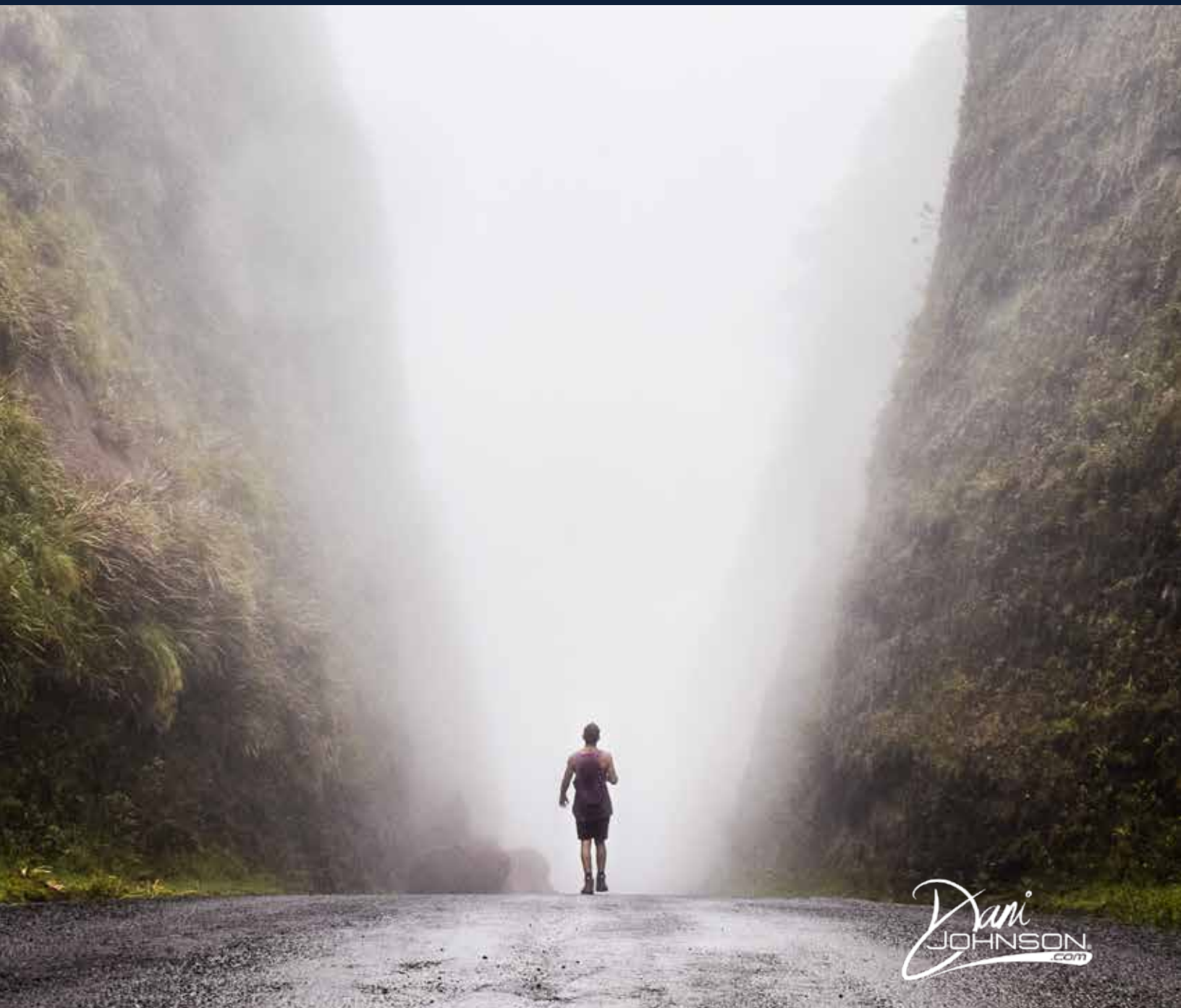


THE ART OF  
**BREAKTHROUGH**

SHARPEN YOUR VISION, CLEARLY IDENTIFY ANY OBSTACLES AND CREATE THE  
BREAKTHROUGH YOU NEED!



