

THE
GREAT ONES
{ A Business Fable }

*The Transformative Power
of a Mentor*

EXERCISES 1 - 9:

- 1) What can you honestly say that you do now in a disciplined manner?

- 2) What other things have you done in a disciplined manner in the past?

- 3) If you were to ask yourself where have you been able to stay “single-mindedly” on task in the past, write down what comes to mind. Note that these may have been quests such as “convince that girl to marry me” or “make a sports team”...

- 4) What results did you have with that single-mindedness? Can you point to specific measurable results such as “married the girl” or “made the team” or even slight variations such as “didn’t make the team but got in shape to where I ran 5 miles”? Write those down as well.

- 5) Where could this same level of focus have an impact in your life today?

THE
GREAT ONES
{ A Business Fable }

*The Transformative Power
of a Mentor*

- 6) What are your main mental distractions—the thoughts or allowances that you make that take you off task—could be as vague as “day-dreaming” or as specific as “surfing the net” or “can’t stop texting”...

- 7) Describe what difference you believe you would see if you eliminated your main distraction by 50% (not even completely—just cut it down by half)...

- 8) Can you truly “see” how discipline and single-mindedness can impact virtually everything you do? How? Put that in your own words.

- 9) If you choose to, make a declaration about how you intend to pursue adopt discipline and single-mindedness in your daily activities.