



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

# Action Guide

**Julian Hosp**

## **1. Surround yourself with people you admire**

Julian talks about the theory that you are the average of the five people that you spend most of your time with. By surrounding yourself by people who you admire and want to be similar to, you can begin to change yourself.

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

Write down the phrase "I want to achieve .....", and fill in the blank. Now try to think of five people who can help to achieve this.

## **2. Change 'can't' to 'won't'**

Julian explains about how his life changed when his coach told him to change the words "I can't" to "I won't". It made him realize how much of a choice we have.

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

Write down below some of your "I can't" sentences. Now substitute the 'can't' for 'won't' and see how this changes things.

### **3. Study**

Julian describes how by studying you can find a way to do anything that you want. He even studied how to study to enable him to study effectively and be a kite surfer at the same time.

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

Write down below what you really want to be doing. What can you learn which will help you to achieve this?