

Workbook

# FROM COMFORT ZONE TO SUCCESS



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# INTRODUCTION:

## WELCOME!

Welcome and congratulations on purchasing this course and taking the first steps towards leaving your comfort zone behind for good!

If you're like most, you've set out to achieve goals in the past, whether it be to lose weight or get fit, to starting your own business, to gaining freedom and financial independence. You were probably a great starter, only to fizzle out and let it go. There have probably been moments where you've looked back thinking 'where would I be now if I just didn't stop?'. It's now time for you to become a great finisher!

This course and workbook are designed to work together to help you understand these past behaviors, change them, and create new ones.

Take the time to fill out the workbook sections completely when prompted by the video course. By watching and completing the video and workbook lessons together, you will not only understand the process better, but you'll be able to implement the systems to help you achieve your life goals as well.

Good luck and happy learning!

-Shane

*"YOU CAN MAKE LIFE  
HAPPEN FOR YOU, OR  
LET LIFE HAPPEN TO  
YOU."*

– SHANE PERRY.



# WHAT ARE YOUR GOALS?

WHAT ARE YOU TRYING TO ACHIEVE?

IT'S IMPORTANT TO LIST YOUR SHORT-TERM AS WELL AS YOUR LONG-TERM GOALS. USE THIS PAGE TO WRITE THEM DOWN.

## GOAL #1:

90-day

6-mo

2 year

## GOAL #2:

90-day

6-mo

2 year

## GOAL #3:

90-day

6-mo

2 year



# CULTIVATE YOUR GOALS:

CULTIVATING YOUR GOALS SIMPLY MEANS THAT YOU SURROUND YOURSELF WITH PICTURES, WORDS, ETC. THAT REMIND YOU OF YOUR GOAL, AS WELL AS THE END RESULT. BELOW ARE SOME EXAMPLES AND IDEAS TO HELP YOU.

## CREATE A DREAM/VISION BOARD:

I recommend that you to to [Pinterest.com](https://www.pinterest.com) and search "vision board", or 'dream board' to get ideas.

It's so critical that you are able to visualize yourself accomplishing your goals and being able to see the end result.

## WRITE DOWN YOUR GOAL AND SURROUND YOURSELF WITH IT:

It's vital that you put your goal in writing and support it with pictures, or any other type of visual that will keep you excited and focused on it.

Once you do this, you need to surround yourself with it. Put it on your bathroom mirror, in your car, in your purse or wallet, and anywhere that you'll see constantly.

## REMEMBER:

High-performance individuals and people that have learned to win are typically the only one's that cultivate their goals by writing them down and creating vision boards.

Don't expect anyone else to understand what you're doing. In fact, expect others to tease and even laugh at you. Remember, your goals and dreams will scare and threaten some of those around you. **KEEP GOING!**

# YOUR PARADIGM:

**A PARADIGM IS A THOUGHT SYSTEM THAT DRIVES OUR HABITS.**

**IT'S DERIVED FROM THE GREEK WORD "PARADEIGMA" WHICH MEANS A METHOD, SYSTEM, MODEL, OR PATTERN.**

**YOU FORM A PARADIGM THROUGH THE SET OF CONCEPTS YOU ACCEPT AND THE ACTIONS YOU TAKE REPEATEDLY.**

**YOUR THOUGHTS AND BEHAVIOR PATTERNS NOT ONLY FORM YOUR PARADIGM, BUT CREATES YOUR COMFORT ZONE AS WELL.**

**USE THE SPACE BELOW TO LIST SOME OF YOUR THOUGHTS, PATTERNS, SYSTEMS, AND MODELS THAT HAVE CONTRIBUTED TO YOUR CURRENT PARADIGM.**

