



DEVELOPING  
**EXTREME  
RESILIENCE**

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MASTERCLASS WORKBOOK  
WITH SRIKUMAR RAO

# WELCOME TO YOUR MASTERCLASS WORKBOOK

## 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, and you can best 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 to improve your communication and impact.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

# WHAT TO EXPECT

## Table of Contents

### 1. PRE-MASTERCLASS EXERCISE

- Set your intentions before the Masterclass.

### 2. SELF-ASSESSMENT QUIZ

- Assess your current resilience in life with this self-assessment.

### 3. 5 IDEAS FOR EXTREME RESILIENCE

- Learn Srikumar's 5 ideas for developing extreme resilience.

### 4. 7 WAYS YOUR LIFE WILL TRANSFORM

- Discover the 7 ways your life will transform from embarking on the Quest.

### 5. BONUS EXERCISE

- Start implementing one of Srikumar's powerful teachings into your life.

### 6. REFLECTION

- Create awareness by asking yourself powerful questions.

### 7. TESTIMONIALS & STUDENT STORIES

- Read what other student had to say about Srikumar Rao.

# 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?

# SELF-ASSESSMENT QUIZ

Assess your current levels of personal mastery with this self-assessment. Let these scores serve as an indicator on what areas you should focus on improving. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I am comfortable with ambiguity.	
2. I am completely satisfied with the nature of my relationships.	
3. People see me as an inspirational leader.	
4. People often seek my counsel and advice.	
5. I am calm and live life with ease.	
6. I am effective in all my endeavours.	
7. I have a clear sense of purpose.	
8. I wake up every morning feeling radiantly alive.	

Use the space below for any additional notes.

# 5 IDEAS FOR EXTREME RESILIENCE

Follow along 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!

## 1. Good Thing, \_\_\_\_ Thing

Good thing, \_\_\_\_ thing - who \_\_\_\_\_?

When you don't \_\_\_\_\_, you don't suffer.

Notes

## 2. The \_\_\_\_\_ Universe

Albert Einstein said the most important question you are ever going to ask: is the \_\_\_\_\_ friendly?

The Universe gives you what you \_\_\_\_\_  
exactly \_\_\_\_\_ you need it.

You are not doing anything. You are an \_\_\_\_\_ in which  
the Universe is expressing itself.

## 3. Invest in the Process, Not The \_\_\_\_\_

Forget about the \_\_\_\_\_!

Clearly envision your goal, and then put all your emotional  
energy into the \_\_\_\_\_.

Trust that the Universe will give you exactly \_\_\_\_\_  
at the precise time that you need it.

#### 4. Be \_\_\_\_\_

\_\_\_\_\_ appreciation and gratitude.

Feel gratitude \_\_\_\_\_ times during the day.

\_\_\_\_\_ shifts create transformation.

#### 5. Reframe

You have the ability to \_\_\_\_\_ any situation.

When you use another way of looking at the situation, the problem \_\_\_\_\_.

## 7 WAYS YOUR LIFE WILL TRANSFORM

1. Be comfortable with \_\_\_\_\_.
2. \_\_\_\_\_ will improve.
3. Become an inspirational \_\_\_\_\_.
4. Become a \_\_\_\_\_.
5. Be more \_\_\_\_\_ in what you do.
6. Be less \_\_\_\_\_.
7. Greater sense of \_\_\_\_\_.

Notes

## 5. BONUS EXERCISE

Try this exercise using Srikumar "Good Thing, Bad Thing" concept shared with you in the Masterclass and see how you can implement the tool in your every day life. Use an extra piece of paper if you need to.

1. Identify an instance your life that you have arbitrarily decided is "bad".
2. Can you think of anyway that in a few years this can be a good thing?
3. Write down what you can do to make it the best thing that happened to you.

### **Daily Exercise**

1. Become consciously aware of what is happening around you today.
2. Recognize how quickly you pass judgment by labelling things 'this good or this is bad'.
3. Cease the judgment and accept things as they are.



## 6. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life change if you were to develop extreme resilience?
2. How will you use what you have learned in the 5 Ideas for Extreme Resilience to contribute to yourself and those around you?
3. What actions will you take to implement The 5 Ideas for Extreme Resilience to make better, more positive and effortless decisions in your life, and increase your resilience?
4. What is the one thing you can do right now to demonstrate you are dedicated to elevating your communication and impact?

**THANK YOU for joining Srikumar Rao's Masterclass!**



Please visit <http://bit.ly/TheQuestForPersonalMastery> to learn how you can develop extreme resilience.

But do not sign up for the course until **20 - 26 March**, because at the end of the Masterclass the price will be reduced as an appreciation for attending the Masterclass.