*Dani*  
JOHNSON  
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## **MEE T DANI JOHNSON**

Dani Johnson has led hundreds of thousands of people throughout the world with her expert teachings on business, money and relationships, all while adding more enjoyment and fun, so they may live the truly uncommon life. As a seasoned entrepreneur, Dani Johnson has become a multimillionaire many times over, is a best-selling author, internationally sought-after speaker and TV/ radio show host. She is regularly called upon by major media outlets for her expertise in business, finance, relationships and spirituality, including guest appearances on “The Oprah Winfrey Show/” “The View/” “Fox & Friends,” “Good Morning America,” “NPR, USA Today, Forbes, TheStreet.com, AOL Finance, “Fox Business News,” and Variety, as well as the season premiere episode of ABC’s Secret Millionaire. Dani is committed to helping you learn how to write the next chapter of your own life story!



# CAPACITY

**[Please Reference: Video 4 - Your Capacity For Success - Minute Mark 02:00]**

Do you often feel overwhelmed? That everything you have day to day is building pressure on top of pressure? That you are on the edge of your limit?

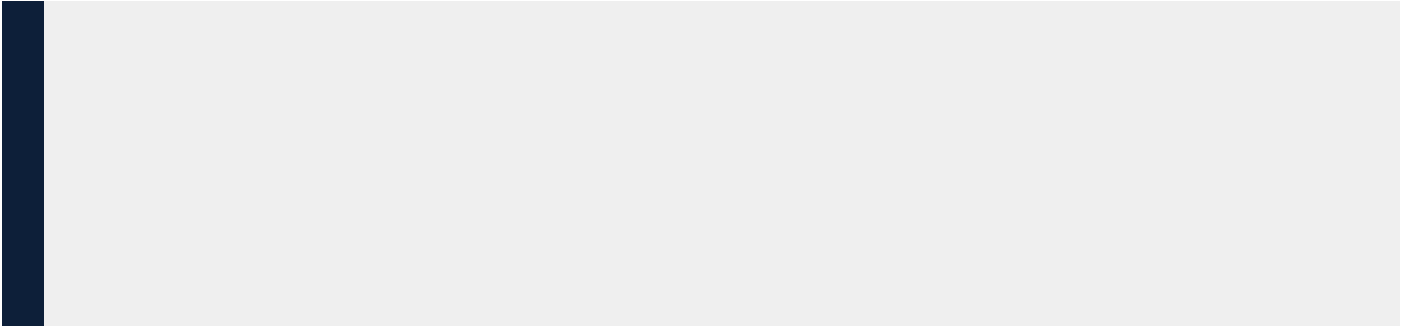
Do you have trouble sleeping? All the things that you have to get done are whirling through your mind stealing your peace. Frustration is building because there are so many things you still need to get done but the end of the day has already arrived. Then over-capacity starts affecting others in your life and the smallest things set you off.

If you just keep on adding more thing then only one result will happen: OVERFLOW. If you add one thing, then you have to add space by first taking things out. Give yourself margin.

