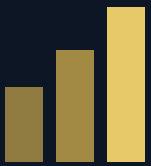


5-DAY ONLINE CHALLENGE

START WINNING

STEP INTO YOUR

GREATNESS



with Andrew Reilly

Hello, I'm Andrew! And I completely understand where you are right now.

I spent years doing everything I thought I was supposed to do. I worked hard, read every book, attended every seminar, and still felt like I was running in place. The income wasn't growing. The freedom I wanted kept moving further away. I was busy — but not building anything that mattered.



I felt stuck. I had ambition but no clear path. I had drive but no real direction. I kept thinking the next course or the next strategy would finally be the thing that changed everything. It never was.

Then I discovered that the real obstacle wasn't out there. It was a mindset — a set of beliefs I'd been carrying for years that quietly capped everything I did.

Today I help driven professionals and entrepreneurs break through those invisible limits — and build businesses and lives they're genuinely proud of.

You are the reason I do this work.

Since founding Andrew Reilly Coaching, Andrew has helped entrepreneurs and professionals achieve breakthroughs including:

- Breaking through revenue plateaus and scaling their businesses
- Leaving jobs that drained them to pursue work that energises them
- Building self-belief and decisive leadership in their own lives
- Creating real freedom — financial, personal, and professional
- Finally acting on goals they'd been postponing for years

"Your success is not an accident waiting to happen. It's a decision waiting to be made."

EVERYTHING IN ONE PLACE

Access all recordings, materials, and session replays at:
StepIntoYourGreatness.com

YOUR PATH TO WINNING

1

Monday April 13

DEFINE YOUR WINNING GOAL

- 8:00 PM: Live Session with Andrew Reilly
- Complete Session 1 exercises in this workbook

2

Tuesday April 14

UNLOCK THE POWER OF YOUR MINDSET

- Noon: Q&A; Check-in (online)
- 8:00 PM: Live Session with Andrew Reilly
- Complete Session 2 exercises in this workbook

3

Wednesday April 15

CONQUER WHAT'S HOLDING YOU BACK

- 8:00 PM: Live Session with Andrew Reilly
- Complete Session 3 exercises in this workbook

4

Thursday April 16

MAKE THE DECISION THAT CHANGES EVERYTHING

- 8:00 PM: Live Session with Andrew Reilly
- Complete Session 4 exercises in this workbook

5

Friday April 17

BUILD YOUR WINNING BLUEPRINT

- 8:00 PM: Live Session with Andrew Reilly
- 9:00 PM: VIP Q&A; Zoom — stay after for personalised support
- Complete Session 5 exercises



START WINNING

I commit to showing up live for all five sessions of the Start Winning Challenge, completing the daily exercises, and staying fully engaged — because I know that real transformation only happens when I bring my full attention and decide to act. I am ready to start winning.

Signature

Date

COMFORT IS THE ENEMY OF GROWTH A goal that doesn't challenge you won't change you. Your Type C goal should feel bold.

CLARITY IS THE FIRST STEP "A goal is just a dream with a deadline." When you write it down and give it a date, it becomes real.

YOUR WHY FUELS YOUR HOW The deeper your reason, the stronger your momentum. When you hit resistance, your why is what keeps you moving.

THE COMFORT ZONE IS A TRAP Staying where you are feels safe. But stagnation has a price — and you've been paying it.

PERSEVERANCE IN 4 STEPS Align with the right people · Filter out the noise · Build an action plan · Take 1–2 steps forward every day

"Every successful person started with a decision to stop settling and a goal big enough to be worth the work."

DAY 1

MONDAY | APRIL 13, 2026 | 8:00 PM

DEFINE YOUR WINNING GOAL

WHAT KIND OF GOAL ARE YOU REALLY AFTER?

A **TYPE A GOAL**
A goal you already know how to achieve. Safe. Predictable. Comfortable.

B **TYPE B GOAL**
A goal you think you could reach with more effort. A stretch, but still familiar.

C **TYPE C GOAL — YOUR REAL GOAL**
The goal that truly excites and slightly terrifies you. The one that comes from your gut.

"A goal that lives in your comfort zone is just a to-do list item. Your real goal is the one that scares you a little and pulls you forward a lot."

Examples of Type C Goals: "I am so grateful and proud that I have left my corporate job and am earning \$10,000/month in my own business by December 31, 2026." | "I am so grateful and proud that I have lost 40 lbs and completed my first 5K by September 1, 2026." | "I am so grateful and proud that I have written and published my first book by June 30, 2026." | "I am so grateful and proud that I have paid off all my consumer debt and have \$15,000 in savings by year-end."