**DESCRIBE / DEFINE YOUR PARADIGM:**



# CHANGE YOUR PARADIGM:

**IT'S IMPORTANT TO DEFINE YOUR IDEAL LIFE:**

**CAREER OR BUSINESS  
HEALTH & FITNESS  
INCOME & FREEDOM  
RELATIONSHIPS & OVERALL LIFESTYLE**

**CHANGE HOW YOU THINK:**

**BREAK OUT OF CURRENT THOUGHT PROCESSES  
ENVISION YOURSELF AS A HIGH-PERFORMANCE INDIVIDUAL  
ENVISION YOURSELF CHANGING YOUR LIFE  
SET GOALS & CULTIVATE THEM  
LOOK FORWARD TO THE CHANGES  
SEE YOURSELF AS THE PERSON YOU'LL BE**

**DESCRIBE YOUR IDEAL LIFE IN A STATEMENT OR A SERIES OF STATEMENTS:**

# THE MIDDLE-CLASS MENTALITY:

THE CONDITION THAT KEEPS SO MANY GOOD PEOPLE FROM ACHIEVING THEIR GOALS AND LIVING THEIR IDEAL LIFE.

FILL IN THE BOXES BELOW WITH EXAMPLES OF HOW YOU HAVE FALLEN INTO THE MIDDLE-CLASS MENTALITY.

## WHAT WE'RE TAUGHT:

## WHAT WE SAY:

## WHAT WE DO:



# THE COMFORT ZONE:

THE PRODUCT OF OUR PARADIGM AND OUR MINDSET THAT TRAPS US IN A STATE OF MEDIOCRITY.

OUR COMFORT ZONE IS BUILT WITH OUR ROUTINES, HABITS, AND MINDSET.  
PEOPLE DON'T LIKE DISCOMFORT, THEREFORE, WE NATURALLY RUN BACK TO OUR  
COMFORT ZONE WHENEVER SOMETHING DISRUPTS IT.  
JUST BECAUSE SOMETHING IS COMFORTABLE, DOESN'T MEAN THAT IT'S WHAT WE  
SHOULD BE DOING.

