



# THE MINDSET MAKEOVER SERIES

## ONE INCH PAST THE STARTING LINE

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a guide to starting  
and finishing your next big thing



This Guide is developed from ideas found in  
“The Subtle Art of Not Giving A Fu\*k”  
by Mark Manson

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# INTRODUCTION

Welcome to the Mindset Makeover Series! This is an exciting opportunity to embark on a journey of self-discovery. In this series, you will explore the inner workings of your mind and identify patterns and values that are preventing you from reaching your full potential.

Within the pages of Mark Manson's "The Subtle Art of Not Giving a Fu\*k," lies the wisdom of the Do Something Principle. As you journey through this workbook, you will uncover the ways in which action precedes motivation, unfailingly, time and time again.

One Inch Past the Starting Line is your personal guide to tweaking the areas of your mindset that need a little attention. Together, we will take small steps towards your goals, allowing you to build momentum and create a sense of accomplishment that will fuel your motivation.

The Mindset Makeover Series is a collection of principles, when practiced faithfully, will transform your life. Step up to the starting line, it's your turn and it's your time.

Improvement at anything is based on thousands of tiny failures, and the magnitude of your success is based on how many times you've failed at something. -Mark Manson





## EXISTING PATTERNS

Let's delve into your existing patterns. Take a moment to reflect on both your successful and unsuccessful experiences over the last year. There are lessons and value in all of your experiences.

### I SUCCEEDED WHEN I:

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### I DID NOT SUCCEED WHEN I:

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## MARK MANSON'S STORY

Mark Manson's success story is one that is both inspiring and relatable. Starting out as an ordinary college graduate in the midst of the financial collapse and Great Recession, he struggled to navigate the flailing job market. His situation was further complicated when his roommate, who hadn't paid rent for three months, disappeared into thin air, forcing him into a pattern of couch-surfing. However, Mark chose to value his independence over comfort, refusing to seek refuge in his wealthy family's money.

Learn to sustain the pain you've chosen. When you choose a new value, you are choosing to introduce a new form of pain into your life.

Relish it. Savor it. Welcome it with open arms. Then act despite it. -Mark Manson





# START

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## MARK MANSON'S STORY CONTINUED

Rather than give up, Mark took a leap of faith and quit his job to pursue an online business--despite having no experience in web design, marketing, or audience. He started at the beginning, dedicating one hour at a time to learning what he didn't know. Slowly but surely, he built confidence and found his niche, which led to working longer days and growing his blog.

Mark's journey is a testament to the power of his "Do Something" Principle. He started his career at rock bottom. Yet, he stepped up to the the starting line, took one small step and would go on to become a personal growth and relationship guru, with three irreverent and humorous New York Times Best Sellers. Mark realized his brain was programmed to take the second step automatically, once he mustered the will to take the first step.

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## YOUR STORY

### WHAT DO YOU NEED TO OVERCOME?

Reflect over your life and challenges. With your next big goal in mind, what have you experienced in the past that held you back? What do you need to overcome in your current situation to approach the starting line?

### WHERE IS YOUR STARTING LINE?

Do you have a goal that seems a bit out of reach? If so, what do you need to do to get to the starting line? What does the first inch and first step look like?

Our most radical changes in perspective  
often happen at the tail end of our worst moments.  
-Mark Manson



## WHY DO MOST GOALS FAIL?

Did you know that roughly 92% of people don't achieve their goals? The odds are not in your favor if you approach your next goal without any reflection or preparation. Here is an example of what might happen if you decide to start a side business:

### »Goal

**You want to start a side business:**

- You daydream about the rewards
- You get excited about being your own boss
- You imagine increased wealth and status

### »Resistance

**It's time to get to work:**

- You don't know where to begin
- No one validates your goal
- Doing the work is harder than you anticipated
- Your current job is easier than starting something new
- You settle in at work and tell yourself a good job is enough

### »Defeat

**Goal + Resistance = Self-sabotage:**

- You question your values, your abilities and your potential
- Trailblazers who went before you must be better than you, have more resources or more support
- You need to start smaller and dream more realistically
- You were not meant to do great things
- Why did you think you could actually achieve something big?



This is not a formula for reaching the finish line. Let's join the 8% who will achieve their goals by first starting with some self-assessment.

If we follow the "do something" principle, failure feels unimportant. When the standard of success becomes merely acting-when any result is regarded as progress and important, when inspiration is seen as a reward rather than a prerequisite-we propel ourselves ahead. -Mark Manson



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## VALUES ASSESSMENT

**VALUES** serve as the cornerstone of our beliefs, actions, and aspirations, and they provide a framework for measuring our achievements and fulfillment in life.

Assessing our values before starting our next big goal is crucial because our values determine what we view as important and worthwhile in life. Our values establish what we will commit to and what we will quit. Values guide us in making decisions and taking actions that align with our beliefs and purpose.