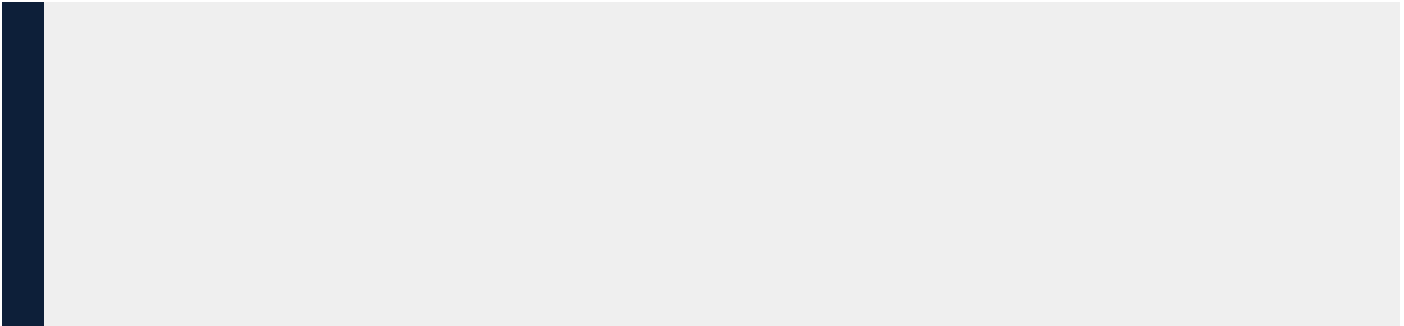
## **RELEASING THE PRESSURE**

Release the pressure by pin pointing what is going on inside yourself. Ask yourself the questions below and write out your answers.

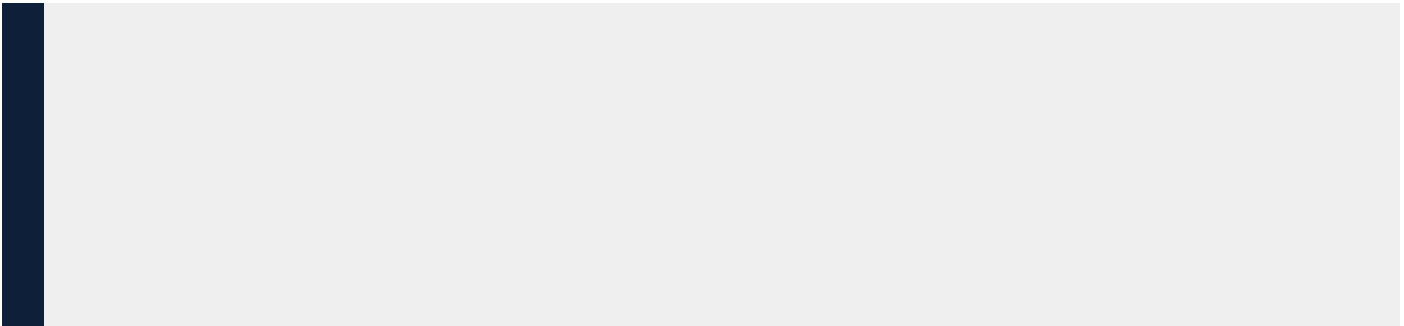
1. What signs of over-capacity do you have?



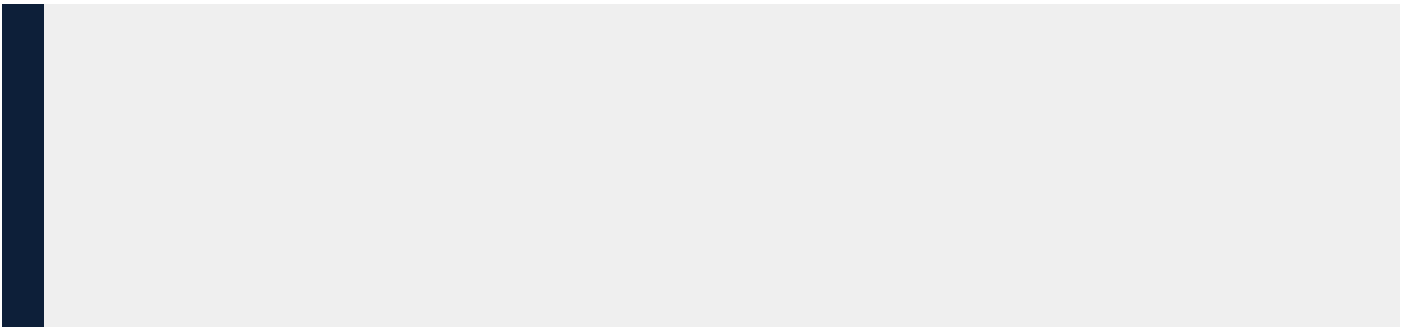
2. What are the most prominent emotions you feel throughout your day?



