



THE GENIUS FORMULA

YOUR MASTERCLASS WORKBOOK
WITH ROBIN SHARMA

WELCOME TO YOUR PRIVATE ACTION GUIDE

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect. Set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session in your daily life.
5. During the Masterclass, use the dedicated space on the right side to write down interesting ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

"Dream Big. Start Small. Begin Now."

- Robin Sharma

PART 1: PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

“Why measure your success by the suggestions of society when you can become a success on your own terms?”

- Robin Sharma

WHAT TO EXPECT

Table of Contents

PART 1: PRE-MASTERCLASS EXERCISE

- Set your intentions before the Masterclass.

PART 2: THE GENIUS FORMULA

- Heartset, Mindset, and Gratitude
- The 5 AM Club and the 60 Minute Student
- The 90-90-1 Rule

PART 3: TEST YOUR KNOWLEDGE

- Solidify your learning after the Masterclass.

PART 4: EXERCISE

- Craft a vision of your perfect morning routine after the Masterclass.

PART 5: REFLECTION

- Create awareness by asking yourself powerful questions.

PART 6: TESTIMONIALS & STUDENT STORIES

- Read what other people say about Robin Sharma.

PART 2

THE GENIUS FORMULA

Follow along with the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

Heartset, Mindset and Gratitude

1. Genius is less about _____, and more about your _____. World class performance is less about _____, and more about _____

2. Your daily behaviour reflects your _____

3. As Robin says, "We get this intellectually, but ..."

4. What is the definition of "Deliberate Gratitude"?

5. What is "Negativity Bias" and how do we fight it?

The 5 AM Club and The 60 Minute Student

6. What is the 5 AM Club?

7. The 20/20/20 Rule defines what the first hour of your 5 AM Club should look like. Please detail below what each chunk should be about:

First 20 minutes:

Second 20 minutes:

Third 20 minutes:

8. Your Day Is Your Life In

9. What is the 2x/3x Mindset?

10. The 60 Minute Student, as Robin defines it, is about "Not going to Sleep Until..."

The 90-90-1 Rule

11. The Trinity of Peak Performance Assets are:

A.

B.

C.

12. Take note of Robin's challenge to you.

"For the Next 90 Days... Spend the First 90 Minutes of Your Workday, Focusing on Your Single Biggest Opportunity to Own Your Industry and to Influence Humanity."

And now plan and schedule your first 90 minutes for tomorrow.

To make sure you get the best of these, remember the following:

- Turn Off Your Phone
- Block Out Distractions
- Focus on the ONE Project of Utmost Importance

13. The 90-90-1 Rule is a daily ritual which allows you to

14. You get to _____. Or You Can Be _____
_____. But You Don't Get to _____

**PART 2 OF YOUR GUIDE IS NOW OVER.
YOU MAY PUT THIS GUIDE ASIDE UNTIL THE END OF THE MASTERCLASS.
ENJOY THE REST OF YOUR CLASS!**

PART 3: TEST YOUR KNOWLEDGE

Answer the questions after the Masterclass to solidify your learning.

1. What does Robin mean by and what is the difference between mindset and heartset?
2. What are the 5 fundamental habits of the Genius Formula?
3. What does Robin mean by “consistency is the mother of mastery”? What are your thoughts on this?
4. Think it through and write down your thoughts on Robin’s statements “Vague plans lead to the vague goals”, and “clarity breeds mastery”?
5. How many days does it take to create a new habit?

PART 4: EXERCISE

Try this exercise using the practices Robin revealed in the Masterclass to craft a vision of your perfect morning routine. Use an additional sheet of paper if necessary.

1. Think it through and write down what would your perfect morning look like if you implemented tools and techniques presented in this Masterclass? Would you take part in the 5 a.m. club? Or would you prefer to start your own a.m. club? :) What would be the ideal time for you to wake up to start your day with the productivity habits? Would you begin your day with journaling? What would be the topics you could write about?
2. How would you use every section of the 20/20/20 formula? What would be a physical activity of your choice? What would you add to the “think” section of this formula? How exactly would you like to spend your 20 minutes on learning?
3. How would you implement the 90-90-1 rule into your work days? What would be your single biggest opportunity to “Own Your Industry and to Influence Humanity.”? How would you spend the first 90 min of your workday focusing on it? How could it change your career? Your life? Others? The Planet?

PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself...

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

THANK YOU for joining Robin Sharma's Masterclass!



Click [HERE](#) for more information on Robin's remarkable program *"Think Like A Hero. Perform Like A Genius. Live Like A Legend"*.

Watch through the end of the masterclass to unlock a special reduced price, as a thank you to masterclass participants!

PART 6: TESTIMONIALS & STUDENT STORIES

“Robin moved us to open doors of possibility”



“The perfect score says it all. Robin’s presentation at Barrick’s Global HR Conference inspired us to lead in uncertain times, gave us pages of real-world tactics to accelerate productivity and – in the end – moved us to open doors of possibility as individuals and as a team that left us feeling energized, empowered and confident we can make a difference individually and collectively.”

~ Darian Rich
VP Human Resources, Barrick Gold Corporation

“I now see the value that a talented professional can bring”



“Your high-energy, multimedia presentation made us laugh, and made us think. Your messages were insightful and on target. Thank you for being such an inspirational and thought-provoking keynote speaker. You have set a high standard and raised expectations for our series. ”

~ Bill Norman
Vice President – Worldwide Operations, Microsoft

“Your presentation was simply amazing”



“Thank you for being our keynote speaker at our all-employee event. As I said to you as you left the stage, your presentation was simply amazing and it left us speechless. Thank you for making a difference to our organization.”

~ Mike Cloutier
President of Pharmacia, Pfizer

"This course has transformed my daily rituals and added to my success and joy in life."



"Robin Sharma has gifted me and so many others with his wisdom and key practical applications to incorporate in a daily ritual that resulted for me in wonderful outcomes in my personal fulfillment and joy in life as well as business success.

Thank you!"

~ Tracy
Canada

"Robin Sharma is a true delight and blessing!"



This quest has impacted my life in the following extraordinary ways:

I feel more grounded to my purpose and life mission. I've achieved a deeper level of connection by implementing the daily habits as prescribed.

I feel the capability to have a deeper impact with my loved ones and subscribers.

I am forever grateful to Robin and his extraordinary work.

~ Stephanie
United States

"Hero, Genius, Legend and Robin's teachings have been extremely fun to learn and participate in."



It's helped me hone my morning practice and to do it with consistent, intentional action.

Reassurance that it is okay (and intelligent) to continue to invest in myself and work on personal mastery

"Big Picture" ideas such as: how to live a beautiful life, how to live with no regrets, and that who you become and the relationships you foster are much more important than what you accomplish or acquire in your lifetime, and, of course, the highly profound quotes he drops on a regular basis (which seem to be endless, by the way).

~ Kevin
United States