

3 SECRETS TO GET UNSTUCK FAST

AND UNLEASH
YOUR
FULL POTENTIAL



HOW TO BECOME MORE
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Do you ever feel stuck?

Well, it happens to the best of us, and more than once. So don't feel bad because being stuck is not the tragedy, staying stuck is!

I clearly remember times when I was stuck, I mean really stuck. To the point that I even dreaded getting out of bed every morning to face the day.

Because when you're stuck, you're stuck, right?

Just thinking about being stuck paralyzes you, sucks the energy out of you and so, feeling overpowered, you lay low.

You take less and less action, therefore you get less and less results and then, oh well, you proved it to yourself: you are stuck!

There must be a better way, this can't be it, are some of the thoughts that come to your mind in such circumstances.

Well, congratulations on getting this report because you will finally get to learn how to get unstuck fast with the three secrets to unleash your full potential.

What you'll learn here is the result of many trials and errors, which you don't need to experience yourself in order to reap the benefits.

I could have made this lengthy, complicated, and full of details but that would just add to the confusion and overwhelm and convince you that it's hard, that and you can't do it (or that you don't feel like doing it).

That's why I have distilled a simple yet powerful strategy that is organized in a synergistic way. Synergistic is a fancy way of saying that each secret builds on the previous step giving you a sure foundation because you finally have the right order, in the right measure.

All you have to do is implement.





Wouldn't it be nice to have a simple strategy that you can apply with 100% certainty whenever you are stuck and finally unleash your full potential?

Of course it would! But first, let's set the stage:

"By small and simple things, great things come to pass."

This simple sentence will give you the necessary confidence that even simple strategies applied correctly can give you great results.

So now, I'm going to reveal the 3 secrets. Here they are:

- 1 - Clarity**
- 2 - Chunk it down**
- 3 - Repetition**

I told you it was simple...yet, hold on and discover their synergistic powers.

1 - CLARITY

Webster defines clarity as: the quality or state of being clear, lucidity.

If you are clear on your destination, you are ahead of the game.

Did you know that 95% of the population do not have their goals written down?

Are your goals written down? Seriously, do not brush over this question...are they?



CLARITY



If they are, don't be so fast to celebrate, because unless your written goals are so specific and clearly defined that you can have someone else read them and they would easily be able to explain back to you exactly what you mean, then you are not done.

That means you need to get to work, meaning get CLEAR on it.

By the way, don't get bogged down by all these tricks of SMART goals or any other ways suggested. Don't get me wrong, some work, I just like simplicity.

All that you need to do is write your goals:

- Using the present tense
- In the first person
- Describing in as much detail as you can what it is you want

And the secret ingredient is describing it with **the feeling of the wish fulfilled.**

That feeling, fully expressed in detail, will be the accelerator of the goal's accomplishment as well as igniting in you a deeper desire and moving you into action.

Let's face it when we are clear, it's easier to act.

Here are two examples:

1- I want to make more money in my business.

Or

2- I am so happy and grateful now because I take decisive action everyday in reaching out to my ideal clients, adding value in their lives to the point that they are sending me emails daily, thanking me for the difference I'm making in their lives.





CLARITY

Every day I list and accomplish 3 income producing activities that are scheduled in my agenda and I am confident and persistent in doing them well. Doing so activates the law of cause and effect in my favor. Because of that I feel happy & certain that I now added \$100,000 to my income.

I feel amazing and my spouse and children are congratulating me on the success of the business. We spend more time together and travel first class. It really feels amazing.

Can you tell/feel the difference? (keyword: FEEL)

Now it's your turn.

Write down your goals, in the present tense, as if they were already accomplished, describing in detail the feeling you get when it is now part of your life. It is no longer a wish, but rather something accomplished. And it feels great.

By the way, the only wrong way of doing this is not doing it at all...
You can do this now.

I am so happy and grateful now that:



CLARITY



Good job. See how it feels much better when you have more clarity?

By the way if you did not at least try to put something down in the lines above, you will stay stuck, so please do yourself a favor and start the process...now.

Perfect, you are ready for number 2.

2 - CHUNK IT DOWN

Now that you have written down your goal(s), hopefully they are big goals and they should be big, then there is a universal feeling that accompanies writing down big goals:

You say to yourself:

Wow, this is big, "how" will I be able to do this?

Then the feeling is so overwhelming that you're back to square one, meaning you feel overwhelmed, stressed and dare we say... stuck... again.

The solution: Chunk it down, meaning, break it down in small manageable pieces.

Sounds simple, but what does it look like?

Let's illustrate with a simple example: (round numbers are used here):

Purchase of a \$750,000.00 home. Nice goal.

Now the \$750K is a big number, let's chunk it down a bit.

We have \$250,000.00 down payment

Which leave a \$500,000.00 balance



CHUNK IT DOWN



A mortgage would be the next step, so you connect with a bank or a mortgage broker and they come back with the following:

\$500K with a 15 year amortization at 3% is: \$3,500.00/month

Too much?...Chunk it down:

\$500K with a 20 year amortization at 3% is: \$2,800.00/month

Too much?...Chunk it down:

\$500K with a 25 year amortization at 3% is: \$2,350.00/month

Too much still?...Chunk it down one more time:

\$500K with a 30 year amortization at 3% is: \$2,100.00/month

There we go, from \$3,500.00 a month to \$2,100.00 a month – now it becomes feasible, or at least more manageable. (This was just an example to illustrate the concept, you can apply it to any of your big goals).