*Take a look at the list of values below. Select 3 positive and 3 negative values that set the framework for your decisions and actions. Be honest, no one is looking.*

- |   |                                       |  |   |
|---|---------------------------------------|--|---|
| <input type="checkbox"/> Kindness         | <input type="checkbox"/> Balance      | <input type="checkbox"/> Manipulation      | <input type="checkbox"/> Creativity     |
| <input type="checkbox"/> Wealth           | <input type="checkbox"/> Community    | <input type="checkbox"/> Leadership        | <input type="checkbox"/> Courage        |
| <input type="checkbox"/> Selfless Service | <input type="checkbox"/> Selfishness  | <input type="checkbox"/> Flexibility       | <input type="checkbox"/> Gratitude      |
| <input type="checkbox"/> Dishonesty       | <input type="checkbox"/> Neediness    | <input type="checkbox"/> Respect           | <input type="checkbox"/> Accountability |
| <input type="checkbox"/> Impatience       | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Attention Seeking | <input type="checkbox"/> Loyalty        |
| <input type="checkbox"/> Status           | <input type="checkbox"/> Greed        | <input type="checkbox"/> Overindulgence    | <input type="checkbox"/> Compassion     |
| <input type="checkbox"/> Fairness         | <input type="checkbox"/> Humility     | <input type="checkbox"/> Responsibility    | <input type="checkbox"/> Perseverance   |
| <input type="checkbox"/> Hardworking      | <input type="checkbox"/> Diversity    | <input type="checkbox"/> Arrogance         | <input type="checkbox"/> Entitlement    |

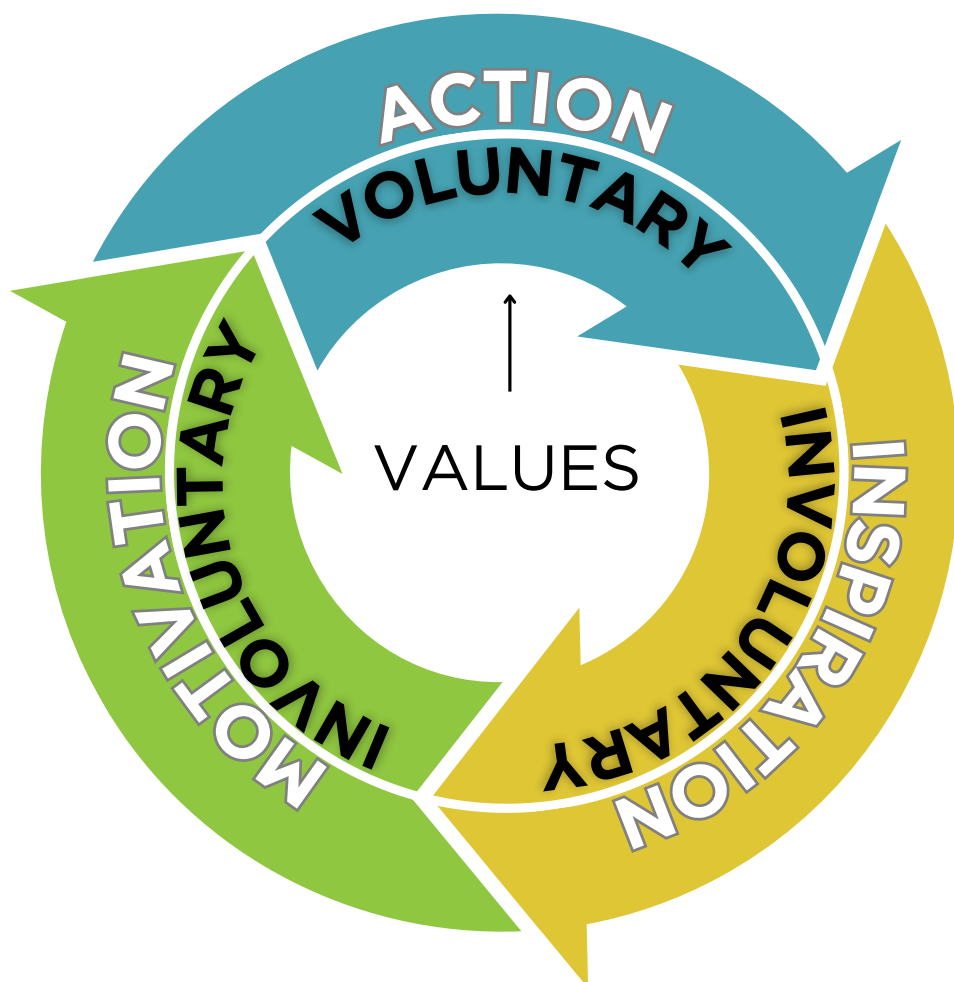
If you are operating with values that no longer serve you, you can work to change them. If you are having a hard time establishing your values, take a look at what motivated your last 5 decisions.

