

Doing The Impossible

Workbook

This workbook is a companion to *Doing the Impossible: 25 Laws for Doing the Impossible* by Patrick Bet-David



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Law 1: INVEST IN YOUR IDENTITY

Action Items:

1. How many hours a week do you spend working on your identity? _____
2. What are three things you're willing to commit to in order to help increase your identity?
 - 1.
 - 2.
 - 3.

Law 2: LET THE RIGHT ONES IN

Action Items:

Study your associations. Make a list of the five friends with whom you spend the most time. Remember the key is the most time. How do they influence you in a positive or a negative way?

Name	Positive Influence	Negative Influence

Make a list of the associations that you would like to develop. What pastor, community leader, coach, or entrepreneur do you want to influence you? Then think about ways that you can develop your relationship with that person and spend more time with him or her.



Name:
How to develop relationship: _____ _____ _____
Name:
How to develop relationship: _____ _____ _____
Name:
How to develop relationship: _____ _____ _____
Name:
How to develop relationship: _____ _____ _____

Law 3: PROTECT YOUR CREDIBILITY SCORE

Action Items:

1. What would your credibility FICO score be today? _____
2. What are three things you can do immediately to increase your credibility score?
 - 1.
 - 2.
 - 3.

Law 4: STRENGTHEN YOUR GREATEST WEAPON

Action Items:

1. Find a couple of books that have something to teach you or that inspire you. Every morning when you get up and every night before you go to bed, read for just fifteen minutes. You can get a list of books that I recommend at <http://www.patrickbetdavid.com/top-100-books/>.
2. In your car for the next thirty days, do not listen to anything other than inspirational CDs or biographies of great achievers. Put it to the test and see how you change in thirty days. Share your experience with us on Facebook: <https://www.facebook.com/PatrickBetDavid.Valuetainment/>

Law 5: CHALLENGE YOUR WAY OF THINKING

Action Items:

1. Write down five “what if” questions that would motivate you to change your thinking. Then allow yourself to envision that possibility as reality. Examples: “What if I got in the best shape of my life?” “What if I started my own business?” “What if I ran for public office?” “What if I had \$500,000 in the bank?”

1.

2.

3.

4.

5.

2. Make a list of five areas in your life in which you can challenge and change your thinking. Examples might be the way you look at money, commitment, hard work, being a business owner, success, your faith, exercise, politics, etc.

1.

2.

3.

4.

5.

Law 6: KNOW YOUR “WHY?”

Action Item:

What’s your why? What are three reasons or people in your life worth fighting for?

- 1.
- 2.
- 3.

Law 7: WORK LIKE IT’S 1880

Action Items:

1. How many hours a week do you spend on the following?

	Hours
Sleep	
Work	
TV Time	
Exercise	
Eating	
Driving	
Leisure Activities	
Reading	
Family Time	

2. How would you rate yourself from one to ten when it comes down to your work ethic? _____

3. What are three things you do to in order to be more efficient with your time?

- 1.
- 2.
- 3.

Law 8: ELEVATE IMAGINATION TO A WHOLE NEW LEVEL

Action Items:

Answer the following questions and let your imagination run wild.

1. What would you do with a million dollars?
2. If you could be anyone in the world, who would you want to be? (President? Professional athlete? Movie star? Fortune 100 CEO?)
3. If money were not an issue, what car would you buy?
4. If you could live anywhere, where would it be? What would your house look like?
5. In the future, there is an event being held in your honor. How does the host introduce you?

Law 9: BE AS CURIOUS AS ALICE

Action Item:

What are some areas of your life where you can use your gift of curiosity to increase your learning?

- 1.
- 2.
- 3.

Law 10: BREAK AWAY FROM THE OLD YOU

Action Items:

1. What are three good habits you have that have served you in your life?

- 1.
- 2.
- 3.

2. What are three bad habits you can break away from to help recreate yourself?

- 1.
- 2.
- 3.