## 7. THE BUZZ

**"Turned my life from one of regrets into a life full of possibilities."**



Extremely grateful to be a part of such an extraordinary class, I will never be able to say "Thank You" enough times and in enough ways. [The course] turned my life from one of regrets into a life full of possibilities. It wasn't just a weekend of motivation but a very long lasting fit. [Srikumar] helped me self-discover over three years ago and has just recently resulted in: Doubling my businesses revenues even in a lousy economy; starting an amazing new business venture to work on my lifelong dreams; being asked to serve on a board of a major not-for-profit that involves one of my greatest passions; creating 30 new relationships over the last 6 months with leaders in two different fields; having my family tell me they have never been happier with our relationships. Even the worst economy in 80 years couldn't get in the way of what I discovered from [the course] and Srikumar Rao – I have never been happier.

~ Howard E Kaplan  
LLC, MBA, Harvard Business School 1984

**"I met my wife because of what I learned in the course."**



This is the only course that distances – by orders of magnitude – Columbia from other top business school. [It] transformed and improved every aspect of my life – I met my wife because of what I learned in the course, started my company because of ideas it opened up. I had extended lunches, conversations or other get-togethers with 25 fellow participants during the program. I expect[ed] to keep in touch with every one of them for a very long time. I defined with extraordinary clarity my purpose in life, my career path and my major goal. I created the mental models that have already started to propel me along a trajectory of extraordinary fulfillment and success. I am amazed at how powerful the networking technique taught in [the course] is and was able to establish friendly relations with top professionals in the country, persons who are normally unreachable.

– Joshua Klenoff  
MBA, Columbia Business School, 2003

**"I was introduced to a new way of looking at the world."**



I regard [the course] to be the highlight of my MBA experience. The course caused me to totally reevaluate my career path. I grew up believing the world was black and white, and Professor Rao taught me not only that nothing in the world is absolute, but also that the world is filled with colour. I was introduced to a new way of looking at the world, and given a forum to express ideas I had always innately felt but never heard expressed. [Some] additional benefits of the course are too numerous to list. They include: my new commitment to running (as a result of the course I began training for the New York City Marathon), an avid interest in learning about quantum physics, a renewed exploration of my spirituality, and more intimate relationships with many of my friends. From a professional perspective Professor Rao's impact on my life was perhaps even more profound through exercises. In the course, I finally gave myself permission to identify and finally follow my dreams of becoming a writer.

~ Jessica Vitalis  
MBA, Columbia Business School, 2003

**"[I] am more grateful, happier, less anxious."**



[It's] difficult to summarize the many wonderful effects [the course] has had on my life. I don't even know where to start because a lifetime of discovery happened in a very short time. [I] feel closer to Go. [I] am more grateful, happier, less anxious –love my wife more, dwell less on negative thoughts, [and] have embarked on computer music and rediscovered drums and percussion instruments and discovered so many books that are lifelong companions.

~ Rafael Mier  
MBA, Columbia Business School, 2004

**"I am now part of a larger community of peers."**



Received countless powerful tools that support me in my commitment to living a fulfilling life. Thanks to [Srikumar] I am now part of a larger community of peers – intelligent, successful and motivated people who care about creating and living a life they love. I met my business partner through [the course] and the bonding is unbelievable on so many levels and her husband is a trusted and caring friend.

~ Dana Galin

"I have seen positive changes in how I perceive situations."



After completing the Quest I have seen positive changes in how I perceive situations, most notably in situations that I would have perceived negatively in the past. Now, I question what's the "story" I am telling myself, and very often think "good thing, bad thing, who knows?" Actually, I have used the concepts from The Personal Mastery Quest more often than I would have anticipated.

The course has made me look at situations in a more mindful manner. I am happy I took the class and plan to revisit it. Thank you.

~Kathryn

"[It] got me out of bed every morning. It was exciting, catching, revealing and transforming."



I have been taking the quest with Prof. Srikumar Rao, as I was looking for different ways to deal with my beliefs. I had this feeling of always banging my head against a glass ceiling when it came to fully living my passions and purpose. I felt trapped. [...] I loved the quest from the beginning, eager to wake up every morning. Listening to Prof. Srikumar Rao's videos was the most delicious start to my day.

I live a much happier life, with less stress and more energy. I have the feeling of getting closer to being myself each day, using this approach whenever I get stuck.

~Andrea

"He teaches many valuable lessons which can dramatically shift your relationships with work, family, friends, and even your spiritual outlook."



Each day, [Srikumar] gives you valuable lessons to deal with and think about — and even though the videos are not very long — the impact is amazing. The questions he poses take time to digest and think about and I was writing in my journal for the class every day.

He teaches many valuable lessons which can dramatically shift your relationships with work, family, friends, and even your spiritual outlook. I am currently working through all of the lessons for the second time and am finding, even more, value than before. This is an amazing quest and one that I would recommend for everyone pursuing an amazing and productive life.

~Kathleen

Visit [http://bit.ly/  
TheQuestForPersonalMastery](http://bit.ly/TheQuestForPersonalMastery)  
for more details on the program.

