

# WORLD CHAMPION YOU TRAINING CAMP

THE WORKSHEET

**DAY**

**WEEK**

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY  
SATURDAY

**1** WHAT WOULD YOUR LIFE LOOK LIKE IF YOU APPROACHED IT AS IF YOU WERE IN A WORLD CHAMPION TRAINING CAMP?

**2**

**3** WHAT IMMEDIATELY GETS DROPPED? ... WHAT IMMEDIATELY GETS DIALED IN?

**TRAINING AREA**