

THE POWER UP # 6

THE FLYWHEEL CHECK Worksheet

“When I own it, you believe in me more, and your trust is enhanced. When you believe in me, I start believing in myself even more. That makes me step up bigger, which makes you believe more. And the cycle spins upward. When you own it, I believe in you more, and my trust is enhanced. When I believe in you, you start believing in yourself even more. That makes you step up bigger, which makes me believe more. And the cycle spins upward again. That’s a ride worthy of the ticket!”

It’s time to consider the behaviours that are driving the BELIEF FLYWHEEL in your life.

Upward Cycle Behaviours that I own:

Downward Cycle Behaviours that I must own:

One Action I’ll Take This Week: Get the Belief Flywheel moving upward:

