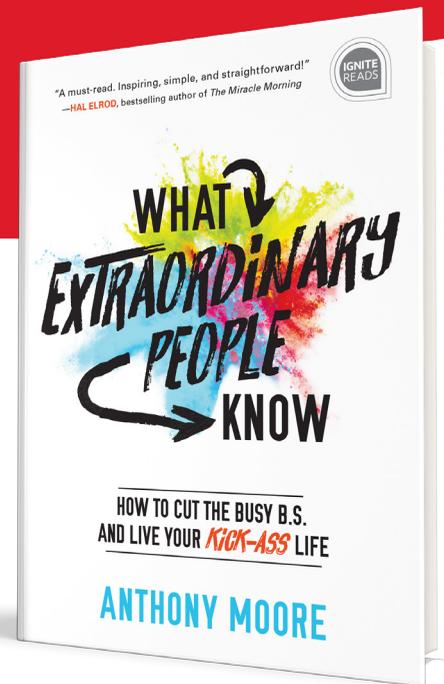


Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com



A Guide for Achieving Greatness:

What Extraordinary People Know
by Anthony Moore

Includes printable worksheet for meeting participants
©2019 Simple Truths, LLC

*Every moment of every day, you can choose to be extraordinary.
How?*

Prior to your meeting, provide a copy of *What Extraordinary People Know* to each meeting participant and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. Is there something in your personal life you'd like to change but haven't? What is holding you back from making the change?
2. Is there something in your professional life you'd like to change but haven't? What is holding you back from making the change?

Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

What Extraordinary People Know
By Anthony Moore

Book Discussion Questions

1. Change Your Environment or It'll Change You

- Think about a change you want to make. Is there something at home or at work (or both) that could be getting in the way? Is there something you can do to remove that obstacle? (e.g. if you're trying to lose weight, remove junk food from your home and bring healthy snacks to the office.)

2. Be a Rebel (a.k.a. Embrace the Weird)

- Is there someone you'd like to improve your relationship with, whether that be a family member, friend or colleague? Is there a first move you can make to encourage this change?
- How do you spend your free time? Is this helping you change/reach goals? If so, how? If not, what can you do to change this?

3. What You Believe About Yourself is What You Become

- What words would you use to describe yourself?
- What words would you like to be able to use to describe yourself? What steps can you take to become that person?

4. If You Want to Succeed, You Can't Just Be Interested – You Need to Be Committed

- What change are you interested in making? What are you willing to commit to in order to make that change happen?

Spark Impact in Just One Hour

*Value-Building Experiences
by SimpleTruths.com*

What Extraordinary People Know
By Anthony Moore

5. If You Tolerate Mediocrity, That's What You Get

- What areas of your life have very low standards? Are you willing to settle for an unsatisfying job, relationship, diet, etc. because you're not willing to raise your standards?

6. Consistency

- Is there something you do consistently in your life, whether at work or at home? Can you apply this consistency to a new habit you'd like to form, such as meeting deadlines, eating better, etc.?

7. Focus on Learning and Creating

- Think about a change you'd like to make in your life. Are there classes, workshops, etc. that you can take to help encourage this change?

8. Treat Yourself Like the Hero (and Work Your Ass Off)

- What beliefs about yourself are limiting you? Why don't you think you're capable of achieving a certain dream/goal?
- Would you be willing to spend one week believing you are capable? Try it!

9. Behave Like Successful People Behave

- What are you currently good at, both professionally and personally? Are you willing to put the time into studying and practicing to become great? Why or why not?

Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com

What Extraordinary People Know
By Anthony Moore

10. Why You Shouldn't Take Advice from (Almost) Anyone.

- Think about a goal you're trying to achieve. Do you know anyone who has achieved something similar? Can you talk to them about how they did it?

11. Welcome to Life Outside of Mediocre.

- Have you ever made a change, only to slip back into your old habits? What happened? What can you do to prevent this from happening again?

When you decide to upgrade from ordinary to extraordinary, you can become whatever you want.

BREAK FREE of the mediocrity trap and get
your life going in ***HIGH GEAR!***

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

Corporate Account Manager – Lance Vanderhagen | Phone: 630-961-3900 x 247 | Toll-free 800-900-3427 x 247 | Email: lance.vanderhagen@sourcebooks.com