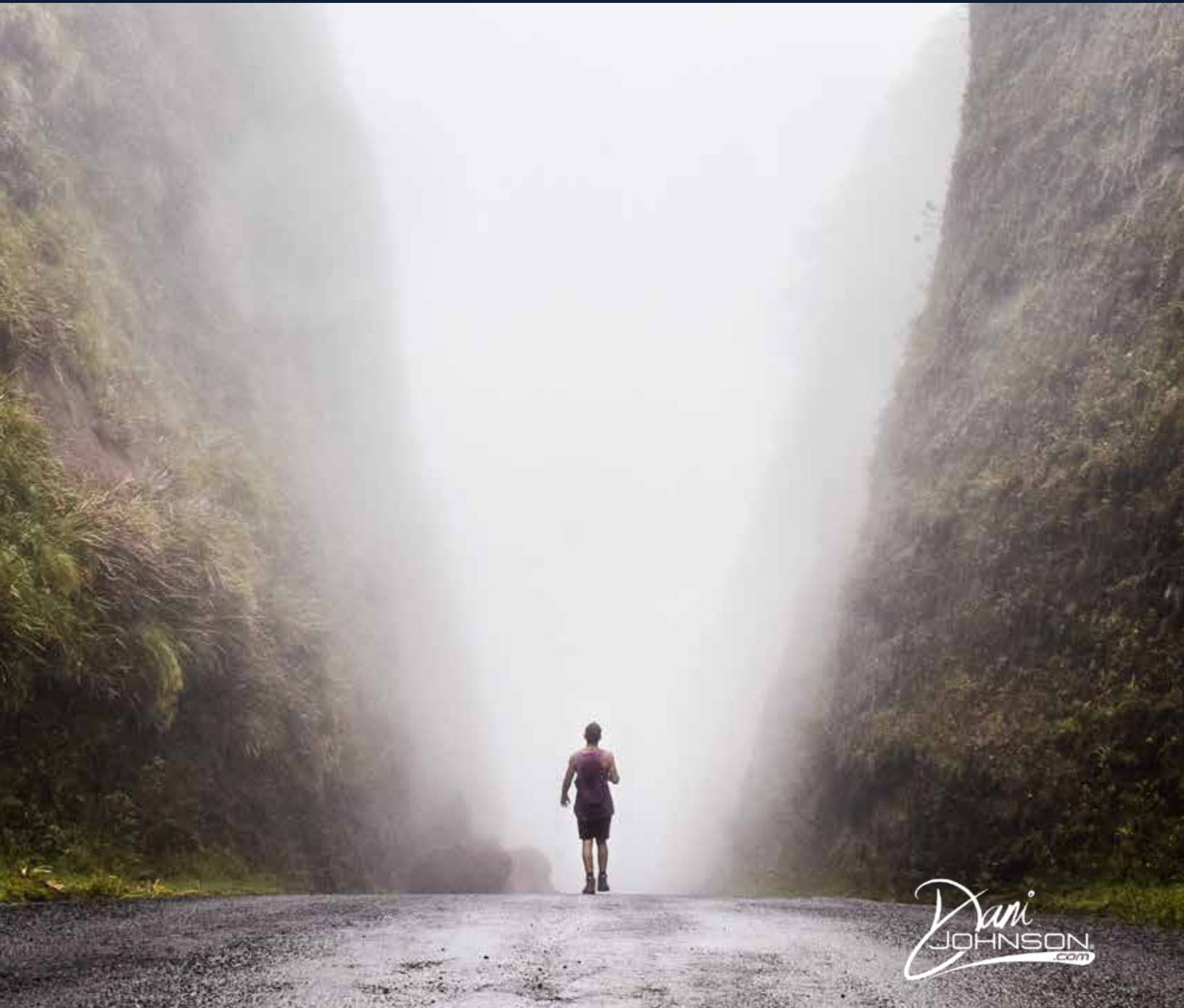


HOW TO END THE TOXIC CYCLE

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



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JOHNSON
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MEET 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, 11 “Good Morning America, 11 “NPR, 11 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!