3. Who is your over-capacity affecting? Write down their names.



4. Where do you need to add margin into your life?



# CREATE WHITE SPACE

[Please Reference: Video 4 - Your Capacity For Success - Minute Mark 06:00]

To move forward you must purposely cut things out and say no.

The reason you overflow is because you don't have a clear vision or goal of where you want to go. Neither do you have a clear understanding of what really matters to you. You have to think in terms of balance and how to live it out. Capacity is knowing yourself, defining your priorities, understanding that you have 24 hours in a day, understanding your level of skill, and the maturity level of everyone involved.

Maturity takes time. You can not rush maturity. Your expectations of others are an indicator of your maturity. What are the expectations you have of the people in your life?

When you are setting goals and designing your life. You have to keep the whole picture in mind.

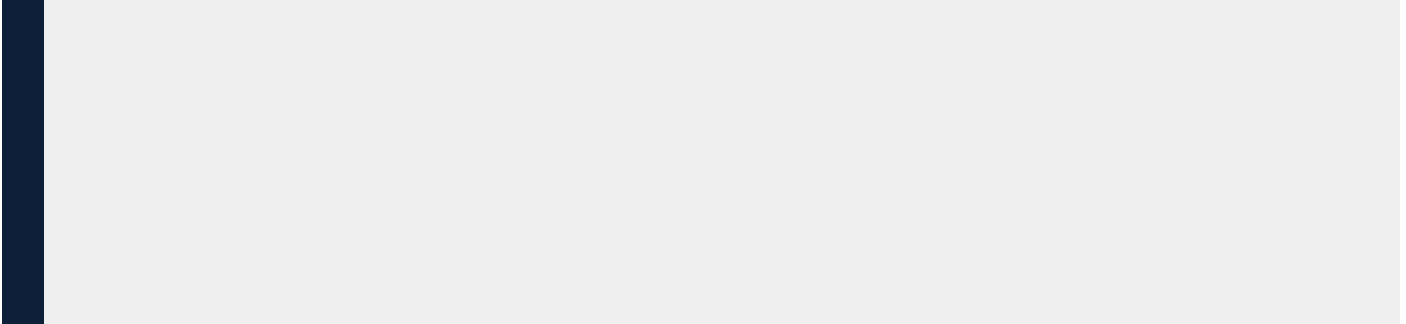
You have to create room before you take on new things.



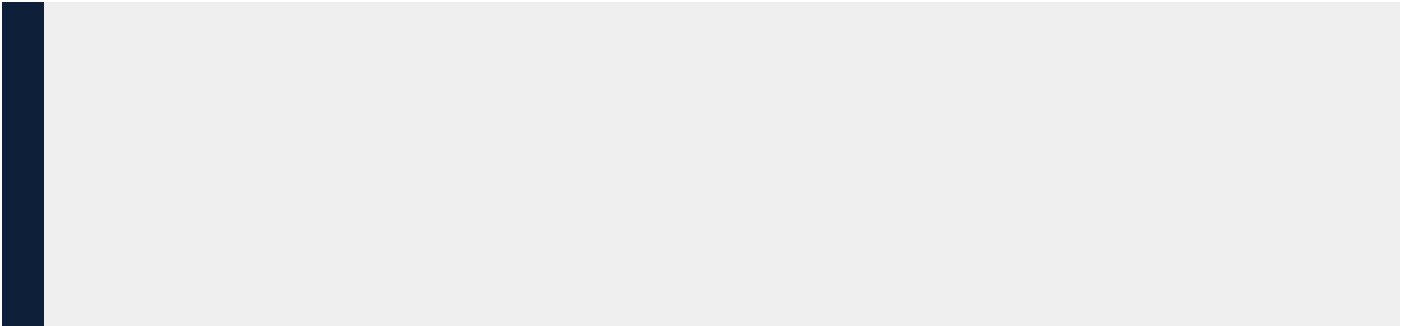
**LOOK INSIDE YOURSELF**

Create white space by taking time to process. Ask yourself the questions below and write out your answers.

