

BY-PROD-UCT

AUTONOMOUS SUCCESS IN A **BOLD** NEW WORLD

WORKBOOK

Use the video content combined with the exercises in this workbook to set yourself up for success.

The exercises are designed in great detail to specifically bring out your personal BEST.

“Talent may take you to the top, but predictable processes keep you there.”

~Ian Prukner

**BONUS
CONTENT
INSIDE**

T → B → A → R

After I finished writing the Book, it quickly became a best seller. Within the first few weeks I had many people asking me to expand on some, if not all of the concepts, how I had selected these out of many more that I had tried throughout my short climb to success.

At first I was trying to answer all of the questions for everyone, but it became clear to me that I could be or would be spending the next few years addressing them. Through my business, I have learned the importance of time (we all have 168 hours a week), and also how to leverage my time.

And thus this Master Class was born! I combined all the questions I was getting on the materials, and then recorded the proven exercises and lessons I developed helping my own teams grow.

I am looking forward taking you to your next level!

A handwritten signature in black ink, appearing to read '@Gianpiero', written in a cursive style.

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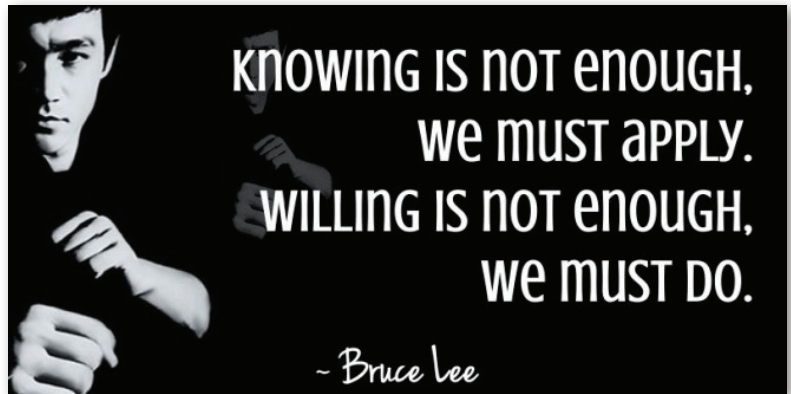
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Congratulations! You've chosen to *invest in yourself*, to take a deep dive into the BY•PROD•UCT process. The *prerequisite* for the **BY•PROD•UCT Master Class**: Read the BY•PROD•UCT book **BEFORE** you start this Master Class. **If you've not read the book yet, go read it first.** For your convenience, this course includes an e-book formatted for e-readers such as Kindle®, and iBooks®.

This Master Class does not replace the book, but relies on the basic understanding of the BY•PROD•UCT concepts you found in the book.



Throughout this Master Class, you will be taking a deep dive into the concepts, ideas, and examples of the **TBAR** processes and **how and why** they work. If you are willing to put in the work to master these processes, then the outcome of your effort is predictable. The content in this Master Class will work if you are willing to work e.g., do the exercises. They will require **your commitment** in participation. Make a decision **NOW** that you are **committed to do** them, **before you even start**. Each exercise is designed for you to learn **how to apply** the information, ideas and concepts to your **own journey**. **REMEMBER**, if your **actions stay the same**, your **results will stay the same**.

Reading the content alone is not enough. You must act on, and apply the information you're learning. Participation is **KEY**.

The following symbols are used throughout the Master Class and accompanying Workbook, to help you identify the type of exercise or action you need to take.



INPUT:

Input or Reflective Exercise requiring you to express thoughts and share your insights from your experiences.



OUTPUT:

Output or Adaptive Exercise requiring you to share your thoughts, insights or experiences with someone such as a mentor, coach, friend, or third party.



ACTION:

Denotes an item within an exercise, where immediate action is needed.



EXERCISE 1

Process Breakdown Identifying *Limiting Thoughts & Beliefs*

Are you *thinking about* what *you are thinking about*? List three thoughts below that you *need to change*.

1. _____
2. _____
3. _____

Write out *three replacement thoughts*.

1. _____
2. _____
3. _____

Are your beliefs *servng* you? List three beliefs below which *need to be replaced*.

1. _____
2. _____
3. _____

Write out *three replacement beliefs* you want to hold instead.

1. _____
2. _____
3. _____

Write out *three actions* which *need to change* for you to *accomplish your goal*.

1. _____
2. _____
3. _____

Write out *the three actions* which will *replace your current actions*.

1. _____
2. _____
3. _____