Law 11: DECIDE TO BE THE CHOSEN ONE

Food for thought:

Imagine that one hundred years from now your picture is on the wall of your great-grandkid's home. What would you want them to say about you?

Law 12: GO "ALL IN" WITH ONE INDUSTRY

Action Item:

What industry do you want to go all in with? And Why?

Industry:
Why: _____

Law 13: PUSH THE ENVELOPE

Action Items:

1. What areas of your life are you content with?
 - 1.
 - 2.
 - 3.

2. What are some things you can do to push the envelope in order to take it to the next level?
 - 1.
 - 2.
 - 3.

Law 14: TURN YOUR CAUSE INTO A CRUSADE

Action Items:

1. Is there a crusade or a cause behind what you do?_____

2. What is your crusade in life?

Law 15: CHANNEL YOUR OBSESSION

Action Item:

1. What three things are you obsessed with in life? Are they positive or negative obsessions?

Obsession	Positive/Negative

2. What's one positive thing you can get obsessed with?

Law 16: EVANGELIZE YOUR MESSAGE

Use this area to jot down any notes from this chapter.

Law 17: AIM FOR THE MOON

Action Items:

1. Do you know clearly what you want out of life? _____
2. If yes, list five things that you want out of life.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
3. How important is it to you for these things to become a reality? The answer to this question could dictate whether or not history will be kind to you.

Law 18: KEEP THE FAITH

Action Item:

What are three things you're willing to commit to in order to increase your level of faith in yourself and life?

- 1.
- 2.
- 3.

Law 19: BE BOLD

Action Item:

Write down five bold moves you're going to make in the next ninety days. The key is to be very clear and specific.

1.

2.

3.

4.

5.



Law 20: EMBRACE YOUR FRUSTRATIONS

Action Items:

1. List current situations that frustrate you.
2. Score them from one to ten on the level of importance.
3. What's the solution in order to change the situation?

Frustration:	Score:
Solution: _____ _____ _____	

Frustration:	Score:
Solution: _____ _____ _____	

Frustration:	Score:
Solution: _____ _____ _____	

Law 21: FIGHT ADVERSITY LIKE MUHAMMAD ALI

Action Item:

Make a list of people in your life who you would consider tough and why. (Not celebrities, but friends, family, or acquaintances.)

Name	Why

Law 22: LET CONTROVERSY BE YOUR STATUS QUO

Action Item:

1. Do you catch yourself trying to please everyone? _____

If yes, why? _____

Action Item:

2. How do you feel when people talk behind your back?

Action Item:

3. Do you typically avoid conflicts? Yes or No.

If yes, why? _____

Action Item:

• What are three things you can do right away in order to improve in the area of dealing with conflicts?

1.

2.

3.



Law 23: SILENCE YOUR CRITICS

Action Item:

1. Who has ever doubted you? How did you react to their doubt? What kind of power do they have over you?

Name	Reaction	Power

Action Item:

2. What can you do differently the next time someone doubts your capacity to do the impossible? _____

Law 24: CHARGE YOUR BATTERIES WITH CHALLENGES

Use this area to jot down any notes from this chapter.



Law 25: HAVE HEART

Use this area to jot down any notes from this chapter.

Final Challenge

Action Items:

1. Make a list of experiences that you will forever cherish.

- 1.
- 2.
- 3.
- 4.
- 5.

2. Make a list of new things or places you want to experience that you haven't yet.

- 1.
- 2.
- 3.
- 4.
- 5.



3. Write down your life of the impossible. What are some things that you would like to do that may seem impossible at this time? Score them based on difficulty from one to ten. Note as well which one is the most important to you. Choose the one that's the most important to you at this stage of your life and from there, start your journey of doing the impossible.

Impossible : _____	Score:

Note : _____	

Impossible : _____	Score:

Note : _____	

Impossible : _____	Score:

Note : _____	