

## MENTAL FITNESS TRAINING TRACKER

HOW MIGHT YOUR SABOTEURS IMPACT YOUR APPROACH TO THIS YEAR'S GIVING CHALLENGE?

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WHAT IS THE MOST IMPORTANT LIE OF YOUR TOP SABOTEUR? WHAT IS THE PROMISE IT GIVES YOU?

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HOW DOES IT CREATE THE OPPOSITE OF THAT PROMISE? WHAT IS THE IMPACT OR COST?

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WHAT MIGHT YOU SEE AS A "BAD" THING (RELATED TO THE GIVING CHALLENGE) THAT YOU WANT TO CONVERT INTO A GIFT OR OPPORTUNITY? USE 3 GIFTS TECHNIQUE.

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WHAT IS THE MOST COMPASSIONATE REMINDER YOU CAN GIVE YOURSELF WHEN SELF DOUBT CREEPS IN?

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WHAT DO YOU IMAGINE THE OTHER PEOPLE INVOLVED MAY BE EXPERIENCING, AS IT RELATES TO SUCCESS IN LAUNCHING THIS YEAR'S GIVING CHALLENGE?

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WITH THE CHALLENGE ("BAD THING") IDENTIFIED EARLIER, WHAT ARE ALL THE RELEVANT FACTORS THAT MIGHT BE CONTRIBUTING TO IT BEING A CURRENT CHALLENGE ?

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YES AND GAME RESULTS. INNOVATIVE WAYS OF IMPROVING APPROACH TO GIVING CHALLENGE (QUANTITY NOT QUALITY).

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FROM THE LIST ABOVE WHAT WOULD SEEM MOST IMPORTANT FOR YOU TO FOCUS ON, LOOKING BACK POST GIVING CHALLENGE?

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# MENTAL FITNESS TRAINING TRACKER

WHAT SAGE ACTIONS ARE YOU GOING TO TAKE FROM THIS SESSION?

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HOW DO YOU PLAN TO INTERCEPT YOUR SABOTEURS (YOUR SAGE RESPONSE)?

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WHAT IS ONE KEY INSIGHT FROM OUR TIME TOGETHER TODAY THAT YOU PLAN TO TAKE FORWARD TO RAISE MORE MONEY IN #GIVINGCHALLENGE2024

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