

Duration 2-2.5 Hours

ASK FOR MORE

ASK FOR MORE WILL HELP PARTICIPANTS TO:

- Take on new responsibilities and challenges
- Commit to projects and follow them through to completion
- Embrace a growth mindset where anything is possible.

Section 1: Ask for Responsibility:

- Responsibility-Many times we don't ask for the responsibilities which we are truly capable of accomplishing.
- Responsibility versus Victimhood: We make excuses for ourselves and focus on our own self-limiting beliefs.
- We are entitled to affirm what we truly believe in ourselves to be true for us.

Section 2: Ask for Increase:

- How to find our motivation to experience intrinsic and extrinsic rewards.
- We must increase our expectations of ourselves and find people who can mentor us in support of our true aspirations in life.
- Find our willpower to accomplish our goals and defeat procrastination.

Section 3: Ask for Character:

- Courage: Be bold and take hold of all goals that you hope to accomplish.
- Faith: Believe in yourself enough to see your dreams as if they were already true and work towards realizing them.
- Patience: Success won't come overnight. Work hard towards achieving your highest goals and reward yourself for small accomplishments.
- Integrity: Remain integral and don't work against yourself.
- Resilience: Remain resilient while working towards your goals; fall seven times but get back up eight times!

Section 4: Ask for Health:

- Find your ideal weight and develop weight loss and maintenance strategies.
- Discover the benefits of sleep and proper relaxation.
- Discover the true meaning of love and companionship to support health.
- Find your center through meditation and mindfulness.

Section 5: Ask for Education:

- How intelligence can be increased through education.
- Empower yourself through a growth mindset: Anything can be learned.
- Learn the benefits of deep practice and how all skills can be refined.
- Coaching works: How to find a mentor or coach to enhance your natural abilities.

Section 6: Ask for Success:

- Success is a choice we make for ourselves: The meaning of success.
- Why we fail and how to keep trying.
- Attracting success into your life through constant focus.
- No regrets: What gets left behind when we leave.
- Living in gratitude brings more success into our lives.



**ASK FOR MORE
PRESENTED BY RICHARD BELLMAN
RICHARD@RICHARDBELLMANSPEAKS.COM
310-684-8241**