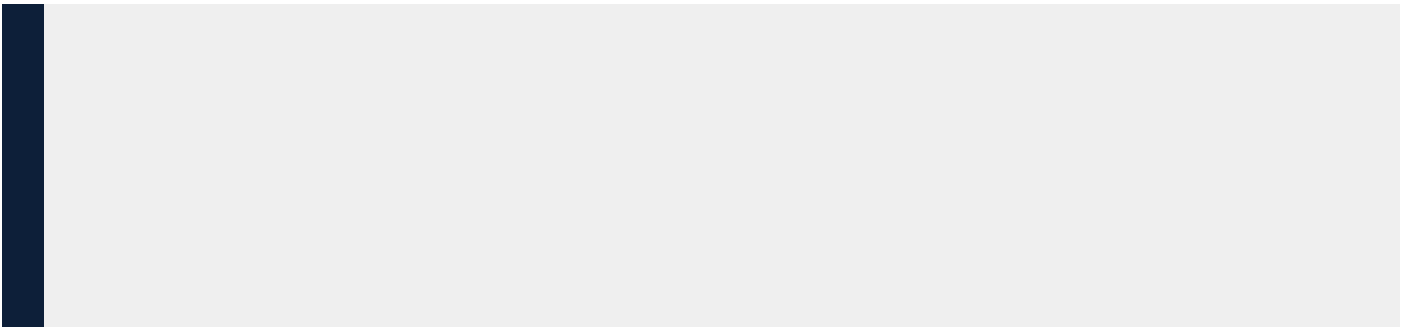
1. What fruit in your life do you really love?



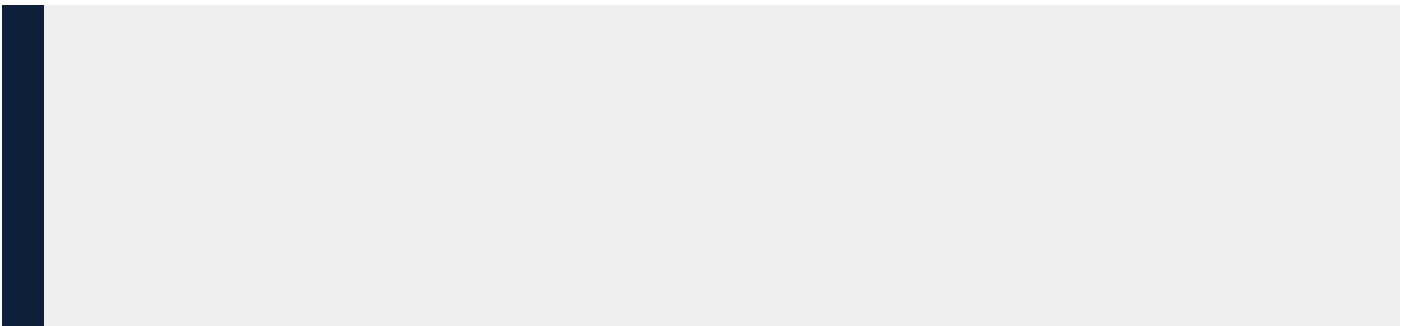
2. What fruit in your life do you really hate?



