



The  
**enchantingLawyer**<sup>™</sup>

# Action Guide

**Jason Smyth**

## **1. Dream**

Jason talks about how he managed to achieve his dreams by believing in himself.

### **How Does It Apply?**

Write down below what your short term and long term dreams and aspirations are.

## **2. Break Them Down**

Jason describes how he managed to achieve his dreams by breaking each one down into smaller and easily achievable steps. In achieving each small step, the dream doesn't feel so far away and you are continually being motivated to keep on going.

### **How Does It Apply?**

Break down your goals below into smaller and achievable steps and get started!

### **3. Surround yourself with the Best**

Jason explains how he believes that one reason why he became the top class athlete that he is today, is because he surrounded himself with the best athletes. This meant that he was able to adopt the mindset and some aspects of their lifestyle, which led him to the success that he has had.

#### **How Does It Apply?**

Write down below who the best people in your field are. How can you get amongst them? You don't necessarily need to be with them all of the time – maybe you could just arrange to meet them for a chat (hint – why not interview them for a blog or podcast?)