



TONY ROBBINS

PERSONAL POWER II

30 day program for
unlimited success



*"Decide what's most important to you and
use your personal power to follow through
and begin to change the quality of your life."*

— Tony Robbins

Personal Power II®

by

Tony Robbins

Dear Friend,

Welcome to *Personal Power!* and congratulations on your commitment to measurably improve the quality of your personal and professional life! You are about to join millions of extraordinary people who have invested in and experienced the amazing benefits of this 30-day audio coaching system. I am especially honored and excited to welcome you to *Personal Power II: The 30th Anniversary Edition* and to share with you how important this journal can be to your success with this program.

Designed to be used after listening to each day's session, your Personal Success Journal is a place to consistently capture the key concepts and "action items" of each day's session. This simple system will help you maximize the benefits you experience. Your journal is written to reinforce specific stories, examples, and principles, so if you browse through it right now, it may make little sense to you. (This is not a set of Cliff Notes!) But when you review the summaries and complete the assignments each day following your audio session, you'll find this journal to be extremely valuable in accelerating the process of creating change and in expanding your appreciation of your personal progress.

I'm a firm believer in the adage that if your life's worth living, it's worth recording. So in addition to the written exercises, be sure to take some extra moments each day to jot down a few notes about the events in your life, how you're feeling, and what you're pleased and excited about and to acknowledge the positive changes you're making. Personally, I've kept journals for nearly two decades, and I know you'll find real value in putting thoughts, ideas, and emotions on paper. There's a certain level of clarity that comes from journal writing that's difficult to reach any other way. This is such a simple yet rewarding process! The value of it "creeps up" on you. It's like watching children as they grow up: Sometimes it's difficult to see how *much* they're growing if we're their parents, but when you see a child after being away for a while, the growth is so obvious! A journal gives you a chronicle of your own progress, and when you look back on it in the future, you'll have that sense of distance that allows you to see and appreciate just how far you've come.

Here are a few simple steps for getting the most from your journal:

1. Each day, Monday through Friday, listen to the assigned CD session.
2. After the session, open your journal and take immediate action on the day's "assignment."
3. Before you close your journal for the day, take a few minutes to reinforce your learning by jotting down any additional thoughts or feelings about what you learned and how you're going to benefit from the progress you've already made.

So let's keep your energy high, stay focused, and use what you're learning to stretch yourselves in ways that increase the quality of your life forever.

Live with passion!

Warmest regards,

A stylized, handwritten signature of Tony Robbins in black ink. The signature is fluid and cursive, with the first name 'Tony' and last name 'Robbins' clearly legible. It is written over a horizontal line that extends to the right.

Tony Robbins

CHAIRMAN OF THE BOARD

Journal

Day 1

The Key to
Personal Power[®]

Journal

DAY 1:

The Key to *Personal Power*®

What changes your life is making decisions and using your *Personal Power*®, which is your ability to take *consistent action* and produce results. The difference in the results that people produce comes down to what they've done differently from others in the same situation. Different actions produce different results. Everything that happens in your life—both what you're thrilled with and what you're challenged by—began with a decision. It's in your moments of decision that your destiny is shaped. The decisions that you are making today will not only shape how you feel, but also who you are going to become in the future.

It's not important initially to know *how* you are going to create a result; what's important is to decide that you will find a way, no matter what.

The Ultimate Success Formula is a process that helps to get you where you want to go.

The Ultimate Success Formula:

1. Know your outcome.
2. Get yourself to take action by *deciding* to do so.
3. Notice what you're getting from your actions.
4. If what you're doing is not working, change your approach.

To save time and energy, use *role models* to accelerate the pace of your success:

1. Find someone who is already getting the results you want.
2. Find out what that person is doing.
3. Do the same things, and you'll get the same results.

It's impossible to fail as long as you learn something from what you do!

Your Assignment

1. Write two decisions you've been putting off that, when you make them now, will change your life.
2. Now that you've made a real decision, you must take immediate action. To do that, write down the first few steps. *What are three simple things you could do immediately—right now—that would be consistent with your new decisions?* (For example, if you decided to stop smoking, what could you do with the cigarettes that are in the house right now?) *Who could you call? What could you commit to? What letter could you write? What could you do instead of your old behavior?* List the immediate actions, and then take action on them right now, at this moment.

Never leave the site of setting a goal or making a decision without taking some action toward its attainment! That's how you create momentum and start to tap into the real driving force within you.

1. **Two decisions I've been putting off that, when I make them now, will change my life:**

1. _____

2. _____

2. Three simple things I can do immediately that will be consistent with my two new decisions:

1. _____

2. _____

3. _____

“There’s always a way—if you’re committed.”

—Tony Robbins

Journal