

PART 3

What Do You Need?

"If you want to fly in the sky, you need to leave the earth. If you want to move forward, you need to let go of the past that drags you down."

AMIT RAY



So far, you've figured out what you want and what you think. This training is focused on what you truly need to make it happen. To really step up and hit your full potential, there are three crucial steps:

- **Let go of the past**—those old stories? They're not your today.
- **Live in the present**—this moment right here? It's all yours.
- **Become the person** who can create the future you've been dreaming about.



Remember, the thoughts you keep and the things you tolerate have shaped your today. If you're aiming for a new tomorrow, it's time to tweak those thoughts and cut loose what's holding you back.

Use this space to identify the biggest behavior you are tolerating that prevents you from getting what you want.

I am tolerating this behavior:

The negative impact it has on my goal is:

These people can help me stop tolerating it:

I will stop tolerating it by:

Without this toleration, I will feel:



"You are the average of the five people you spend the most time with." -Jim Rohn



Jim Rohn's insight about being the average of the five people you spend the most time with isn't just a reflection—it's a call to action.

In this exercise, you'll pinpoint the people who may be pulling your average down. But we're not stopping at identification. This is about taking control.

The goal of this activity is not just to identify the negative influences in your life, but to consciously create a strategy for minimizing their impact. By understanding and adjusting the dynamics of these relationships, you can enhance your personal development and improve your overall quality of life.

These steps will help you not only recognize who influences you but also guide you in making deliberate choices to cultivate a supportive network. Through this, you can truly enhance your personal development and uplift your overall quality of life.

Use the space on the next page to:

#1 ASSESS

Read the persona and write the names of people in your life who fit the description in the space provided.

#2 ANALYZE

For each person you've noted, reflect on how their behavior impacts your mood, energy, and overall well-being.

#3 ACT

Decide on the actions you'll take to manage or improve these relationships, potentially including setting boundaries, reducing interaction, or addressing the issues directly.

People enter our lives for a season, a reason, or a lifetime. As you decide how to manage these relationships, consider their role in your life and whether they need to stay or go.



LISA LIAR

They mean well, but hurt you by lying and telling you only what you want to hear, instead of what you need to hear.



DEBBIE DOWNER

They ruin a perfectly good day with their negative comments and outlook on life. They want you to feel bad like they do.



DONNA DIRECTOR

They boss you around like no tomorrow. You never get to do it your way when they are around.



TAMMY TAKER

They suck the life out of you and leave you feeling like you were hit by a runaway train.



GLORIA GUILTER

They make you feel guilty when you succeed, put yourself first, or say no to their never-ending demands.



JULIE JUDGER

They watch your every step and make you feel like they are waiting for you to fail miserably.

People need to **earn the privilege to be in your life** - even if they are family!



YOUR NEXT STEPS...



Now that you've tasted the future you want, it's time to bring it to life—and I'm here to guide you every step of the way!

Over the past decade, I've coached thousands on their journeys to enhance their health, grow their businesses, overcome formidable obstacles, and find deeper happiness. Alongside coaching, I've navigated my own intense challenges, including:

- Supporting my **husband Mark through his testicular cancer journey** while he watched his identical twin, Mike, die of pancreatic cancer.
- Building two business that generated **over \$2 million dollars.**
- Thriving through a diagnosis of Stage 4 breast and brain cancer, despite being told I would be dead by June 2022. Spoiler alert: my doctor recently declared my results a **"radical remission miracle"!**

These experiences have armed me with powerful tools and philosophies that I've honed to help my clients live their healthiest, wealthiest, and happiest lives.

I'm proud to introduce...



This live 8-week course packs all the potent tools and insights you need to embrace growth and **actively pursue the life you've always wanted.**

I understand that change can feel overwhelming but that's where my "Miller Magic" comes in—transforming what may feel like scary steps into an exciting adventure you'll actually enjoy.

If you're willing to play a bigger game, then click the button below to learn how to **save 50%** on the first round of this brand new course!

LEARN MORE



I hope to see you inside!

♡ Christie



YOU DID IT!



Congrats on completing the Becoming Unstoppable experience. Use the space below to capture your insights, breakthroughs, and any shifts in your perspective.

What were your biggest takeaways?

How have your beliefs and attitudes shifted? What specific actions are you committed to taking next?

This reflection will not only serve as a reminder of what you've accomplished but also as a roadmap for where you want to go. Keep pushing forward, keep growing, and remember, the journey to becoming unstoppable is ongoing.





THANKS FOR JOINING US!



I truly believe that everything in life happens for us, not to us.

My own journey through Stage 4 breast and brain cancer has profoundly shown me the immense power of mindset.

This experience, though incredibly challenging, has unexpectedly become the greatest gift and the most insightful mentor I could have ever asked for.

Now, it's my turn to give back—to help you shift your mindset, enabling you to always see and seize the endless possibilities around you.

I sincerely hope to welcome you to



where we take bold steps together.

Until we meet again... stay well, embrace your journey, and keep reaching for those possibilities.

♥♥ Christie

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