BREAKING OUT OF A CYCLE OF TOXICITY

[Please Reference: Bonus Video 1- How To End The Toxic Cycle]

At any given moment, you have something in your life that is the number one thing that needs improvement. Keep in mind, depending on the season you are in this can change. It may be finances, relationships, spiritual, or business. Pin point what this is for you by recognizing what is causing you the most stress.

In the deepest part of yourself you desire to see change but instead you feel like you have absolutely no control. This workbook is a tool to help you gain control and give you the skills to accomplish any goal you set.

No goal happens on its own. If you have a goal but no tracking system or plan then you are dependent on luck. Luck does not work. Depending on luck means you are setting yourself up to fail. However, if you have a goal with a tracking system and plan it will succeed. End of story.

DEFINING YOUR #1 THING

Enough is enough. If you are done with tail-spinning then ask yourself the questions below and take time to write out your answers.

1. What is causing the most stress in your life?

1. What is the number one thing in your life that needs improvement?

2. Why do you want to see improvement in this area?

3. Where in your life are you depending on luck?

TRACKING ESSENTIALS

Every goal needs a calendar, a metric system and a strategy.

A calendar is a basic and simple tracking tool. Tracking every day is you choosing your goal. This will give you power over your own emotions especially when your emotions are not aligned with your goal. Tracking will show you how much progress you have made.

A strategy is your plan of attack how you will accomplish your goal. Create a metric, a way to measure your goal and make your goal actionable. You choose your goal by putting a box over every calendar day. Write truth statements that support and empower you toward your goal.

When you do not track, the negative experiences have more weight than the positive and causes you to derail yourself from pursuing your own goal. If you do not see your progress you will feed what you do not want, and in turn harvest a crop of results that you never wanted. However, when you track your progress, you will actually see your progress and in turn feed that progress so that it grows.

