Welcome to the “pre-training” season. Just like preparing for excellence in any sports or physical endeavor, you must begin now, during the pre-season, to condition and prepare yourself to succeed once the course work starts. In order to help you do that, I’ve prepared a simple exercise that I’d like you to start implementing the as soon as you join the Academy.

The following 2 pages are designed so that they can be printed out using both sides of one piece of paper and you will use one piece of paper for the entire week. If you’d prefer to print on one side only, or to use your own paper or journal that’s fine. Just make sure that you actually write the words by hand (not using a keyboard or computer). There seems to be a more powerful effect when your list is written or printed by hand.

Keep whatever paper and pen you are using right next to your bed, so you can do the exercise right before you go to sleep and first thing each morning. Its important to do this consistently, every single day. However, if you miss a day or time, just pick up where you left off, and get back started as soon as you realize you’ve missed an exercise.

For each of the 4 entries (4 in the morning and 4 each night) its important that you write the entire phrase: “I am grateful” and then complete the sentence. It will not be as effective if you simply write the list of things. There’s something powerful about writing the words “I am grateful” multiple times each day.

Next (this will get easier the more you do it) list 4 different things each time you do the exercise. So for example if you write “I am grateful that I have enough to eat”, you won’t be able to list that one again for the next 90 days. Instead you might say “I am grateful for the amazing lunch I had with my sister today – she always makes me laugh”. Be as specific as you can, and look for things (big or small) that you can be grateful for each day. Remember, you need to list 4 things that you haven’t listed before, every time you do the exercise.

Try to feel a sense of gratitude as you are writing your items down, its important to spend the 5-10 minutes focused on the task and not being distracted or “rushing through”. Focusing on getting your conscious and subconscious mind on feelings of gratitude makes it easier for more of the good things in life to find you. As you know - “like things attract” in this magnetic universe we live in!

And, while its not enough to only focus on what you want in your life, if you do that while taking the correct focused actions (which I’ll teach you in the course-work) the 2 have a more powerful effect, than either one alone. Faith without works is dead. But likewise, sitting on the couch and meditating in the hope that your dreams will come true is a giant waste of time.

Get started on this exercise as soon as you get this – do it consistently for the next 90 days, and we’ll start very soon on the “work” that will bring your cleaning business success.
Monday: am 1. ________________________________________________________
2. ___________________________________________________________________
3. ___________________________________________________________________
4. ___________________________________________________________________
Monday pm 1. _________________________________________________________
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3. ___________________________________________________________________
4. ___________________________________________________________________
Tuesday: am 1. ________________________________________________________
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Tuesday pm 1. _________________________________________________________
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Wednesday: am 1. ______________________________________________________
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Wednesday pm 1. ______________________________________________________
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