The power of “chunk it down” makes the big mountains seem manageable, therefore reducing the overwhelm and enabling us to take action.

Now, using your imagination, picture yourself already in possession of what you want and then start asking the simple, yet powerful question:

How can I break this down into manageable pieces?

Take a moment to do so now, with practice it becomes a natural way of dealing with “big” matters and has positive repercussions in many areas of your life:

Work, business, assignments, big projects, situations where many people are involved, it works all the time to reduce overwhelm and the feeling of being stuck.

Therefore, next time you do feel stuck, chunk it down, you will move into action faster and it will unleash more of your full potential.





CHUNK IT DOWN

Now it's your turn:

Your Big Goal:

Chunk It Down:

Chunk It Down Again:

One More Time:

Great! From clarity to manageability. Now we are ready for:

3 - REPETITION

Repetition is the key to integration.

<<< Read that again and let it sink in <<<

Another way to say it is that any action that you take will at first be difficult, and "reality check": You will fail, or come short of your expectations. That's OK!

News flash: The more you repeat a simple action, the better you get at it, the better the results you get, the faster you get them, and the less effort you need to put into it (see the benefits of chunking it down?)



REPETITION



After many repetitions you become the expert you were once dreaming of.

Well, that sounds good but sometimes we say to ourselves things like:

- Am I doing it right?
- Is there a better way?
- How should I start?
- Maybe I should do more research first...

On and on we go, feeling stuck again...

That is why I'll give you my "foolproof way" to stay in action and out of our head. Ready?

Decide on ONE action you will take and then take THAT action for 10 consecutive times without stopping...just do it.

6 things will happen + one benefit:

- 1- You are in action, and action creates results
- 2- You are developing the momentum to continue
- 3- You are staying out of your head (meaning stop analysing, just doing)
- 4- After the 10th time you now have results to look at
- 5- You then continue if the results are good OR you recalibrate to adjust to your desired results...you guessed it, with ONE simple action at a time.
- 6- You repeat, and do it 10 more times...

The benefit? >> It will now become a habit!

The more you do something, the easier it gets, not that the task is easier BUT that your ability to do it has increased.

<<< Read that sentence again <<<

Repetition is key.



LET'S RECAP!



Wonderful, so let's recap:

These three steps: Clarity, Chunk it Down & Repetition, when applied in the sequence above, have produced more success, in more lives, and much faster than any other method.

- 1- Clarity: eliminates confusion > easier to take action
- 2- Chunk it down reduces overwhelm > It becomes manageable
- 3- Repetition makes it easier over time, you even become GREAT at it

Now they are yours.

They will get you unstuck fast and unleash your full potential so that you can finally live the life you once dreamed of...

If you apply them.

So here are 3 scenarios to consider:

Of course you can say, this is too simple, and it will not work therefore I will not try and waste my time.

And you would be right!

Or

You can say: Sounds simple enough, I will give it a try and see what happens. You will then apply the law of cause and effect: small efforts produce small results.

Or

You can say to yourself: This sounds simple enough, yet it makes sense. I will dedicate myself to make it happen and I here and now make the decision to take deliberate daily action no matter what, even though I may stumble at first, as it is with anything new that we do, I will persist, and I know that I will reach my goal.





With that attitude you will also apply the law of cause and effect: Big actions, consistent actions, always produce big results, consistent results.

Either choice you make, you will be right.

I know you will make the right one, the one that will benefit you most: Clarity, chunk it down and repetition, simple, yet powerful!

B O N U S T I P

I always love to overdeliver, so here's a BONUS TIP:

To change your present results, you will have to think in a different way. The fastest way to do so is to rely, one more time, on simple yet effective proven strategies that take little time to implement BUT reward you with outstanding results.

The following sequence illustrates it:

- Writing causes thinking,
- Thinking creates an image,
- Images control feelings,
- Feelings cause actions,
- Actions create results.

Therefore, write down your goal in full detail everyday.

That will cause you to think and create an image in harmony with your accomplished goal. That in turn will ignite feelings that will push you to action and finally create results you were once only dreaming of.

That is just one of the hundreds of proven strategies I have in store for my clients.





Simple but powerful strategies

There you have it; you just learned the three secrets to unleash your full potential and get unstuck fast enabling you to finally accomplish your deeply desired goals.

W. H. Hunt once revealed his secret to success:

“Decide what you want, decide on what you will do to get it, and get to work.”

I just gave you a simple yet powerful strategy to accomplish just that. Your future is in your hands, make the best of it. I know you can!

Now go and do it, and please, share with me the goals you achieve or even reach out to me to help you do so faster.

May you be richly blessed from all the efforts and actions you take, helping others along the way.

Kind regards,

Francis



To explore more ways I can help you get to the next level, let's have a quick exploratory call, you can even book it according to your schedule by clicking on this link:

[SCHEDULE A CALL](#)

Or email me: francois@howtobecomemore.com

We miss 100% of the shots we don't take...
Looking forward to exploring insights with you, for you.

