

# MINDSET COACHING

ULTIMATE EMPOWERMENT  
BELIEF STACK - LESSON 2

MAKING PERSONAL  
GROWTH YOUR  
HIGHEST PRIORITY

# SUMMARY

In Lesson 1, we covered the 1st of 25 essential OS beliefs to equip your mindset for success: that [\*human potential is nearly limitless\*](#). In this section, we will continue by covering the next belief that will help increase the effectiveness of your actions. Together these building blocks will continue the process of optimizing your mental operating system so your behaviors are actually moving you towards your goal.

If you haven't already, be sure to check out Lesson 1 of this course to understand what we'll be building on top of going forward.

*\* This worksheet is designed to briefly outline key points from the videos and help build on what was taught. This is not a detailed summary of every point. For deeper explanations on each point, re-watch the videos and take notes! If you have any further questions, be sure to ask in the ITU community group.*

## PART 2: PERSONAL GROWTH SHOULD BE YOUR HIGHEST PRIORITY

Progress is what fuels and fulfills us as humans. To be and feel at our best, we need to know we are moving forward in life. That there is a point to all our efforts. To make the right decisions towards your progress, you first need to know what's determining your decisions-making.

The primary human drivers controlling your behavior are:

- **Acquisitiveness** - The reward of acquiring money, status, and things. The idea of moving up the hierarchy. It gives species incentives to strive for progress.
- **Autonomy** - The desire to not be a puppet on a string. We need some freedom to try things independently and make decisions on our own.
- **Meaning** - The need to understand why we are doing something. What is the purpose?
- **Significance** - How does what I'm doing matter in the bigger picture? What am I contributing to society?
- **Desire of Mastery** - Attaining a skillset that propels us forward.

It's your job to understand which drivers are motivating your efforts, and why. Blindly chasing something without question will lead to wasted time and disappointment. While on your journey of personal growth, remember the following to avoid getting stuck in a trap of unfulfillment:

**Divorce Yourself From the Outcome:**

Something to be wary of during the pursuit of mastery is never feeling truly accomplished. Becoming hyper-obsessed with the end goal can lead to a stressful, restless life. It can feel like you're not doing enough and never will.

While making personal growth your highest priority, make sure you value the path of progress over the outcome. Aim your drivers at a result that fulfills you as a human. That way, the journey is just as meaningful as a reward at the end.

**Progress Isn't Acquisition of the Meaningless:**

Money, sex, fame, or general "things" are additional incentives to growth. Bonuses for your development. These shouldn't be primary motivators for your actions. That type of mission always leads to an empty place where you realize those "things" don't really fulfill you. There will always be more things. Someone else will always have more things. Focus on growing by turning potential into skills. Those skills will empower you to keep looking forward in life like no item will.

**Progress Is a Self-Reinforcing Loop:**

To put it simply: the more your progress, the more you prove you can actually get better, which motivates you to keep doing it. The act of progress feeds back into itself, fueling growth over and over.

# 5 WAYS TO PREPARE YOUR LIFE FOR PERSONAL GROWTH

Before you can apply these principles, you have to adopt behaviors that allow you to handle everything a growth mindset demands of you. How will you execute during your journey if you aren't mentally and emotionally prepared to do so?

These are the 5 ways to transform your life for personal growth.

## STEP 1: MASTER PRIORITIZING

What is the most important thing you need to do to move forward? What's at the top of the list? As hard as it can be to choose, you have to decide on one and create a plan to accomplish it. Determine what your immediate goal is, and precisely what it takes to get there. Start prioritizing so you can take immediate action of what to do next.

Remember that your progress is measured in units of time. You only have so much of it in your lifetime, and none of it is guaranteed. Don't waste your time by moving without intention, or even worse, standing still. You learn by doing, not thinking.

## STEP 2: LEARN THE POWER OF NO

Accepting that you can't do everything forces you to focus on what really matters to you. You need a clear-cut, obsessive focus to progress in life. Say no to things that don't align with your priorities to prevent sidetrack missions from derailing the path to your end goal. Be firm and unapologetic about it.

## STEP 3: MANAGE TIME ACCORDING TO YOUR PRIORITIES

Some practical ways to manage the time put towards your priorities include:

- Creating an important things list
- Writing down your exact goals down
- Scheduling time for learning and practice
- Focusing on what needs to be done one thing at a time

## STEP 4: SET THE INTENTION

The only thing harder than prioritizing growth is remembering to take continuous actions towards the future you want. Keeping hold of this future vision and what it requires can quickly fade since your past, and current life is more immediate. Take actions to reinforce the future life you want. Remember what it means to you and what you need to do daily to attain it. Creating vision boards are a great tool to help with this.

## STEP 5: SHUT DOWN THE EGO AND ACTUALLY LEARN

It's impossible to grow without learning. Unfortunately, we often get in our own way when learning opportunities present themselves.

You need to be able to do these things to actually grow:

1. **Listen and learn** - always be open to a better way.
2. **Learn from anyone** - assume there is something you can learn from ANYONE.
3. **Embrace your mistakes and failures** - this is a significant source of learning. Don't protect your ego; look at every loss as a lesson.
4. **Embrace the truth of your personality** - know who you are so it's clear when to call yourself out, or cut yourself some slack.
5. **Embrace the truth of your current skillset** - know your current limits, and where you need to get to for growth to happen.

# Q&A TAKEAWAYS

## 1. How do you pull priorities out of an abstract goal?

Find out what you can actually do today. To get there, outline what your ultimate end goal is. From there, work backwards from each step until you get to a ground-level actionable item that is doable today.

## 2. How do you regroup after falling out of line of your priorities list?

Try meditation. The practice of reclaiming mental clarity and focus can help regain sight of your to-do list. Check out this Instagram post on how Tom meditates: [Link](#)

### Recommended Reading:

- *Essentialism - The Disciplined Pursuit of Less* by Greg McKeown
- *The Talent Code* by Daniel Coyle
- *Ego is the Enemy* by Ryan Holiday



4. Create Post-its to use as visual cues.
5. Tell people about your plans to create more accountability. Tell one friend in person AND post about it on the Facebook group.
6. TAKE ACTION towards your priorities **daily**.

# NOTES

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