Central Time Zone	3 pm
Western European Time	9 pm
Central European Time	10 pm
Eastern European Time	11 pm
Australian Western Standard Time	5 am (1/19)
Australian Eastern Standard Time	8 am (1/19)

