

**Scott Harris'**

# **'Mastering Your Destiny' e-Seminar Workbook**

This workbook is designed to help you make the most of Scott's e-Seminar. So, find a quiet moment, grab a pen and make yourself comfortable.

As Scott delivers his e-Seminar, the prompts below will help capture some of his key points - you'll find spaces to jot quick notes as your own thoughts are triggered. (Once your mind becomes really active, you'll probably need some extra paper on hand!)

Let's get started!

Tony Robbins' 3 steps to Mastering Your Life

1. T..... I.....

2. D..... I.....

3. S..... R.....

1. Total Immersion

Date with Destiny® is itself the utmost process of Total Immersion into the processes that help you identify your goals and the personal transformations you undergo to achieve them. But although the event itself came to a close recently, your own development never stops!

2. Daily Integration – Destiny is Determined by Decisions

Your daily integration choices are some of the most important you can make. Ask yourself a few questions about the daily rituals, practices and routine processes you can integrate into your daily life. You should be ensuring that they will bring about the changes necessary to achieve your determined goals.

Consider the goal-oriented decisions and actions you're already starting to put into practice. And perhaps quickly add whether you're happy with the progress or if you think you need to apply more.

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The study of your life should be something you choose to do for the rest of our life.

Create your own Daily Integration process

Step 1 – do a review, beginning with asking yourself:

**What are the top 3 distinctions about yourself?**

As Tony Robbins explains, there are 6 specific human emotional needs: The first 4 are Fundamental “survival” Needs and the last 2 are Primary “fulfilment” Needs. To quickly recap, they are essentially:

**1. Certainty**

This is a survival instinct and every person has this need. The only question is how do you get it – the answer is different for everyone.

**2. Uncertainty / variety**

If you were certain about everything all the time, pretty soon you’d be bored. Remember to love all the surprises you get, not just the ones you want!

The secret to life: your quality of life is in direct proportion to the amount of uncertainty you can comfortably live with.

**3. Significance**

This is the need to feel important, unique, or special. Some get this through religion, money, or giving more. The easiest way to get significance without risk of fear is to find big enough problems, but, the only thing keeping you from getting what you really want is the story you keep telling yourself about why you can’t have it.

**4. Connection / love**

Often people think that if they are significant enough, everyone will love them. Very often though they reach their goals but are still unhappy. The reason is they met their goals but not their need for love and connection.

Everyone finds a way to meet those first four needs – our fundamental needs, or the needs of the personality. To be fully fulfilled though, you must meet the last two ultimate needs: the spiritual needs.

**5. Growth**

Simply put, if you don’t grow you die.

**6. Contribution**

You must contribute beyond yourself, remember life is not just about you.

**Which 3 of the 6 Human Needs are you predominantly run by that you are aware of?**

**1. Certainty** .....

**2. Uncertainty / variety** .....

**3. Significance** .....

**4. Connection / love** .....

**5. Growth** .....

**6. Contribution** .....

Are you surprised by your answer?

**Which 3 of the 6 Human Needs have you become aware of that someone really close to you is predominantly run by?**

- 1. **Certainty** .....
- 2. **Uncertainty / variety** .....
- 3. **Significance** .....
- 4. **Connection / love** .....
- 5. **Growth** .....
- 6. **Contribution** .....

The quality of your life will be affected by the quality of your relationships. So it follows that what affects your relationships, good or bad, affects your life in the same way.

**What do you believe you can do to serve your important relationships better?**

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**Date with Destiny® wasn't all a serious learning process – what were some of your happiest memories of the those 6 days?**

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**Ask yourself: How did it feel to be on a team and, in particular, how can I manifest these feelings of the power of teams into my daily life?**

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**Ask yourself how it felt to give yourself permission to have fun in the unique DWD atmosphere?**

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We really can be more than think we can. In moving forward with the integration process, we need to create a quality supporting environment around yourself.

In order to achieve this, how can you fulfil these 3 key categories:

**People** - Who are those you need to have on your 'team'?

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**Places** - What physical environments will support your goals, giving fresh, new level in your life?

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**Things** – What tools, resources and systems can you set up that will make your new life easy?

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**3. Spaced Repetition**

It isn't over - Date with Destiny® is just the beginning! The greatest gift you can give yourself is the process of lifelong education. To keep yourself at the top of your game, for mastery and expertise, you need to put yourself back in the game – to gain the power of Spaced Repetition.

Who's ever tried to push a car? Imagine that your life before joining Tony is like a stationary car – it takes a real determined effort to get it going even slowly but you can do it!

If you stop pushing a car, what does it do? Stop pretty quickly, huh?

But the other thing you already know is, once it's moving, it's really easy to keep it rolling – in fact it's surprisingly easy to even pick up speed!

Once your life is rolling, regular boosts will see you accelerate and accelerate beyond even what you imagined possible at the beginning!

So, like thousands of Australians before will tell you, Date with Destiny® isn't just a one-shot, it's a regular momentum generator, revitalizing you on your Ultimate Journey!

**The number one way to fully integrate the Date with Destiny® processes into your life**

Sharing. Simple isn't it? Naturally, you take all the steps to align all the surrounding influences in your life towards your goal fulfilment – the people, places and things around you. But the most potent way to stay on track toward your continued transformation is to share it.

As you make the gift to yourself of your accelerated transformation you can make the same gift to someone special in your life – why keep it to yourself?

It's not a matter of telling them something that they NEED – it's a gift! And it really is the gift that keeps on giving. Besides, the most convincing influence will be the transformation in you that they can see for themselves.

Your own fulfillment comes from being the person you have committed to being. Now you can make a decision for those close to you. Take control, take charge and take them with you.

**And remember – Live with Passion!**

**NB: 2009 will be the very last year that Tony's Date with Destiny® will be appearing in Australia. All subsequent DWD events will be held overseas.**

**Don't miss this Strictly Limited Offer**

**BUY 1 –GET 1 FREE**

**You and your friend or family member  
can both join Tony Robbins at his  
FINAL Date with Destiny® event in Australia 2009  
For the price of ONE Ticket!**

**PLUS You can receive Two FREE VIP Tickets to the 2008 UNLEASH THE POWER WITHIN\***

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