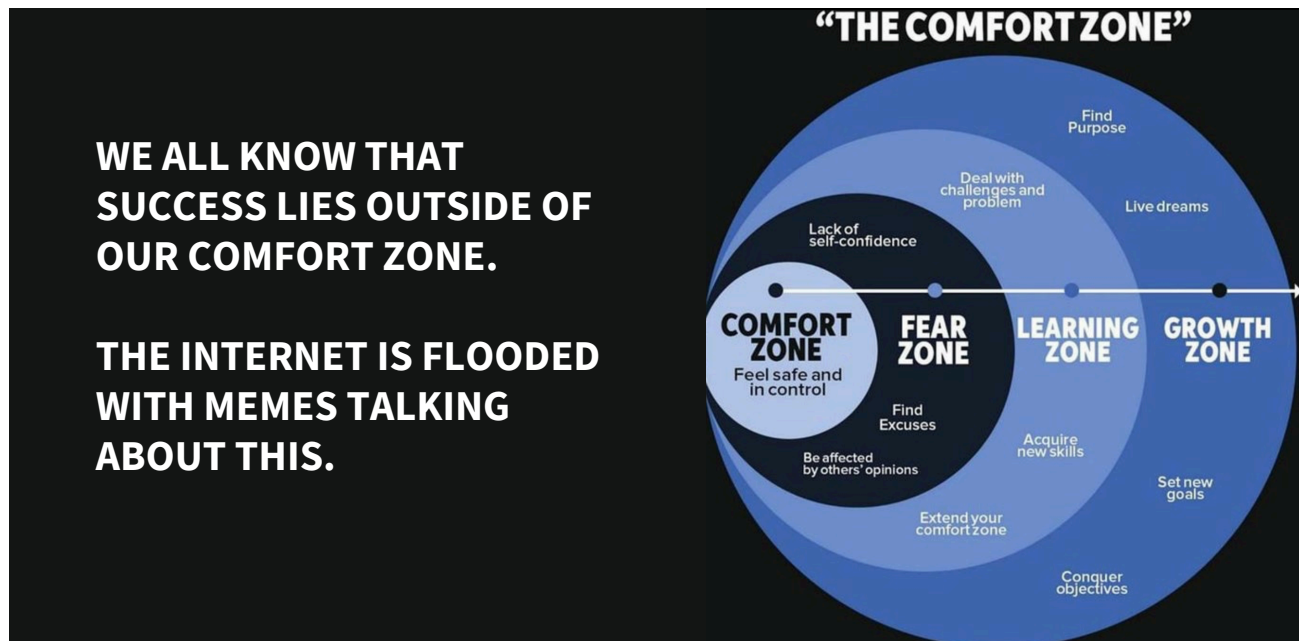
## DEFINE YOUR COMFORT ZONE: EXAMPLES

PROCRASTINATION  
LAZINESS  
FEAR OF REJECTION  
WORRY TOO MUCH ABOUT WHAT OTHERS THINK  
FEAR OF FAILURE  
THINK YOU CAN'T SUCCEED

DISTRACTIONS  
FEAR OF SUCCESS  
FEAR OF CHANGE  
LACK OF SELF-WORTH (UNDESERVING)  
UNSUPPORTIVE PARTNER  
TV / STREAMING / SOCIAL MEDIA

## DEFINE THE CHARACTERISTICS OF YOUR COMFORT ZONE:

# LEAVING YOUR COMFORT ZONE:



USE THE SPACE BELOW TO LIST EXAMPLES OF TIMES WHERE YOU SET OUT TO EITHER ACHIEVE A GOAL OR TAKE AN AREA OF YOUR LIFE TO THE NEXT LEVEL, BUT YOUR COMFORT ZONE GOT IN THE WAY:



# THE DISRUPTION FACTOR:

WHAT WE EXPERIENCE WHEN WE LEAVE OUR COMFORT ZONE TO ACHIEVE OUR GOALS AND TAKE AREAS OF OUR LIFE TO NEW LEVELS.

TO BREAK OUT OF OUR COMFORT ZONE AND LEAVE IT BEHIND FOR GOOD, WE MUST UNDERSTAND, OVERCOME, AND EVEN EMBRACE THE DISRUPTION THAT WILL OCCUR.

JUST LIKE WE DON'T LIKE TO BE UNCOMFORTABLE, WE ALSO DISLIKE DISRUPTION IN OUR LIVES.

THE PROBLEM, HOWEVER, IS THAT DISRUPTION ALWAYS COMES BEFORE SUCCESS.

## TWO COMMON EXAMPLES OF DISRUPTION:

### LOSE WEIGHT / DIET:

UNABLE TO EAT WHAT YOU'RE USED TO EATING

EATING AT DIFFERENT TIMES

HAVING TO EXERCISE

### STARTING A NEW BUSINESS VENTURE:

SOMETHING DIFFERENT

HAVING TO LEARN NEW SKILLS

WORRYING ABOUT WHAT EVERYONE ELSE MAY THINK

## THE CYCLE:



# PREPARE FOR THE DISRUPTION

THE KEY IS TO RECOGNIZE THE DISRUPTION AND EMBRACE IT. EVEN LOOK FORWARD TO IT.

MOST AREN'T AWARE OF THE DISRUPTION FACTOR, WHICH IS A BIG REASON WHY THEY FAIL.

IT'S IMPORTANT TO ANTICIPATE THE DISRUPTION THAT WILL OCCUR WHEN YOU SET OUT TO ACHIEVE YOUR GOALS. SOME OF THE MOST COMMON AREAS OF DISRUPTION ARE LISTED BELOW. CHECK THE ONES THAT YOU EXPECT TO ENCOUNTER ON YOUR JOURNEY.

## Diet

- ☐ Not eating what I want
- ☐ Eating food I don't like
- ☐ Urge to snack
- ☐ Not seeing results soon enough
- ☐ Losing focus
- ☐ Justifying
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## Exercise

- ☐ Scheduling it in
- ☐ Stopping due to soreness
- ☐ Struggling with motivation to go
- ☐ Procrastination
- ☐ Unsure what to do
- ☐ Too difficult at first
- ☐ Not seeing results soon enough
- ☐ Losing focus
- ☐ Justifying
- ☐
- ☐
- ☐
- ☐

