

# The Mike Litman Show - Diane Hochman - Worksheets

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## THE MIKE LITMAN SHOW DIANE HOCHMAN WORKSHEETS

### EXERCISE 1

Mike starts out by saying how important organization is in your life. Write down some areas of your life that lack organization.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### EXERCISE 2

Diane discusses the things in her life she was unhappy about and the changes she made which set her on her path to clarity.

What are some things in your life you are not satisfied with or you wish to improve upon?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### EXERCISE 3

What can you do to overcome those things and help get you on your path to clarity?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## EXERCISE 4

Diane shares the importance of feeding your mind. One way to accomplish this is by tuning into something positive each and every day.

What are some things that you can do (or already do) that feed your mind with positive reinforcement?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## EXERCISE 5

Diane talks about the need to have a “Prosperity Consciousness” as opposed to a “Poverty Consciousness.”

Which of those two do you feel you have at this point in your life?

1. \_\_\_\_\_

## EXERCISE 6

If you answered “Poverty Consciousness,” what ideas or strategies can you implement in your life to change it?

1. \_\_\_\_\_
2. \_\_\_\_\_

## EXERCISE 7

If you answered “Prosperity Consciousness,” were there specific events that occurred or things you first had to learn to achieve it?

1. \_\_\_\_\_
2. \_\_\_\_\_

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## EXERCISE 8

Diane says, “Your past does not equal your future,” then explains how, “There was a magical pivot point that happened,” at which time she learned, in effect, she was the creator of her own destiny.

Are there negative aspects of your life which you blame, wholly or in part, on someone else or something “beyond your control” that, in reality, you should be held accountable for? Be honest! If so, what are they?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## EXERCISE 9

Diane tells how she keeps a notebook to take inventory of her assets. Every day she writes down a few things good about her.

If you were to start your own notebook, what would the first few entries be?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## EXERCISE 10

Diane explains the “Science of Celebrity” system and uses Madonna and Lady GaGa as examples. Who, if anyone, comes to mind when you hear the phrase “Science of Celebrity?”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## EXERCISE 11

Diane talks about overcoming fear and earlier she told how she was able to overcome a learning disability by using books on tape.

Are there things in your life, personal or business related, that you neglect or avoid out of fear and what avenues might you follow to overcome that fear?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_