

Brian Tracy's

# 7-Day Change Your Thinking, Change Your Life Challenge

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Daily Exercise Guide



**BRIAN TRACY**  
INTERNATIONAL

## Hello Challenger,

I'm glad you've taken the time to commit to changing your mental patterns once and for all. The power of your subconscious mind goes further than you might *think*.

No pun intended.

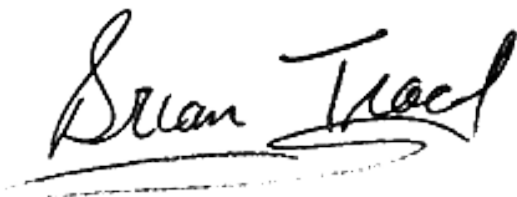
Control over your thoughts is one of the hardest exercises in self-mastery you can take on. But it's also the most powerful work you can do, *right now*, to change your life. Ultimately, your quality of life is limited by the quality of your thoughts. So you have to optimize your thinking to ensure it's aligned with your desired results.

*These laws will help you shape a successful mentality by teaching you to understand the universal principles that govern the world.*

**During this challenge, I also encourage you to talk and think about only what you desire and to not talk or think about what you don't desire...as much as you possibly can.** Then you'll see what you're really made of. It's a hard thing to do but with practice, you can reach the point where you are thinking about your goals and desires most of the time. Then, your whole life will change for the better.

To Your Success,

Brian Tracy

A handwritten signature in black ink that reads "Brian Tracy". The signature is written in a cursive style with a long, sweeping underline that extends to the left and then curves back under the name.

## Day 1 – The Law of Control

People who feel they are in control of their lives are generally happier than those who don't. With every decision you make, you are choosing to either be more or less in control. While you can always give away control, you can never give away responsibility. In this lesson, you'll learn how to develop a sense of control over your life.

### Video Worksheet

- a. You feel \_\_\_\_\_ about yourself to the degree to which you feel you are in control of your own life.
- b. You feel \_\_\_\_\_ about yourself to the degree to which you feel you are not in control of your own life.
- c. Internal vs. External (Locus of Control)  
I ←————→ E
- d. Control begins with your \_\_\_\_\_.  
Your thoughts determine your \_\_\_\_\_.  
Your feelings then determine your \_\_\_\_\_.

### Challenge

What is one area in your life that you feel you are not in control of right now? Maybe it's money, work or your relationships? What are three small things you can start doing today to take back that control?

Leave your answer as a comment on the Day 1 post in the Facebook group!

[Head to Facebook](#)

## Day 2 – The Law of Accident

This law is the opposite of the Law of Control. The Law of Accident says everything happens by accident and that we are all helpless to the world around us. But that's not you! Watch Brian's lesson to learn more.

### Video Worksheet

- a. The Law of Accident is what approximately \_\_\_\_\_ of the population lives by.
- b. Failing to plan is \_\_\_\_\_ to fail.

### Challenge

What major goals do you have right now that you do not currently have a plan for?

Leave your answer as a comment on the Day 2 post in the Facebook group!

[Head to Facebook](#)

## Day 3 – The Law of Cause and Effect

Every effect in your life is due to a cause. While we don't always have the ability to know the specific cause, we can always look back and learn from the tracks it left. In this video, you'll learn how to analyze the tracks of success.

- a. It is the “ \_\_\_\_\_ ” of the universe.
- b. The most important application of this law is this: \_\_\_\_\_ are causes and \_\_\_\_\_ are effects.

### Challenge

How can you change the mental picture of your life to something more positive? Identify a negative image in your life and how you can change your thinking to make it more positive.

Leave your answer as a comment on the Day 3 post in the Facebook group!

[Head to Facebook](#)

## Day 4 – The Law of Belief

Everyone acts on the basis of their beliefs. The stronger you believe something the truer it becomes. Brian will teach you how your belief system has affected your life.

- a. Whatever you believe with \_\_\_\_\_ becomes your \_\_\_\_\_.
- b. We develop \_\_\_\_\_." Your biggest obstacle is usually \_\_\_\_\_ beliefs.

### Challenge

What are some of your greatest self-limiting beliefs about your life right now?

Leave your answer as a comment on the Day 4 post in the Facebook group!

[Head to Facebook](#)

## Day 5 – The Law of Expectations

When you expect something to happen your life will begin to align around that expectation. In this session, Brian will teach you how to take advantage of this law to accomplish your biggest goals.

- a. Your expectations, especially about your \_\_\_\_\_, become your own self-fulfilling prophecies.
- b. Whatever you expect with \_\_\_\_\_ becomes your own self-fulfilling prophecy.
- c. Expectations play a critical role in your life:
  - i. The expectations of your \_\_\_\_\_;
  - ii. The expectations of your \_\_\_\_\_;
  - iii. The expectations you have of \_\_\_\_\_;
  - iv. The expectations you have of \_\_\_\_\_.
  - v. Always expect the \_\_\_\_\_.
- d. EXERCISE: Repeat throughout the day: “I believe that something wonderful is going to happen to me today.”

### Challenge

Manufacture your own expectation. Repeat the following mantra at least three times throughout the day than share your results.

*“I believe that something wonderful is going to happen to me today.”*

Leave your findings as a comment on the Day 5 post in the Facebook group!

[Head to Facebook](#)

## Day 6 – The Law of Attraction

Have you ever had that feeling of déjà vu? Well, that has a lot to do with this law. The more you want something the more you tend to subconsciously bring into your life the tools you need to get that thing. Brian breaks this law down for you with some fantastic examples.

- a. You are a living \_\_\_\_\_, and you attract into your life the people and the circumstances that are in \_\_\_\_\_ with your dominant thoughts.
- b. In the universe, all energy is in a state of \_\_\_\_\_.
- c. This explains the Law of:
  - i. Vibration
  - ii. Radiation
  - iii. Sympathetic resonance

### Challenge

What do you want to attract to yourself in 2019 and what thoughts will get you there?

Leave your answer as a comment on the Day 6 post in the Facebook group!

[Head to Facebook](#)

## Day 7 – The Law of Action

Success does not come to those who wait. You have to take purposeful action dictated by set goals around what you are most passionate about in life. In this next video, Brian will walk you through the four keys of his goal setting formula.

- a. You must become a continuous \_\_\_\_\_.
- b. The ability to set and achieve goals is the \_\_\_\_\_.
- c. 4 keys to set and achieve any goal:
  - Key 1:** Overcome the \_\_\_\_\_.
  - Key 2:** Find you area of \_\_\_\_\_.
  - Key 3:** Create \_\_\_\_\_ in your life.
  - Key 4:** Determine your \_\_\_\_\_ definite purpose.

### Challenge

Brian believes in taking action, so your final action today is to go watch his video and come back to leave your one action item you will take now!

Leave your answer as a comment on the Day 7 post in the Facebook group!

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