## Business / Finances

- ☐ Fear of failure
- ☐ Fear of rejection
- ☐ Fear of what others may think
- ☐ It's 'different'
- ☐ Making the time to do it
- ☐ Learning a new skill
- ☐ Licensing
- ☐ Prospecting / setting appointments
- ☐ Setting up and sticking to a budget
- ☐ Less wasteful spending
- ☐ Losing focus
- ☐ Justifying
- ☐

## Other: \_\_\_\_\_

- ☐
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# DISRUPTION ALWAYS HITS BEFORE SUCCESS:

YOU WILL ALWAYS EXPERIENCE DISRUPTION BEFORE YOU SEE AN OUNCE OF SUCCESS.

BECAUSE MOST AREN'T PREPARED FOR IT, THEY GIVE UP AND RUN BACK TO THEIR COMFORT ZONE.

USE THE SPACES BELOW TO LIST THREE EXAMPLES OF TIMES WHERE YOU EXPERIENCED DISRUPTION AND YOU LET IT STOP YOU FROM PURSUING A GOAL.

**EXAMPLE 1:** \_\_\_\_\_

**EXAMPLE 2:** \_\_\_\_\_

**EXAMPLE 3:** \_\_\_\_\_

# REMINDE YOURSELF OF WHAT YOU'RE LEAVING BEHIND:

THIS IS AS IMPORTANT AS WRITING DOWN YOUR GOALS.

IT'S CRITICAL THAT YOU REMIND YOURSELF OF THIS COSTANTLY.

TAKE THE SPACES BELOW TO WRITE DOWN THE REASONS WHY YOU'RE SETTING OUT TO CHANGE YOUR LIFE. WHAT ARE YOU LEAVING BEHIND? BE DESCRIPTIVE.

**GOAL:** \_\_\_\_\_

**GOAL:** \_\_\_\_\_

**GOAL:** \_\_\_\_\_

# NEGATIVE MOTIVATION IS POWERFUL:

HOW AM I GOING TO FEEL / WHAT WILL I FEEL WHEN LOOKING BACK AND REALIZING THAT I DIDN'T DO IT?

MOST WILL FIGHT HARDER TO AVOID PAIN THAN TO GAIN SUCCESS.

USE THE SPACES BELOW TO DESCRIBE HOW YOU'LL FEEL IF YOU DON'T FOLLOW THROUGH AND ACHIEVE YOUR GOALS:

**IF I DON'T FOLLOW THROUGH WITH MY GOAL I WILL FEEL:**

**IF I DON'T FOLLOW THROUGH WITH MY GOAL I WILL FEEL:**

**IF I DON'T FOLLOW THROUGH WITH MY GOAL I WILL FEEL:**



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# MAKE A MENTAL GAME OUT OF IT:

BELOW ARE SOME MINDSETS AND QUOTES FOR YOU TO USE TO STAY FOCUSED AND ON TRACK:

*When you want to stop, just remind yourself that that's what most would do, and keep going.*