3. What expectations do you need to let go of?



4. What do you need to cut out of your life?



**IF YOU KNEW YOU  
COULDN'T FAIL, WHAT  
WOULD YOU DO?**



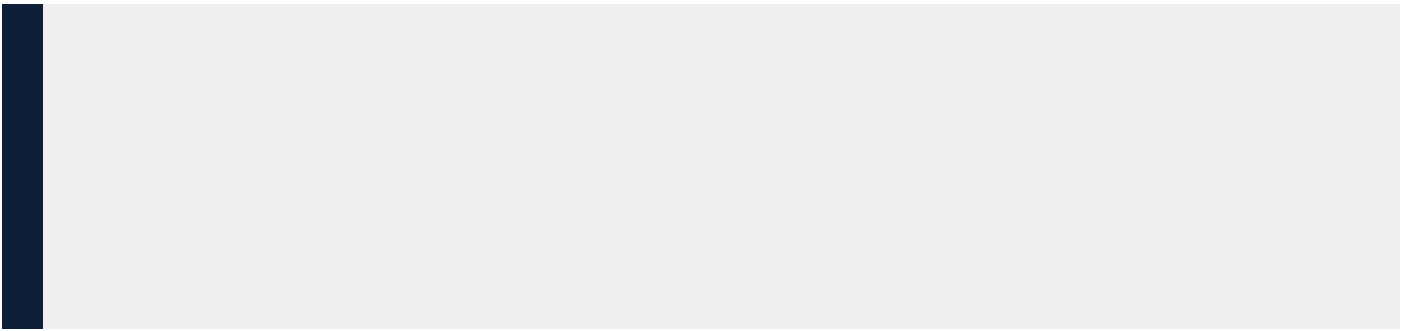


## FULFILLMENT

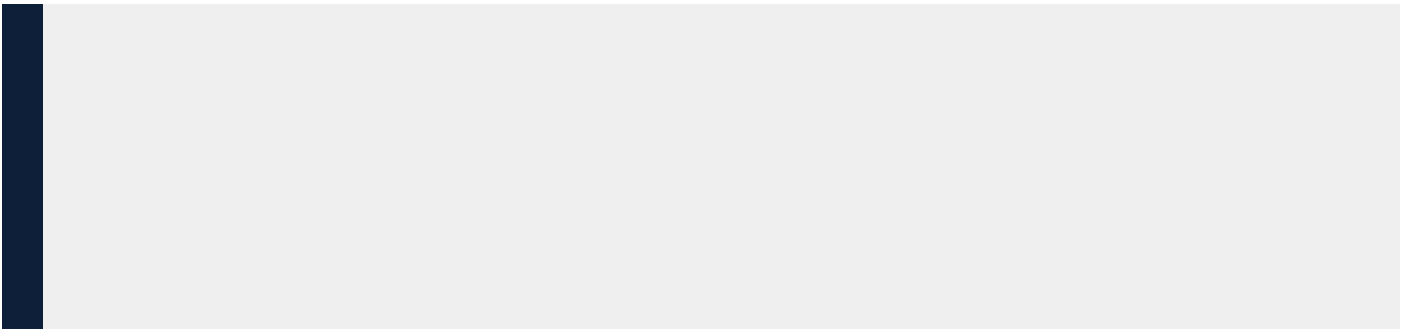
[Please Reference: Video 6 - Pursuing Fulfillment Over Riches]

Relationships are the ultimate fulfillment. Ignoring important relationships, high stress, having no adventure, and doing nothing that is fulfilling to you pushes you into over capacity. Take a moment to think about fulfillment.

