

LUNCH BREAK®
HUSTLER

TAKE YOUR POWER BACK
WORKBOOK

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MISSION STATEMENT

The Underground Railroad for the Cubicle Slave is about to leave the station. As a V.I.P. passenger, you're about to discover how to use your conventional 9-5 as the dominant investment tool in yourself that it was designed to be. Here at the Lunch Break Hustler Academy **you do not stop until you win.**



how to USE THIS WORKBOOK

This course is designed to take place during the lunch hour. When your lunch hour comes around, plan to do the following:

Take 3-5 minutes to “refresh”. This means to remove all work issues from your desk and thoughts; then focus 100% on yourself by either meditation, breathing exercises, etc.

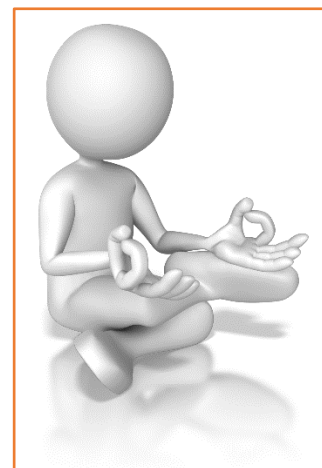
Break out your lunch and be sure to drink ONLY water – stay away from sodas and other unhealthy beverages.

Take 20-25 minutes to eat your lunch, but at the same time, think about that day’s task and start making notes in order to be ready to attack it with everything you’ve got.

Take the last 30 minutes to complete the task. You want to make sure it’s done well so don’t rush it thinking that it actually has to be done in one lunch break.

5-7-9 BREATHING *exercise*

- Find a quiet place to either sit or stand very still
- Close your eyes and remove all thoughts of work or anything else negative going on in your mind
- Keep a picture in your mind of the exciting future you are working towards
- Inhale for five (5) seconds
- Hold it for seven (7) seconds
- Exhale for nine (9) seconds
- REPEAT THREE TIMES





LUNCH BREAK HUSTLER RITE OF PASSAGE

OBJECTIVE: There's no doubt you're grateful to have a job that financial sustains you. But, listen up! Abundance is your birth right and it's time to get radical. No one – and I mean no one – is looking out for your best interest as much as you are. Don't apologize for wanting more. Don't apologize for going for yours. In this module you're going to discover the secrets to becoming a bona fide **LUNCH BREAK HUSTLER**.

Which of the following word(s) identifies you and why (please chose all that apply) – 1) Underserved; 2) Undervalued; 3) Underemployed; 4) Underestimated

Now that you know what it takes, what qualities that you already have makes you a bona fide Lunch Break Hustler?

*“The greatest journey is about to be taken
...yours.”*



TAKE YOUR POWER BACK

OBJECTIVE: Having to admit we're not as well put together as we try to give people the impression that we are is a real blow to the ego. Nonetheless, one thing must be made clear, we cannot change the last chapter of our lives — it's already dried ink. However, we can change the way our next chapter is written because we're still holding the pencil in our hands. In this lesson you're going to discover what your deepest pain points are that **must** be removed in order to **TAKE YOUR POWER BACK!**

How do **YOU** define taking your power back?

What's the average amount of hours you sleep at night? _____. What's the major stressor that keeps you up?

Now **list three radical ways** to challenge and remove that stressor that will get you back to a good night's sleep.

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Describe the one achievement you've dreamed of having way back since you can remember, but you're embarrassed to not have accomplished by this stage in your life.

Now give it some thought and list three reasons why that particular dream is no longer even relevant to your current lifestyle.

List three accomplishments **you have achieved** that you're extremely proud of and how it has improved your current lifestyle.

Do you currently have a budget that you stick to? _____ Describe your worst spending habit?

What needs to happen in order to reverse your worst spending habit?

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List three people you know you need to love from a distance and describe why.

List three people you know (or are aware of that you can make contact with) that you believe would make a good mentor for you and why.

*“God gave you your mental wings to soar
...not hover.”*



YOUR NEXT MOVE

OBJECTIVE: Life can be so confusing, and without goals we often allow even the small distractions to get us off track. But that's not how **LUNCH BREAK HUSTLERS** see it. We stay in action because we set actionable goals. In this module, we're going to take a glimpse into our lives one year from now.

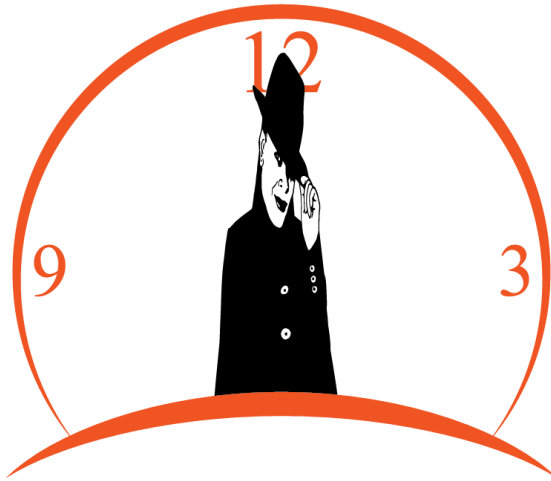
Think about the lifestyle you want to see yourself living one year from now. Describe it in terms of:

Physical

Emotional

Financial

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