*What would most do? Now do the opposite...*

*Most won't do it. I will, and that's how I'll beat them and win.*

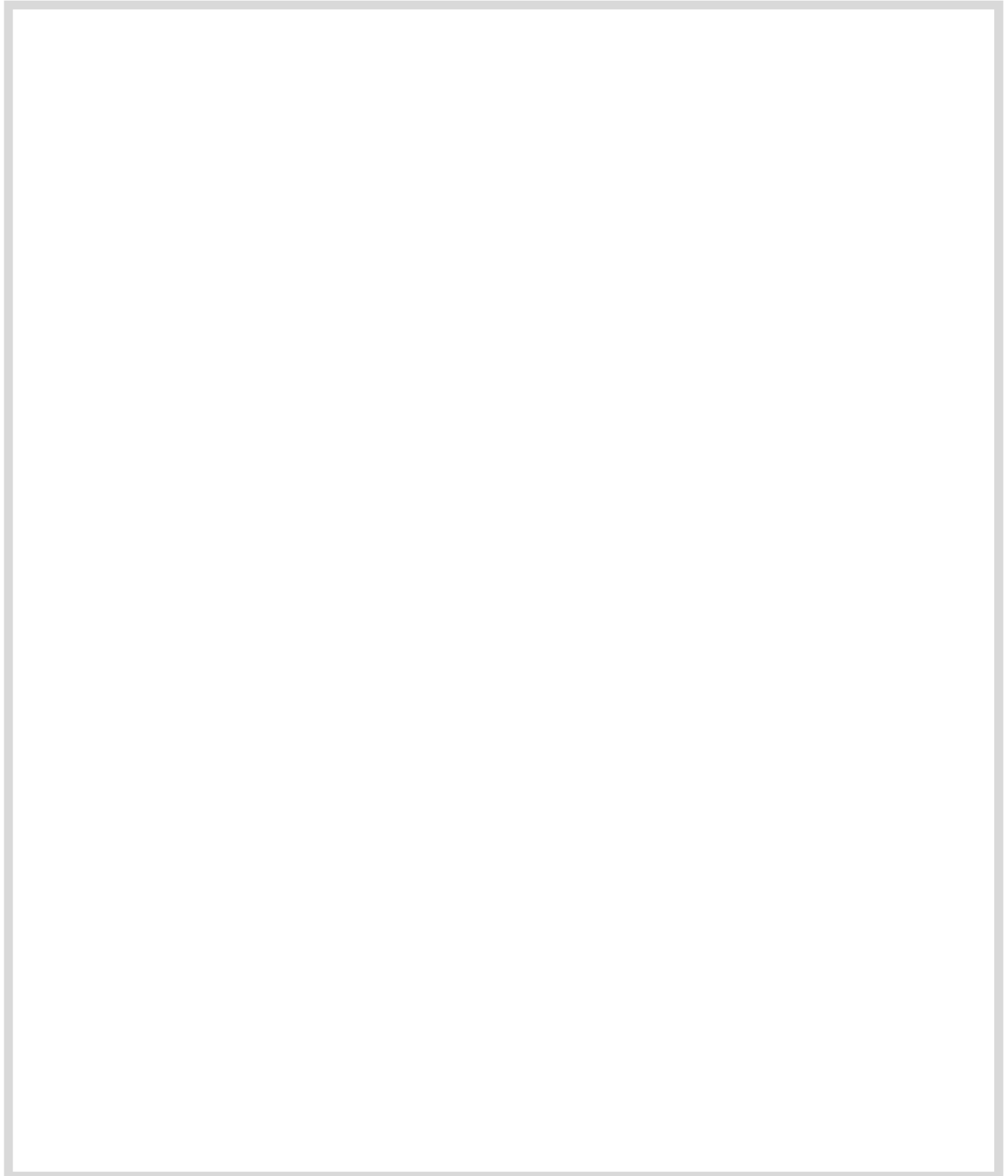
*"You can let life happen to you, or you can make it happen for you."*

*"I'm not where I want to be, but thankfully, I'm not where I used to be."*

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# MAKE A MENTAL GAME OUT OF IT:

USE THE SPACE BELOW TO ADD SUCCESS QUOTES THAT YOU LIKE TO USE:

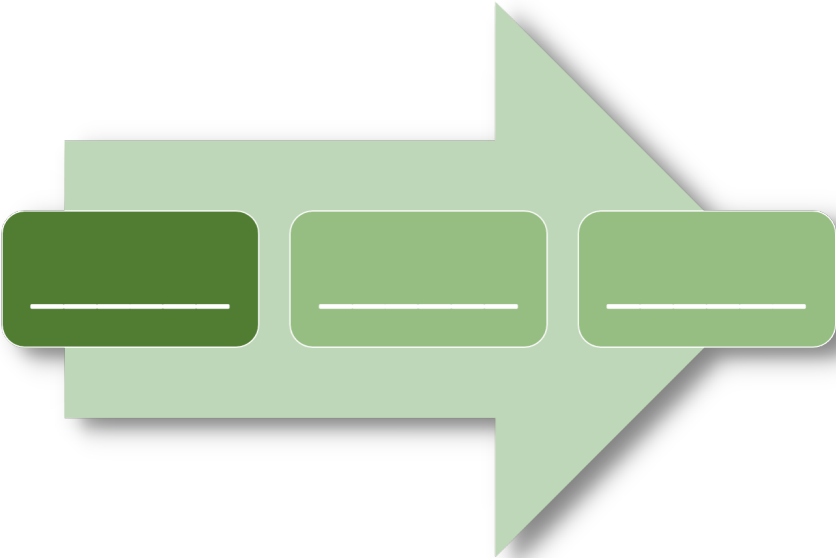
A large, empty rectangular box with a thin gray border, intended for the user to write down success quotes they like to use.

