

5 Ways to Re-invent Your Business, Brand & Self...NOW!!!

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Top 10 Quotes on CHANGE...

“You choose change...or change will choose you.”

“I cannot say whether things will get better if we change; what I can say is they must CHANGE if they are to get better.”-- George C. Lichtenberg

“Nothing is consistent but CHANGE.”

“We are products of our past, but we don’t have to be prisoners of it.” --Rick Warren

“Change your thoughts and you change your world.” --Norman Vincent Peale

“You be the CHANGE you wish to see in the world.” --Gandhi

“Change the Way You Look at Things... and the Things You Look at Change.” --Alan Cohen

“You can’t keep doing what you’ve always done and keep expecting the same result you’ve always got.”

“You can’t CHANGE what’s going on around you until you start CHANGING what’s going on WITHIN you.”

“CHANGE or DIE...”

5 THINGS TO CHANGE...Before It's Too Late

1. Your Business

What makes up your business?

6 P's

What CHANGES do you need to make?



What do you need to ADD to your business?



What do you need to ELIMINATE or get rid of?

What's that ONE BIG thing you are going to change in your business this year?



2. Your Marketing & Brand Development

What are some of the TOP BRANDS who are doing a great job with BRANDING?

Content Cycle



What is yours?



3. Your Leadership

TD's Top Leadership Points:

Which one are YOU going to choose to FOCUS on?



4. Your Training

Pillars of Successful Training in 2019:

- I. Training from the INSIDE OUT... not the outside in (breathwork, meditation, prayer).

What can you include? _____

- II. People love to know their metrics.

What are you currently using? _____

- III. People love Group Training & Specialty Training.

Which specialty programs do you currently offer? Which ones can you add?

- IV. Understand WHO you are working with...

Who is your demographic?

- V. Win the CARING Game.

How can you care more?

- VI. Atmospherics DO count.

Which ones are you doing well?

Cleanliness Plants Waterfalls
 Smells Music Selection Paint Color
 Decibel Level Bathrooms Clean
 Condition of Equipment Supplies

Which ones can you improve?

Cleanliness Plants Waterfalls
 Smells Music Selection Paint Color
 Decibel Level Bathrooms Clean
 Condition of Equipment Supplies



VII. Recovery is Key!!!

What do you currently offer?

What can you add to your services?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Simple Things You Could Do to ADD VALUE to Your Clients:

- Add a 5-minute meditation to the end of each session.
- Text your clients/members a weekly audio meditation.
- Text or email your clients/members a weekly motivational & inspirational video.
- Private FB page and contribute content to it.
- One live “retreat” together per year.
- Host community events.
- Add nutritional services or partner up with a nutrition business.

5. YOU!!!

“Hard choices, easy life; Easy choices, hard life”

“To whom much is given, much is required.”

“You have to give up “good” to get to “great.”

“LIFE happens OUTSIDE your comfort zone.”



Let me ask you some tough questions:

I. What would you like to CHANGE about you?

II. Is there any habit that you could ELIMINATE that would help you CHANGE for the better?

III. Is there a “best practice” that would help CHANGE YOU for the BETTER?

IV. How much money do you want to make this year? In your life? What are your views on money?

V. If you knew you would not fail, what would you do?

VI. What’s it going to take for you to become ever more successful this year? In 3 years? In the next 5 years?

VII. What’s it going to take for you to become MORE SIGNIFICANT?

VIII. What wakes your spirit up now and sets your SOUL ON FIRE?

IX. What’s holding you back from achieving what you desire?



FEAR

FEAR → Face Everything and RUN.... or **FACE EVERYTHING & RISE**

“Your Largest FEAR Carries Your Greatest Growth”

I am afraid of...

Why are you afraid of it?

What would you do or what would happen if you weren't afraid?

Why is it okay to move forward? Why must you move forward?

What are you going to do about it?

When are you going to do it?



What is holding YOU BACK? GO GET IT!!!

“I learned that courage was not the absence of FEAR, but the triumph over it. The brave man is not he who does not feel AFRAID, but he who conquers that FEAR.”

-Nelson Mandela

“Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life.

Almost everything--all external expectations, all pride, all fear of embarrassment or failure--these things just fall away in the face of death, leaving only what is truly important.

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”

-Steve Jobs

“LIFE IS FOUND in the dance between your deepest DESIRE and your greatest FEAR.”

-Tony Robbins

“I learned that courage was not the absence of FEAR, but the triumph over it. The brave man is not he who does not feel AFRAID, but he who conquers that FEAR.”

-Nelson Mandela

“Your GREATEST TALENT is so much more powerful
than your biggest FEAR!”

My CONTRACT for CHANGE

Here are 3-5 THINGS that I need to CHANGE about my Business, Brand, or Self...

The MOST important of these CHANGES is this ONE...because WHY....

If I don't CHANGE this, this will happen or be the RESULT...

CONTRACT

I, _____, commit that on this day of _____ (date) that I CHANGE the following thing(s) about my business, leadership, marketing, brand, training, relationships, or myself:

If I do not make this CHANGE, here is how I will suffer or be stuck/stalled/or stopped from accomplishing what I desire:

I am ready to COMMIT, am fully-engaged and ALL-IN, and CHOOSE to make this CHANGE(S).

Signed: _____

Date: _____

Theme: _____