A lot of this fear of failure comes from having chosen shitty values. -Mark Manson





# HOW TO APPROACH YOUR NEXT STARTING LINE



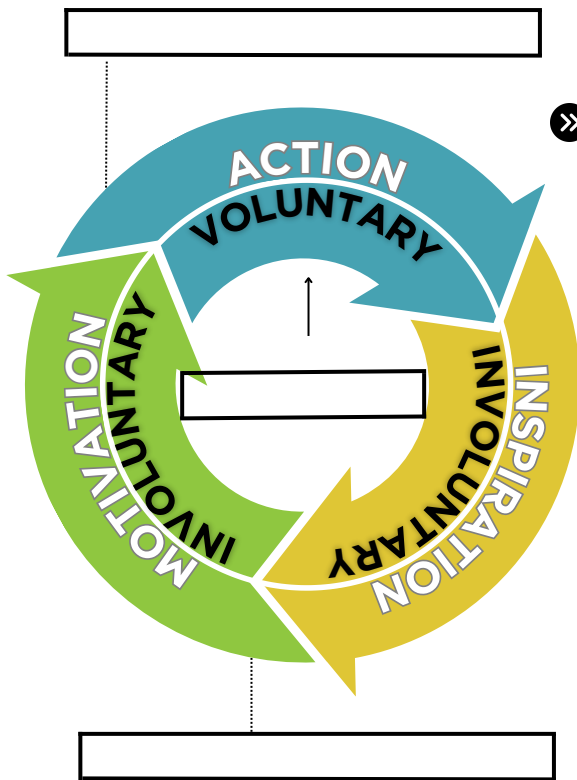
 **Values like wealth and status usually are not be enough to help you achieve your goals.**

We need some sort of existential crisis to take an objective look at how we've been deriving meaning in our life, and then consider changing course. -Mark Manson





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## » How do you start a new goal aligned with your values?

- Place one of your top core values in the center of the diagram to the left.
- Think about how accomplishing this action might inspire you.
- For example, if your core value is community and your goal is host a gathering for your friends, how might accomplishing this inspire you to take on more community-based actions?

## » How do you know if your values, actions and goals are aligned?

- You will love what you are doing
- You won't be able to stop talking about it
- Your passion will be contagious; people will be drawn to it
- Progress will come with ease and hard work won't feel as hard
- Resistance to your goal will not dim your fire

## » Your values and your goals are not aligned, what do you do?

- If your goals don't ignite a fire in you, it's time to make a change.
- Changing your values are harder than changing your actions, but worth the effort if needed.
- If the core values driving your actions are only self-serving, attaining your goals won't provide you with the joy you are anticipating.
- If your values feel right, then it's time to look at your goals.
- Be honest with yourself, and be flexible. If you are too rigid, you will break.



The key to fulfillment, success, happiness, contentment in life is when you align your personality with what your soul actually came to do. I believe everyone has a soul and their own personal spiritual energy. When you use your personality to serve whatever that thing is, you can't help but be successful.

~OPRAH WINFREY

Our proudest achievements come in the face of the greatest adversity. -Mark Manson



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*Take action with your values, and the motivation will show up. If it doesn't, reassess your values.*

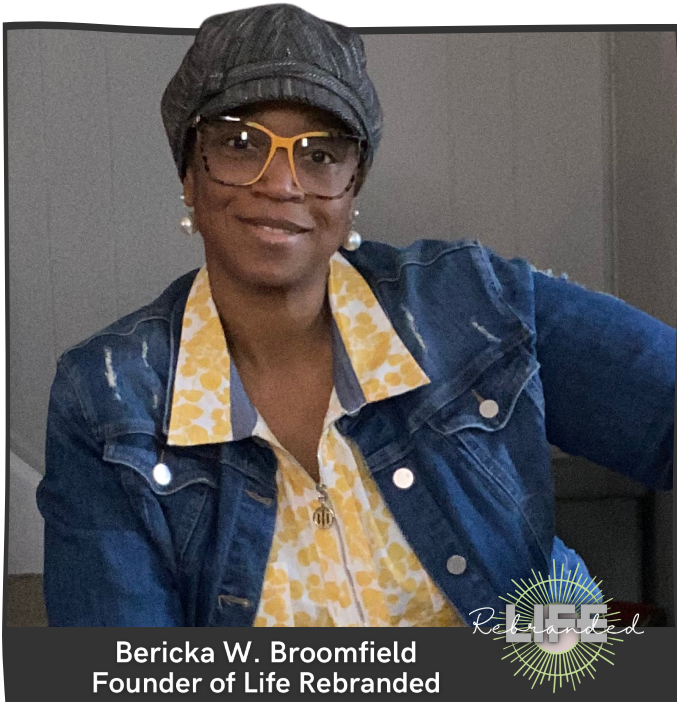
~BERICKA W. BROOMFIELD

Congratulations on completing the "One Inch Past the Starting Line" workbook! Just by reflecting and recording your thoughts within these pages, you have taken the first crucial step towards achieving your goals.

Now that you have assessed your values and gained a deeper understanding of what drives you, you are ready to take more action. If you ever find yourself feeling lost or stagnant, take a moment to reflect back to your values. How do they make you feel? Are

you living in alignment with them? If not, then it's time to make a change.

Lastly, keep challenging yourself, stay true to your values, and most importantly, just get started! The possibilities are endless when you open your heart to the first step.



Bericka W. Broomfield  
Founder of Life Rebranded

**Click Here**

**to schedule a free  
accountability session**

Life is about not knowing and then doing something anyway. -Mark Manson