# CHANGE YOUR LIFE IN 90-DAY CYCLES:


LIST YOUR GOAL, THEN OUTLINE A 90-DAY CYCLE.

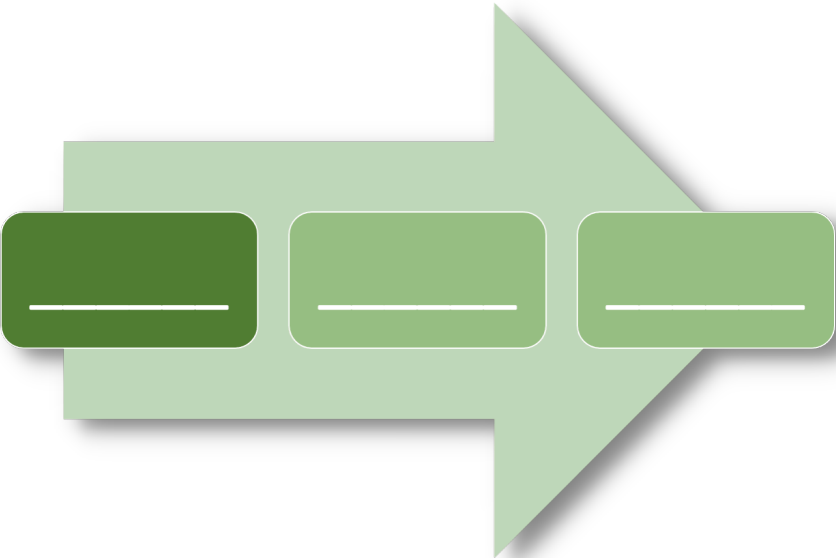
WHAT HABITS AND ROUTINES WILL YOU CHANGE TO ACHIEVE AND MOVE TOWARDS YOUR GOAL?

LIST YOUR GOAL AND THEN WRITE THREE HABITS / ROUTINES THAT YOU WILL CHANGE FOR 90 DAYS.