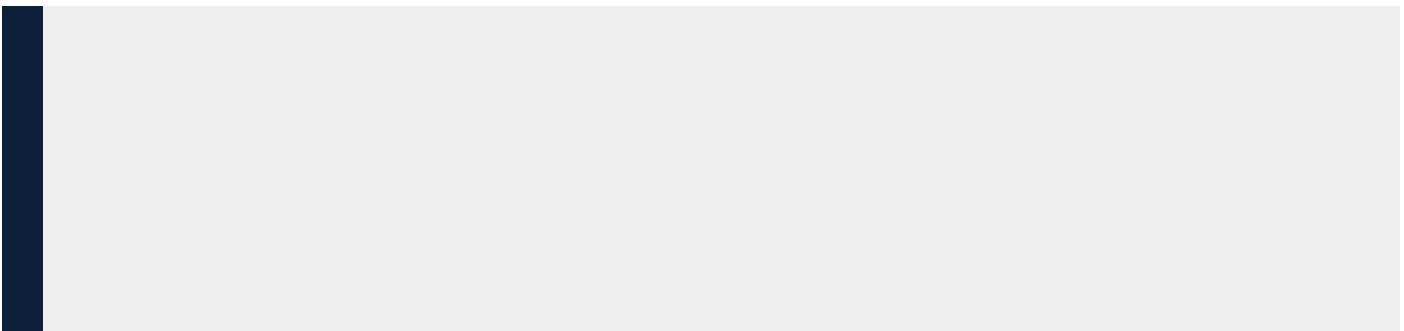
1. What fulfills you?



2. What motivates you?



3. What things can you do to increase your capacity, to create more room and space?

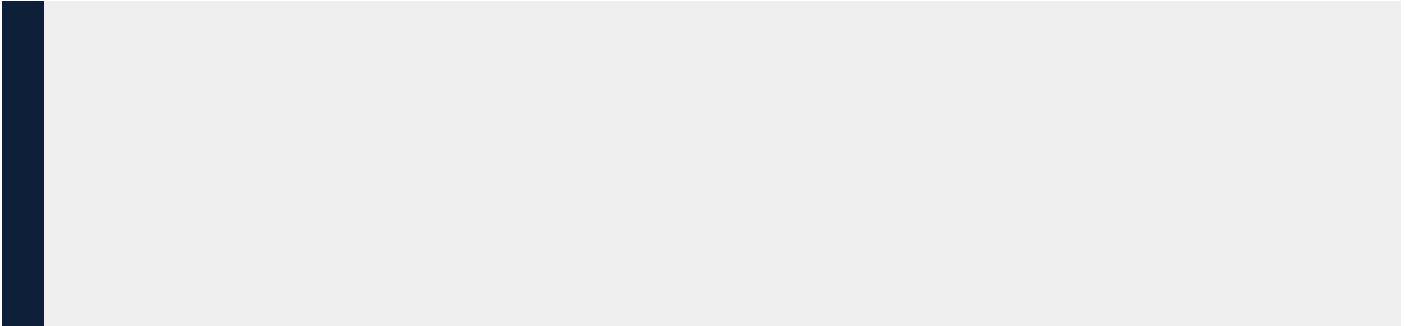


# PRIORITIES

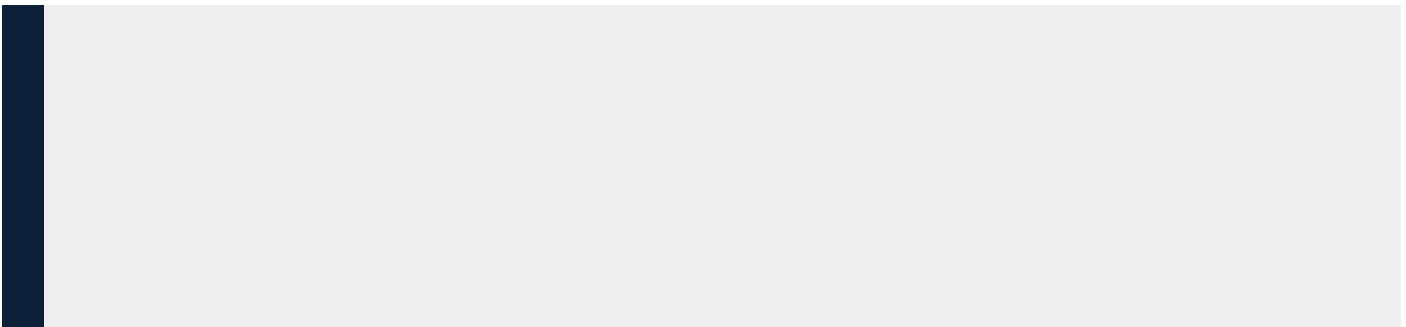
[Please Reference: Video 8 - Timing Is Everything, Peaceful Progress]

The reason you get over capacity is because you do not have a clear vision or goal. No clear understanding of what REALLY MATTERS TO YOU. No understanding of the balance that is essential to live it out. In addition, if a goal is creating stress and pressure, then it is most likely in the wrong time line. The correct time line will allow you to pursue a goal in peace and not under pressure that spins you out of control.