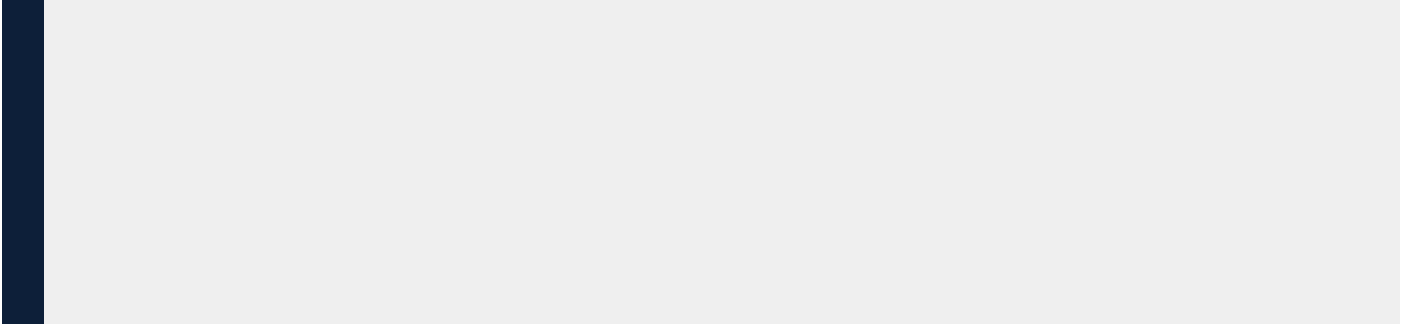


HOW TO END THE TOXIC CYCLE

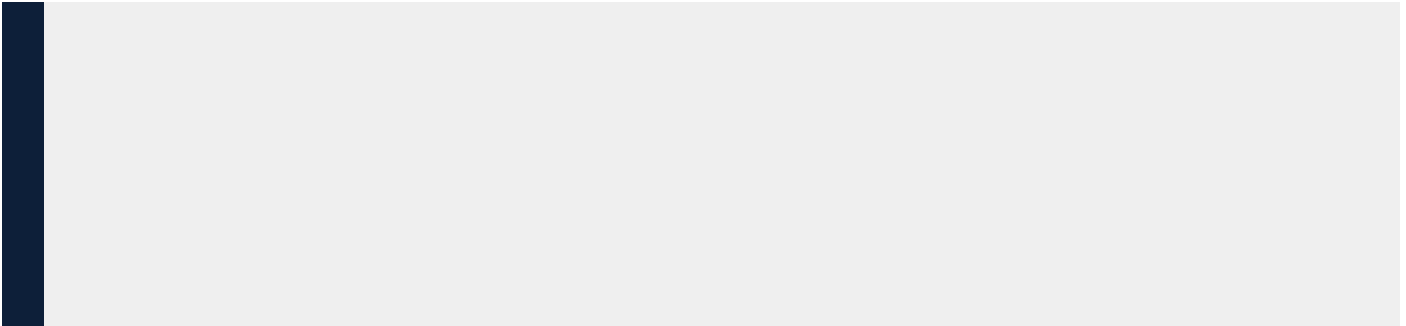
CREATE THE PLAN

A goal is will only be a fantasy and never reality if you never create a plan. Take time to write down your responses below.

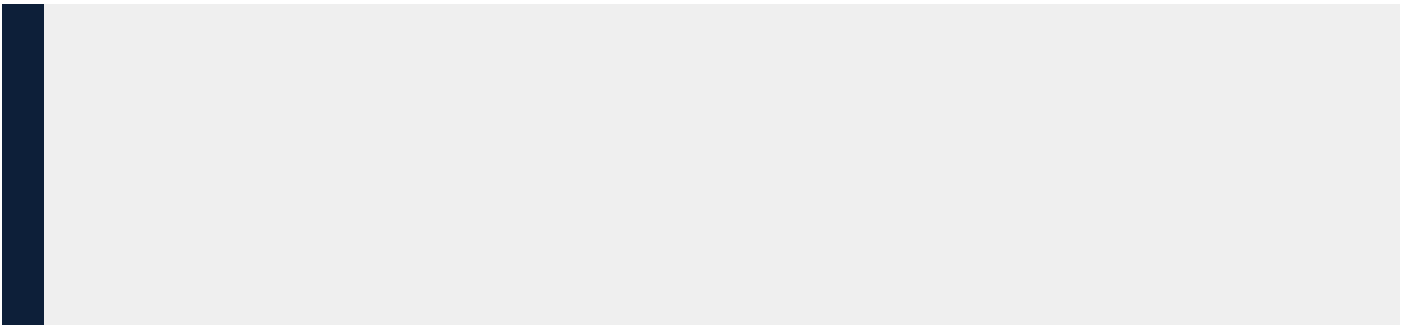
1. What is your goal?



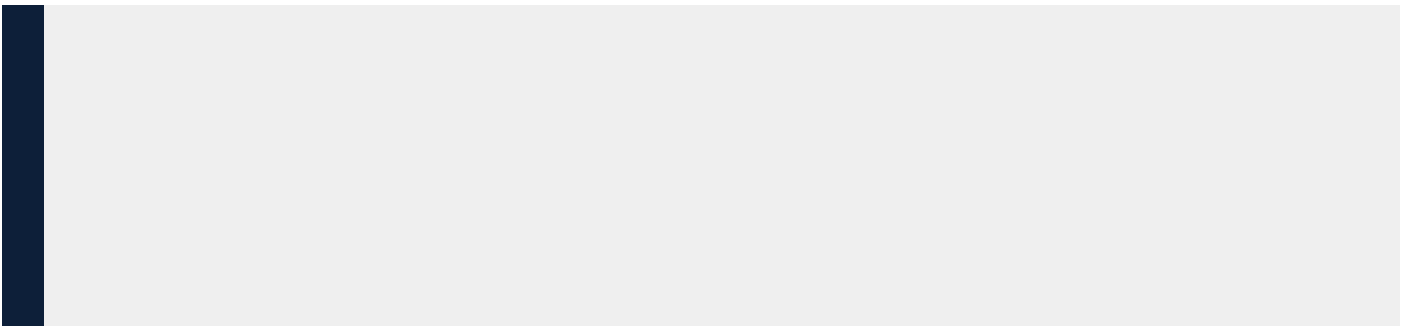
2. What is your metric to measure your progress towards goal?



3. How and where are you going to track it?



4. How committed are you to your goal?



**IF YOU HAVE
A GOAL WITH
A TRACKING
SYSTEM AND
PLAN IT WILL
SUCCEED.**

HOW TO END THE TOXIC CYCLE

MONTH OF _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



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