Goal





Goal

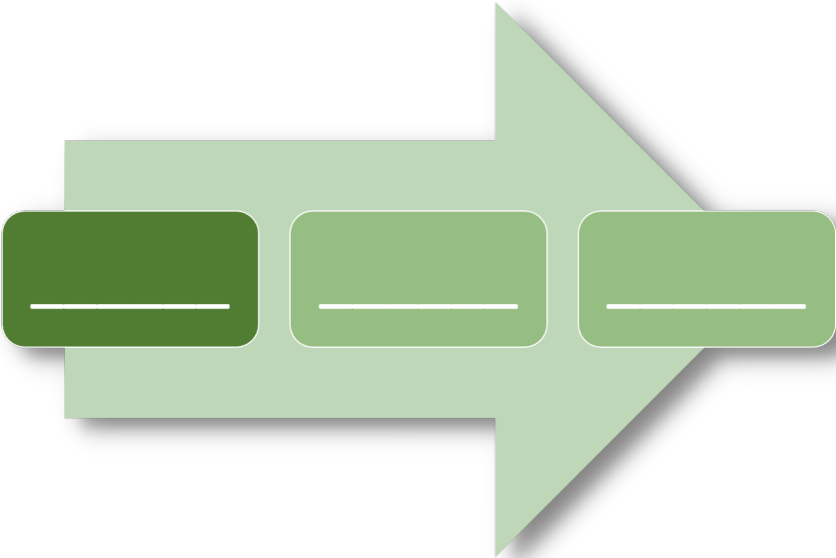


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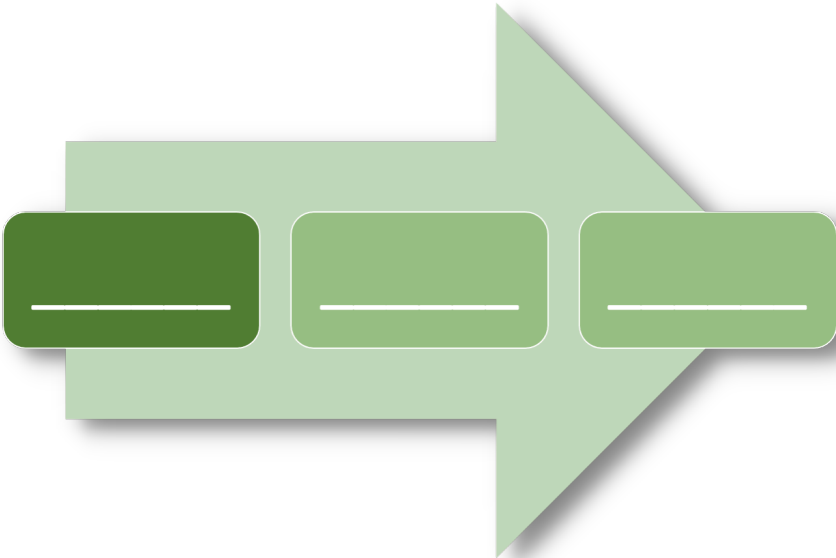
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Goal





Goal



# CREATE A NEW COMFORT ZONE:

BY CREATING NEW HABITS & ROUTINES YOU'RE CREATING A NEW COMFORT ZONE.

YOU'RE ONLY COMFORTABLE WHEN YOU'RE DOING WHAT IT TAKES TO ACHIEVE YOUR GOALS, AND YOU'RE NO LONGER COMFORTABLE WITH YOUR OLD ZONE AND HABITS.

USE THE SPACES BELOW TO DESCRIBE WHAT YOUR NEW COMFORT ZONE WILL LOOK AND FEEL LIKE WHEN YOU'RE ON TRACK TO ACIEVE YOUR GOALS.

**GOAL:** \_\_\_\_\_

**GOAL:** \_\_\_\_\_

**GOAL:** \_\_\_\_\_



# BRING IT ALL TOGETHER:

UNDERSTANDING EVERY COMPONENT OF THIS SUCCESS SYSTEM WILL HELP YOU CHANGE YOUR LIFE AND BECOME A STRONG FINISHER AND A HIGH-PERFORMANCE INDIVIDUAL.

FOLLOW ALONG AND USE THE SPACE BELOW TO WRITE DOWN NOTES AND ANY ADDITIONAL THOUGHTS AND ACTIONS.



