

GREATNESS IN THE MOMENT

and Session Close



GREATNESS IN THE MOMENT MODULE

PURPOSE:

- Illustrate the power of the moment
- Help participants understand that results are created in the moment
- Inspire the group to be great by doing what needs to be done
- Learn to leverage the moment
- To close out session strong

EMOTIONAL CONNECTION:

The difference between mediocre and great, on a daily and weekly basis is small. Life is lived in the moment: Greatness happens in the moment. Learning to be great in the moment will virtually guarantee long-term success.

MODULE AGENDA:

I. INTRODUCTION

- a. Post session logistics – next steps
- b. Full day, saved best for last

II. POWER OF THE MOMENT

- a. Introduce GIM
- b. Greatness in the Moment - VIDEO
- c. Group discussion – cover key points

III. SESSION CLOSE

- a. What are you capable of?
- b. Be Great – times you'll struggle that's ok, come back
- c. Congratulate, dismiss

TRAINER'S NOTES

INTRODUCTION & OVERVIEW

Before we get into our last module, let talk about next steps.

Cover the expectations for plan completion, and any planned follow up.

It's been a very full day, and yet I think we've saved the best for last.



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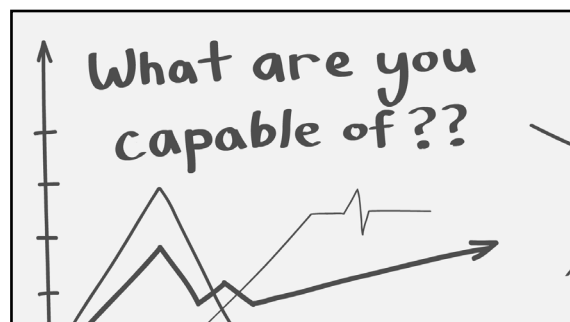
The last concept I want to cover with you today is the principle of Greatness In The Moment.

I'm going to let Brian explain. Take a look.



Play video

Wow, that's powerful!



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Talk to me about what we just heard?

Discussion the principle of GIM. Be sure to reinforce the key points.

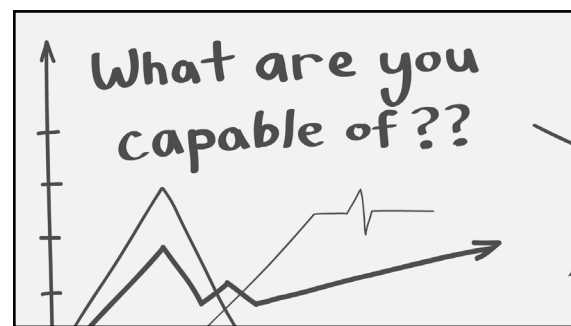
TRAINER'S NOTES

Key Points:

- *Life is lived in the moment, greatness happens in the moment*
- *Results are the confirmation of greatness, not the attainment*
- *Tendency to think we'll be great later, sometime in the future*
- *Difference between great and mediocre is subtle on a daily/weekly basis*

SESSION CLOSE

We began the day by asking the question “What are you Capable of?” The answer might surprise you. I agree with Thomas Edison when he said: “If we all did the things we are capable of doing, we would literally astound ourselves.”



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You are capable of more than you know. It's not complicated, but it's not easy either. It takes a willingness to stake a claim and then bring your best every day.

The 12 Week Year provides you with a structured approach to working at your best each and every day, and accomplishing more, faster.

It takes effort to be great. Be willing to put that effort in each day. Challenge yourself to deliver your best. Don't put your future off by choosing activity that is comfortable when you know you need to be engaged in different activity.

Too many people choose comfortable activity over pleasurable results. Be willing to sacrifice your comfort and you will be great.

Teddy Roosevelt said it this way:

“Far better it is to dare mighty things to win glorious triumphs, even though checkered with failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory, nor defeat.”

Congratulations on completing your training - You are now officially Periodized or a 12 Week Year champion. Now, let's go out there and be great.

Play high energy music – Tom Petty; Running Down A Dream, or something you like.