

EMPOWER THE PLANET

a writeup to commemorate my journey

before beginning the SHT. . .

since going through the SHT. . .

to keep myself motivated and engaged, and to help us all empower the planet together, I plan to. . .

I will help us to **EMPOWER THE PLANET** together
by allowing you to share my:

- ☐ written testimonial
- ☐ proudly include me on the group summary

name _____



when you leave
rating / review on

- ☒ Facebook
- ☒ Yelp
- ☒ Google+



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who can I impact?

which friends, family members, or acquaintances do you have
that you would like us to reach out to or invite to our next informational meeting?

name	email	phone	notes

who are some business owners or executives that you know
that you would like us to reach out to or invite to our next informational meeting?

name	email	phone	notes

who are some leaders in organizations that you know
that you would like us to reach out to or invite to our next informational meeting?

name	email	phone	notes

I was diligent with the challenge progressions.	I attended the challenge meetings.
☐ close to 100% ☐ about 80% ☐ about 50% ☐ meh. . . ☐ not at all	☐ ALL. ☐ 5 out of 6. ☐ 4 out of 6. ☐ 3 out of 6. ☐ 2 out of 6.
I loved the challenge and what it did for me.	I would recommend this challenge to others.
☐ SuperHuman all the way! ☐ it was pretty awesome. ☐ it was good for me in some ways. ☐ didn't do much for me. ☐ definitely not.	☐ 100%, welcome to the PRIDE! ☐ yes I would, for most people. ☐ probably. ☐ maybe not. ☐ definitely not.
I noticed my body composition improve.	I felt my clothes fit better.
☐ big time. ☐ for sure. ☐ some improvement. ☐ didn't notice. ☐ definitely not.	☐ big time. ☐ for sure. ☐ a little. ☐ didn't notice. ☐ definitely not.
my energy levels improved.	I had digestive issues resolve.
☐ hell yeah. ☐ a lot. ☐ good. ☐ didn't notice. ☐ definitely not.	☐ big time. ☐ for sure. ☐ some improvements. ☐ didn't notice. ☐ definitely not.
my sleeping patterns improved.	I noticed the lifestyle factors have an impact.
☐ relative to before, slept like a baby! ☐ noticed some great changes for sure. ☐ noticed some improvements. ☐ didn't notice. ☐ definitely not.	☐ YES! ☐ to a degree. ☐ a little. ☐ didn't notice. ☐ definitely not.
I noticed improved mental clarity and emotional stability.	the personal process including the gratitude, silence, and envisioning had an impact.
☐ big time. ☐ for sure. ☐ some improvements. ☐ didn't notice. ☐ definitely not.	☐ hell yeah. ☐ a lot. ☐ good. ☐ didn't notice. ☐ definitely not.
I came off medications and/or noticed a health condition improve.	
☐ YES. detail?	
how can we make this challenge better?	

name _____



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what can we do to make this SHT better?

meeting durations.

our goal is to empower you with education. we spend a lot of time determining what information to communicate in our meetings. and we spend a lot of time leaving stuff out so we can fit it all in! that being said, how do you feel about the length of the meetings? what other input can you give us on the length of the meetings?

☐ too short ☐ just right ☐ too long

emails and videos between meetings.

our intention with sending out videos in between meetings is to keep you motivated and engaged. were the videos between the meetings helpful? not really? loved them? a little much? overwhelming? what other feedback can you give us on the communication between meetings?

☐ not helpful ☐ yes helpful ☐ loved them ☐ too many

homework and documentaries.

these videos have been chosen to help reinforce what we learn, and also get some new information and new perspectives on some of our principles. how do you feel about the homework? was it not enough and would like more? just right? loved them? overwhelming? what other feedback can you give us on the homework videos?

☐ need more ☐ it was enough ☐ loved them ☐ too many / too much

SuperHuman Priming and meditation.

our morning process is proven and solid. we also realize getting the “hang” of it can be challenging for some. it takes practice and work! how did you like the morning process? did it make sense? was it complicated? how was the meditation instruction? what other feedback can you give us on the process?

☐ loved priming ☐ loved meditation ☐ too complicated ☐ not enough time to do it
☐ didn't feel I was doing it right ☐ didn't understand ☐ don't believe in this kind of thing

what other additional feedback can you give us to make this better for future SuperHumans?
