

## The Prisoner



1.) How do you deal with the painful things in your life?

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2.) What thoughts did you have as Robert was sharing his painful story?

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3.) How secure are you? Very Somewhat Not Secure

4.) Have you ever been told you aren't smart enough? Yes or No  
Does this still affect you today? Yes or No

5.) Are you a prisoner of your own thoughts? Yes or No

6.) Why does Robert say he is happy and positive?

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7.) What is your worst day so far?

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8.) Do you feel today is better than your worst day? Yes or No

9.) Whole Concept- Be \_\_\_\_\_ than you are.

10.) What do you feel is greatness in your life?

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11.) What stories do you tell yourself that make you a prisoner of your mind?

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12.) What are the two types of prisoners Robert mentions?

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

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

13.) Are you tired of being a prisoner? Yes or No

14.) Have you planned your escape? Yes or No

What is your escape plan?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15.) Do you believe if Robert can get free, you can? Yes or No

16.) How does Robert say you become free?

\_\_\_\_\_

\_\_\_\_\_

17.) A mentor is trying to see if the person is \_\_\_\_\_.

18.) Are you teachable? Yes or No

19.) Are you in jail mentally with stinking thinking? Yes or No

20.) What does Robert say about digging dirt one spoonful at a time every month?

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\_\_\_\_\_

21.) What do you need to do to get out of your own prison?

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22.) Honestly when talking to people, are your conversations more about you or the other person? \_\_\_\_\_

23.) Have you ever recorded your conversations like Robert talked about?  
Yes or No

24.) It's not about \_\_\_\_\_!

25.) How did Robert build his organization at the beginning even with his mindset not being the way it is now?

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26.) How often do you need to work on your mindset and heart space?

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27.) When does Robert say the magic happens?

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28.) What are the feelings that you have that are really important to you?

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29.) People will follow you because they know you are \_\_\_\_\_.

30.) The people who talk the most are in the most \_\_\_\_\_.

31.) Have you read The World's Greatest Miracle? Yes or No  
Have you read "The God Memorandum?" Yes or No

32.) Have you read or listened to The Science of Getting Rich? Yes or No

33.) Imagine talking to someone who is the closest to you about something in the future that has already happened.

34.) Write Bob Proctor's "I AM" Statement that Robert shared.

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35.) What are some positive mantras or statements you feel you need to remember?

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36.) What are Tony Robbins 2 statements that he feels are the best that he learned from his mentor, Jim Rohn?

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