Write your Type C goal below. Start with: "I am so grateful and proud that..."

Your goal (write in present or past tense, be specific, include a target date):

Ask yourself "Why do I want this?" seven times. Write each answer:

1.

2.

3.

4.

5.

6.

7.

SESSION 1 EXERCISES

- Write your goal on the Goal Card below. Read it morning and evening every day.
- Confirm your goal is written in present or past tense, is specific, and has a deadline.
- Post your goal in the Step Into Your Greatness Facebook group: www.facebook.com/patriotman2/
- Everyone who completes their exercises is entered into the daily prize draw!

SUMMARY
DAY ONE OF THE
CHALLENGE
DEFINE YOUR WINNING GOAL

MY NOTES & REFLECTIONS

A large rectangular box with a gold border and horizontal lines, intended for writing notes and reflections. The box is empty and occupies the central portion of the page.

**95% MINDSET · 5%
STRATEGY =
SUCCESS**

Two people can have the same tools, market, and opportunities — and get completely different results. The difference is always mindset.

**YOU ARE THE
PROBLEM. YOU ARE
ALSO THE SOLUTION.**

The beliefs encoded in your subconscious are running the show. You didn't choose them — but you can choose to change them.

**PARADIGMS
CONTROL 96% OF
YOUR BEHAVIOR**

A paradigm is a mental program built from repetition. It operates below your awareness — which is why effort alone never produces lasting change.

**YOUR RESULTS ARE A
MIRROR**

What you earn, achieve, and attract is a direct reflection of what you believe is possible for you. Shift the belief, shift the result.

YOU HAVE A CHOICE

You are not responsible for the beliefs you inherited — but you are 100% responsible for changing them. That work starts today.

*"What you focus on, you move toward. What you believe about yourself, you prove right
— in both directions."*

DAY 2

TUESDAY | APRIL 14, 2026 | 8:00 PM

UNLOCK THE POWER OF YOUR MINDSET**HOW ARE YOU SHOWING UP? Mark your honest answers:**

| | | |
|---|------------|-----------|
| I sometimes compare myself to others and feel behind | YES | NO |
| I second-guess my decisions more than I'd like to admit | YES | NO |
| I care too much what certain people think of my choices | YES | NO |
| I put off important tasks — especially the uncomfortable ones | YES | NO |
| Fear of getting it wrong stops me from starting | YES | NO |
| I hold back in situations where I could step up | YES | NO |
| Procrastination shows up regularly in my life | YES | NO |

I don't always feel like the most capable person in the room

YES

NO

On a scale of 1–10, rate yourself honestly:

How much do you trust your own decisions?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How confident are you in pursuing your goal?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How well do you handle setbacks and obstacles?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How much do you believe your goal is achievable for you?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is the strongest limiting belief that shows up in your mind about your goal?

Write it out honestly — you can't change what you can't name:

What has this belief cost you over the past 12 months? Be specific:

Financial cost, missed opportunities, time lost:

SESSION 2 EXERCISES

- Complete the exercises above.
- Post a reflection in our Facebook group about what you discovered today.
- Complete the workbook exercises to be entered in the daily prize draw.

SUMMARY
DAY TWO OF THE
CHALLENGE
UNLOCK THE POWER OF YOUR MINDSET

MY NOTES & REFLECTIONS

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FEAR IS A WALL, NOT A DEAD END Every fear has a price. The question isn't whether it's scary — it's whether you can afford to let it keep winning.

THE VOICES IN YOUR HEAD AREN'T FACTS "I'm not ready." "What will they think?" "What if I fail?" These are not truths. They are old programs protecting a comfort zone that's costing you.

BE AFRAID AND DO IT ANYWAY Courage isn't the absence of fear. It's deciding that what's on the other side matters more than the fear itself.

FAITH WITHOUT ACTION IS JUST WISHFUL THINKING You can visualise, affirm, and plan all you want. But nothing changes until you take the step that scares you.

THE DOOR IS OPEN The obstacle isn't the lock on the door — it's the belief that the door is locked at all.

"The best opportunities in your life are waiting on the other side of the conversations and actions you've been avoiding."

DAY 3

WEDNESDAY | APRIL 15, 2026 | 8:00 PM

CONQUER WHAT'S HOLDING YOU BACK

What are the 3 biggest fears standing between you and your goal right now?

Fear 1: _____

Fear 2: _____

Fear 3: _____

How would your life look 12 months from now if those fears were completely gone?

Describe it in detail — business, income, confidence, relationships:

Choose ONE thing you've been afraid to do but know you need to. Commit to it:

I commit to doing this, even though it scares me:

■ YES — I want to break through my fears and start building the life I want.

