



## Autumn Alignment Challenge – Week 5 Worksheet

**Theme: Habits & High Performance — You Either Have  
the Result or You Don't**

**This week is all about the truth behind results —that truth is simple: you either have them, or you don't. Everything else is story. The gap between where you are and where you want to be isn't filled with motivation or luck — it's built on habits. Your habits are the quiet architects of your results. They're shaping your identity, your outcomes, and your future every single day. This week we're going to get real about what's working, what's not, and what needs to shift so that your daily actions**

**line up with your goals. You don't need to think harder, you need to operate differently — and that starts with habits that serve the life you keep saying you want.**

### **The Truth About Results**

**“You either have the result or you don't—everything else is story.”**

#### **Prompt:**

- **Where are you telling yourself a story about why something hasn't changed yet?**

- **What's the truth beneath that story?**

- **If you looked only at your current results—what habits do they reveal about you?**

**Teaching note:**

**Your results are mirrors. They don't lie; they just reflect the systems you've built. If you want new results, change the system, not the story.**

**Identity-Based Habits (James Clear principle)**

**“Every action is a vote for the type of person you want to become.”**

**Prompt:**

- **Who are you becoming based on your current daily actions?**

- **What identity would support the life you say you want?**

- **Finish this sentence: “*I’m a person who...*” (create 3 identity-based statements).**



- **What one habit could you systemize so it no longer requires discipline—just design?**

**Teaching note:**

**Willpower is inconsistent. Systems create consistency. Design your life so doing the right thing is easier than avoiding it.**

## **The High-Performance Six (Brendon Burchard principles)**

**“High performers aren’t lucky—they’re intentional.”**

### **Prompt:**

- **Which of these six habits needs the most attention in your life right now?**

- 1. Clarity**
- 2. Energy**
- 3. Necessity**
- 4. Productivity**
- 5. Influence**
- 6. Courage**

- **Write one daily action that would raise your score in that area this week.**

**Teaching note:**

**Excellence is built, not stumbled upon. High performance is just sustained by good habits executed on purpose.**



- **Imagine 90 days from now—what would be visibly different if you practiced that habit daily?**

**Teaching note:**

**Reinvention isn't dramatic—it's daily. The small consistent things you do are either building your next level or keeping you in this one.**

**You don't get what you hope for — you get what you consistently do. Every decision, every routine, every small action is either casting a vote for your future or reinforcing your past.**

**The work this week isn't glamorous, it's powerful. If you take these exercises seriously and start shifting one habit at a time, you'll create results that feel inevitable instead of accidental. Don't talk yourself out of change — build it, brick by brick, habit by habit. Finish the year like a high performer: clear, consistent, and fully accountable to the results you say you want.**