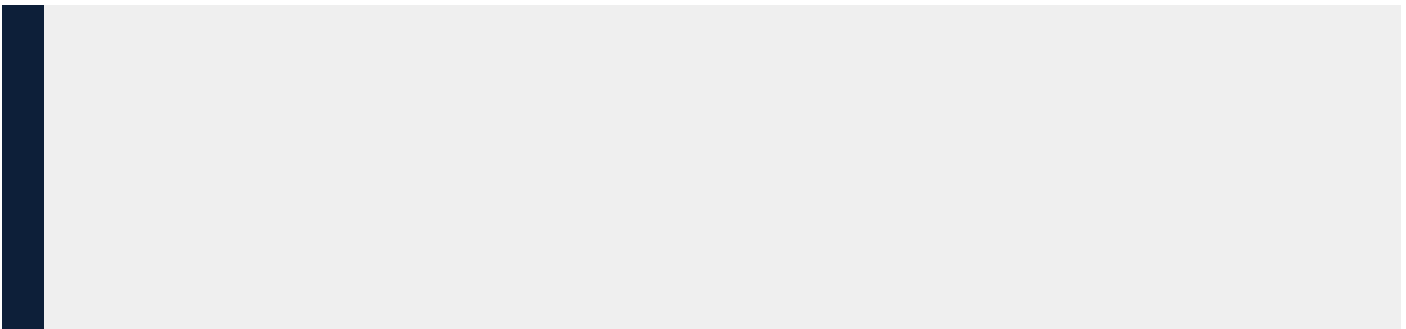
1. What are your top three priorities?



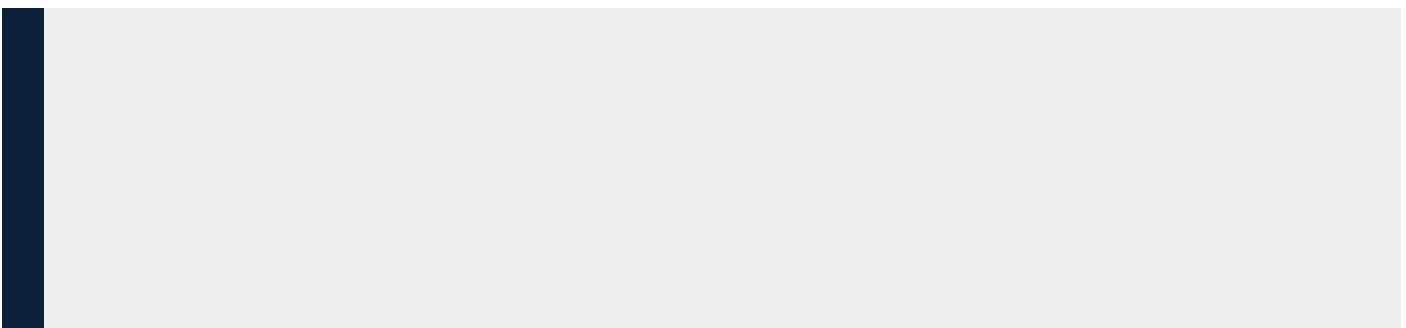
2. What must you get done in 1 - 3 year?



3. What things must you accomplish in the next 5 - 10 years?



4. What things must you accomplish in the next 10 - 20 years?



**NOTHING  
WILL  
CHANGE  
UNTIL  
YOU DO.**



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