

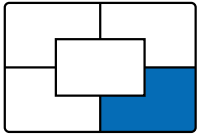
The  
Mental FastTrack™

Freedom *FastTrack*™  
MENTAL

# The Mental FastTrack™

Fill out each question accurately. If you are unsure about any question leave it blank.

## The Mental FastTrack™



1. Have you read any books relating to the Mental Track? If so, what have you read, or are currently reading?

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2. Do you listen to podcasts, informational CDs or talk radio shows? If so, what do you listen to?

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3. What type of conversations inspire you? Are you effective at inspiring others during conversations?

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4. If you have an important idea that you want to share, how do you effectively articulate yourself?

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# Mental FastTrack™

5. When do you engage in your most powerful conversations?

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6. In what ways have you possibly underestimated your greatness or potential?

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7. List 5 things for which you are grateful for in the mental domain of your life.

1. _____	4. _____
2. _____	5. _____
3. _____	

8. List 5 people you know and admire for their success in the mental domain of life.

1. _____	4. _____
2. _____	5. _____
3. _____	