



## E5 LEADERSHIP ACADEMY FREE SUCCESS SERIES - VIDEO 1

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# 3 SIMPLE WAYS You Can Control Your Inputs To Create Awesome Outputs In Every Area Of Your Life

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We created this handout to help you get the most out of your E5 Leadership Academy experience. As you go through the lesson, fill in the blanks below with the success techniques I show you and use this guide anytime you feel stuck or unsure how to act.

### **What's an E5 Leader?**

*E5 stands for Equilibrium in all five pillars of your life.*

Balancing these five pillars means achieving a life of significance and total prosperity.

E5 Leadership Academy helps you achieve success:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_ **and**
5. \_\_\_\_\_

## The 2 Major Growth-Stoppers You Need to Take Care of TODAY

1. \_\_\_\_\_: To get the most out of this training, put yourself into a neutral frame of mind when watching these videos and stay open-minded to any new things you may hear. New results require new thinking!
2. \_\_\_\_\_ **Analogy:** When you walk up and down the aisles in the grocery store you don't put everything in your basket; you only choose the things you need. And the same goes with this program. We'll offer you a lot of strategies and insights so you can choose the ones you need right now to grow into the next level of success in life. Everything else, you can revisit later.

## The 4 Levels of Growth

Understanding the four different levels of growth on the path to building a life of significance will help you identify where you currently are and what you need to do next to reach the next level.

1. \_\_\_\_\_: Living paycheck to paycheck
2. \_\_\_\_\_: Having a few dollars to put into savings at the end of the month
3. \_\_\_\_\_: Being able to acquire new things and save money
4. \_\_\_\_\_: Once all your and your family's needs have been met, and you can start helping other people move up the ladder of growth

## What Are Inputs?

Everything that comes into your life every single day, every single week, every single month, year after year is an input. Some examples: social media, email, text, voicemail, alerts and alarms on your devices, TV, music, print or internet media, sports, and even food.

### 3 Types of Inputs

1. \_\_\_\_\_ - Inputs that help you achieve your goals in the next 2-5 years
2. \_\_\_\_\_ - Inputs that prevent your from achieving your goals
3. \_\_\_\_\_ - Inputs that waste your time without offering you any benefits in return

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# HOW TO CONTROL YOUR INPUTS

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1

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Become honest with yourself about the effects of your inputs and take inventory of the positive, the negative, and the time-stealers. Are all your habits helping you move towards the success you desire? If not, cut out the negative inputs and the time-stealers.

2

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Whatever comes into your mind comes out your mouth. If you're not speaking positive words into the world, you have some negative inputs you need to check. Ask friends and family to help you check your negative inputs by holding you accountable to positive thoughts and outputs.

3

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Create discipline around the inputs you allow to come into your life. Find ways to limit the amount of time that inputs interrupt your day (like turning off your phone at a certain time, or only checking emails at fixed times each day). Use your common sense to filter the importance of inputs so you can focus on what really matters.

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## ***Affirmations Technique for Deflecting Non-Positive Inputs:***

Before allowing an input to take control of your thoughts and time, ask:

1. Does this input move me closer to my dreams and goals, or further away?
2. Does this input affect my life in a positive way over the next 2-5 years?

*If the answer is YES on both counts, go for it!*

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## **WHAT DOES SUCCESS MEAN TO YOU?**

What do you want, need, or desire to get out of this program?

Leave me a comment to let me know!