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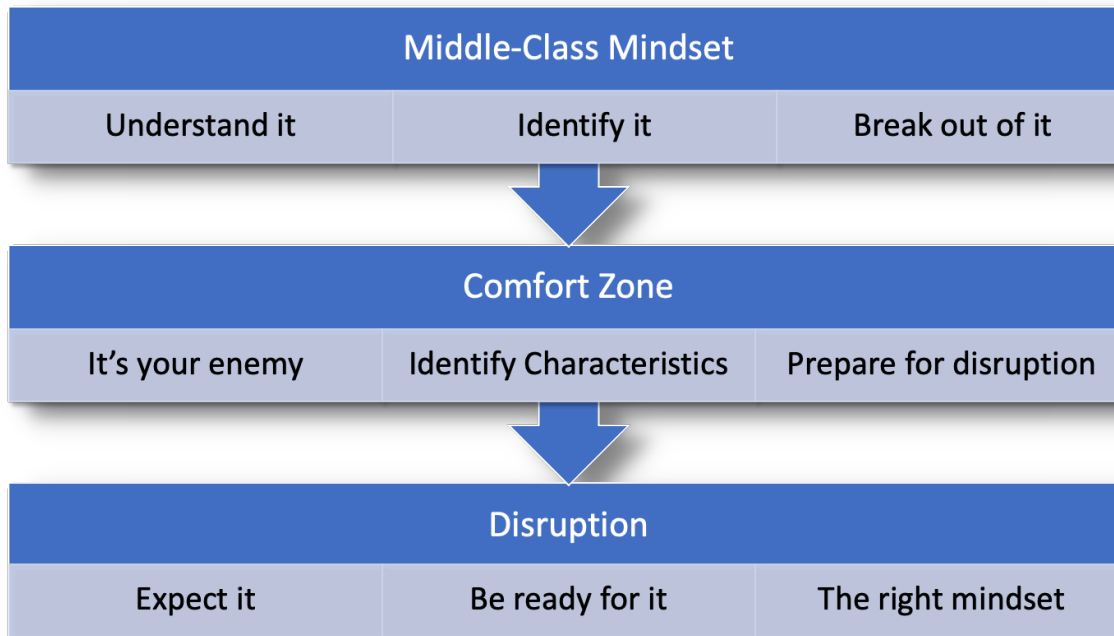
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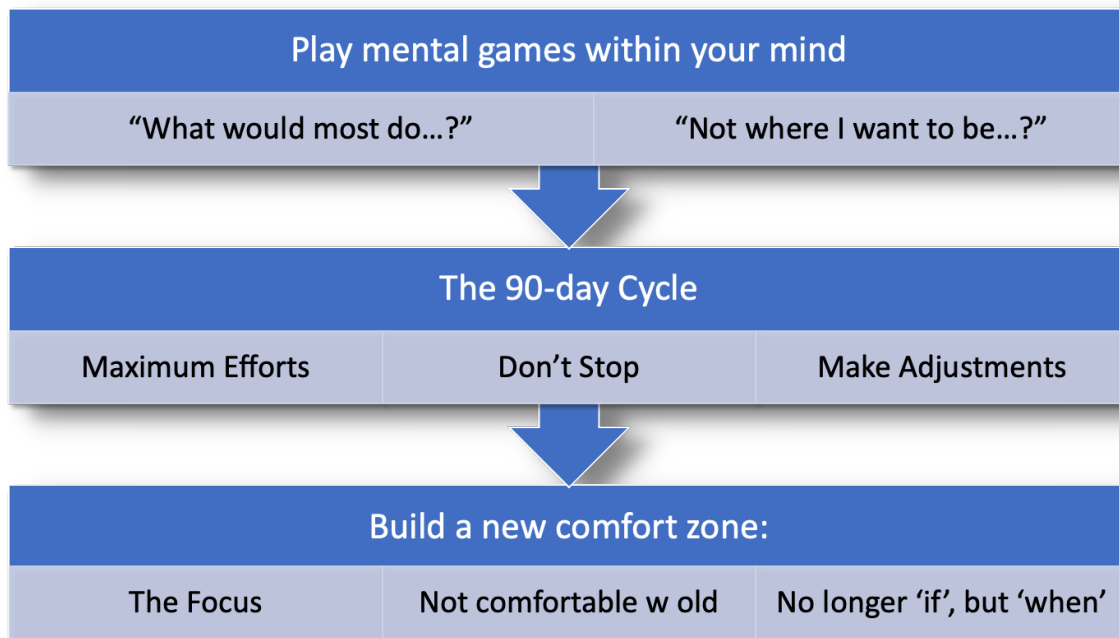
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# STAY CONNECTED:

IT'S IMPORTANT TO STAY CONNECTED AND PLUGGED IN THROUGHOUT YOUR JOURNEY.

I WOULD STRONGLY ENCOURAGE YOU TO JOIN OUR PRIVATE FACEBOOK GROUP AND ASK ANY QUESTIONS OR OFFER ANY SUPPORT OR SUGGESTIONS.

GOOD LUCK WITH YOUR JOURNEY!

Join our Facebook Group



SCAN ME

Instagram: @disruptionfactor  
@realshaneperry

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