



Regaining Control Over Your Business and Your Life with George Araman

For most people, change happens when there is a great catalyst. For some, it could be the loss of material things, opportunities, or relationships. And when George Araman experienced heartbreak, he could have played the victim. Instead, this week's guest chose to undergo a journey of transition. He applied himself to know more about personal development. He did research, wrote a book, and even came up with a personality test.

To become a better version of himself, George took 100% responsibility for his life. In this episode, he shares the beautiful and unexpected journey he went on after his heartbreak. He tackles how we should view our four dimensions holistically. In doing so, we reconnect with ourselves and present ourselves differently to the world. Through this, we're better able to navigate our relationships, be it personal or business. We also learn why we have the power to change our lives, how our responses can affect outcomes, and what it takes to build and maintain habits.

This workbook will help you reflect on the great insights that George shares in the episode. Empower yourself and your business by learning what it takes to create positive change!

QUOTE TO REMEMBER

"If you really want to create something, if you want to really change your life, take control."

Activity: Changing Your Old Paradigm

Before listening to this podcast, have you tried venturing into personal development? If yes, what are the ideas you have integrated into your lifestyle? If you haven't what are some ideas from the episode that you would want to try out?

What areas in your life do you think are going well?

Conversely, what areas in your life do you think you need to work on?

As human beings, we have four intertwined dimensions. To be our full selves, we need to work on all four. Categorise your answers to the previous two questions based on these four dimensions. Then, indicate what you need to do to make sure that these areas in your life thrive.

Intellectual	Physical
Emotional	Spiritual

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E + R = O. You can apply this formula in your life and business to regain control. Think about events in your life that you find challenging. To generate the best outcome, what do you think should your response be?

Event	Response	Desired Outcome

Change does not happen overnight. Why do you think George values emotionally progression over time? Do you feel the same?

As an ambitious entrepreneur, you have to be consistent with your habits. Starting with multiple things at once will only overwhelm you and lead to failure. What is one practice that can add to your life to enhance your personal development? Why do you think this habit is important? What do you hope to get by building and maintaining this habit?

When we create momentum, we eventually enjoy the routine we practice every day. Why is it hard to start to change? How can you create momentum to make it easier to reach your goals?

What You'll Learn From This Activity

We all want to make meaningful changes in our lives physically, intellectually, emotionally, and spiritually. However, it is easy for us to fall into our old paradigms. When it comes to personal development, it is crucial to take a slower and gradual approach. One of the goals of this activity is to help you understand that change does not happen overnight.

Most of the questions are designed for introspection. You will assess your journey to personal development so you can see which areas need improvement. This way, you can be more intentional about the change you want to implement in your life and your business. To create momentum for success, you need to start with one habit. Accomplishing this activity will help you appreciate the value of slow and consistent growth.

In addition, this short exercise will also allow you to apply Jack Canfield's formula for success. You will learn how to take 100% responsibility for your life. You can do this by controlling your response to the challenges you face. Remember: you can create the best outcome when you stop blaming others for your misfortunes and start seeking solutions yourself.



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