■ No — I choose to stay exactly where I am.

SESSION 3 EXERCISES

- Complete the exercises above.
- Go live in our Facebook group for 60 seconds — share what you're committing to.
- Doing it afraid is the point. Everyone who completes this goes in the prize draw.

SUMMARY
DAY THREE OF THE
CHALLENGE
CONQUER WHAT'S HOLDING YOU BACK

MY NOTES & REFLECTIONS

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INTERESTED VS. DECIDED

"Interested" means you'll do it when it's convenient. "Decided" means you'll do it no matter what. Which one are you?

THE PRISON DOORS ARE OPEN

Most people are stuck not because they can't move — but because they're focused on the window instead of the open door right behind them.

EXCUSES OR RESULTS — YOU CAN'T HAVE BOTH

In the age of information, suffering is a choice. Every reason why you can't is another day you don't.

IT TAKES 5 SECONDS TO DECIDE

The decision that changes your life isn't complicated. It's a moment of courage. Most people are only 5 seconds away from everything being different.

SUCCESS IS FAITH EXPRESSED AS ACTION

Believing in yourself without moving is just wishful thinking. The decision you make today has to be backed by what you do tomorrow.

"Decide what you want. Then say no to everything that tries to take it from you."

DAY 4
THURSDAY | APRIL 16, 2026 | 8:00 PM
MAKE THE DECISION THAT CHANGES EVERYTHING

How long have you been operating at the same level? Be completely honest with yourself:

Months or years at the same revenue / results / place in life:

Think of a time when fear or indecision kept you from making a move you knew was right. What did that cost you?

Describe the moment and what you missed:

Write down the 5 people who matter most to you — who would benefit most if you finally started winning:

- 1. _____
- 2. _____

3.

4.

5.

■ **YES — I'm ready to make the decision and get out of my own way.**

■ No — I choose to stay where I am.

SESSION 4 EXERCISES

- Complete the exercises above.
- Schedule a strategy call to explore working with Andrew: StepIntoYourGreatness.com
- Post in the group: share the decision you've made today.

SUMMARY

DAY FOUR OF THE

CHALLENGE

MAKE THE DECISION THAT CHANGES EVERYTHING

MY NOTES & REFLECTIONS

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YOUR RESULTS ARE BUILT ON YOUR SELF-IMAGE

The ceiling on your results is not the market, the economy, or your competition. It's the belief you hold about what's possible for someone like you.

USE YOUR FULL POTENTIAL

You have will, imagination, intuition, memory, reason, and perception. These are the tools of growth — most people never fully deploy them.

SURROUND YOURSELF WITH PEOPLE WHO GET THE RESULTS YOU WANT

Your environment is either lifting your standard or lowering it. The people around you set the thermostat of your ambition.

WINNING IS A DECISION

"To earn more, achieve more, and live more — first decide it's what you want and then commit to it every single day."

THIS IS YOUR STARTING LINE

The challenge ends. The work — and the results — are just beginning. What you do in the next 7 days will tell you everything.

"If you want to go fast, go alone. If you want to go far — and WIN — go with the right people."

DAY 5

FRIDAY | APRIL 17, 2026 | 8:00 PM

BUILD YOUR WINNING BLUEPRINT

YOUR RELATIONSHIP WITH SUCCESS

Finish this sentence: *"Success and I are..."*

Write whatever comes naturally — don't filter it:

Three horizontal lines for writing inside a rounded rectangular box.

What limiting beliefs have you held about success, money, or your ability to achieve?

List up to 3 beliefs that have been quietly running your results:

- 1. _____
- 2. _____
- 3. _____

What would genuinely winning look like for you over the next 12 months?

Be specific — income, freedom, impact, lifestyle:

List 3 actions you will take THIS WEEK as your commitment to starting:

Action 1:

Action 2:

Action 3:

SESSION 5 EXERCISES + VIP BONUS

- Complete the exercises above.
- Join the VIP Zoom at 9:00 PM for personalised Q&A; with Andrew.
- Post your three committed actions in the group.
- Complete all 5 days of exercises = entered for the grand prize draw!

SUMMARY
DAY FIVE OF THE
CHALLENGE
BUILD YOUR WINNING BLUEPRINT

MY NOTES & REFLECTIONS

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IS IT TIME FOR A CHANGE?

- Do you feel like you're capable of far more — but something keeps getting in the way?
- Do you know your goal but not your path?
- Are you tired of being in the same place year after year, wondering why your effort isn't translating into results?

LET'S TALK

StepIntoYourGreatness.com

We want to help you gain clarity, build momentum, and start winning.