

Level Up

GUIDE



SESSION SUMMARY:

Success is often misconceived as a straightforward path, but in reality, it's a challenging journey with unexpected obstacles. John Barrett's insights reveal that success is more like an ultimate warrior course, demanding preparation, adaptability, and the tenacity to face and embrace challenges. Leaders must train and prepare for this journey, seeking resources and mentorship to strengthen their resolve. It's crucial to stay committed and view each obstacle as an opportunity for growth. Reflecting on personal challenges and preparing for the journey ahead is essential for anyone aiming to achieve true success and make a lasting impact.

GROUP QUESTIONS:

1. What stood out to you the most from the video?
2. How do you typically react when faced with unexpected obstacles?
3. Can you share a time when a challenge turned into an opportunity for growth?
4. Why do you think it's important for leaders to embrace challenges rather than avoid them?
5. How can we support each other in our growth journeys?
6. What are some practical ways to stay motivated during difficult times?
7. How does mindset play a role in overcoming obstacles and achieving success?
8. What steps can you take this week to better prepare for the challenges you may face?

APPLICATION:

This week, identify one specific challenge you are currently facing and create a plan to address it. Share your plan with a trusted friend or mentor for accountability and support.