



PERSONAL WORKSHEET

Anything Is Possible Was Never the End of the Sentence · Chad Kempel

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For each principle below, record the specific action you will take. Then use the synthesis questions to identify your highest-leverage next move.

PRINCIPLE 01

The Hallways Were Loud

The feeling that you don't belong is not a verdict. It's a starting point.

My action: _____

PRINCIPLE 02

The Day I Decided

Motivation doesn't arrive first. You do. Action comes before the feeling — every time.

My action: _____

PRINCIPLE 03

What Suffering Taught Me

You don't know what you're capable of yet. The only way to find out is to stay.

My action: _____

PRINCIPLE 04

Ready Is a Lie

You are not waiting for the right time. You're waiting for a feeling that comes only after you begin.

My action: _____

PRINCIPLE 05

Four Minutes Short

Failure is not the opposite of success. It's the most specific coaching you'll ever receive.

My action: _____

PRINCIPLE 06

How I Learned to Carry

You don't have to be over it. You just have to decide what to do with it.

My action: _____

PRINCIPLE 07

You Were Never the Only One

You've been comparing your interior to everyone else's exterior. The game was rigged.

My action: _____

PRINCIPLE 08

Direction Is Enough

Purpose is not something you find before you begin. You move toward it.

My action: _____

PRINCIPLE 09

What You Give Your Attention

You are becoming what you give your attention to. Everything else is a consequence.

My action: _____

PRINCIPLE 10

Anything Is Possible

The phrase was never a promise. It was an instruction — and it was always meant for you.

My action: _____

SYNTHESIS · FIND YOUR HIGHEST-LEVERAGE NEXT MOVE

- 1 Which principle describes exactly where you are right now? Write the principle number and the specific action it is asking of you.

- 2 What is the one thing you have been avoiding that this guide asks you to do? Not 'try harder' — name the exact move.

- 3 If you act on your answer above starting today, what would be different three months from now? Be honest.

MY ONE COMMITMENT: The single action I will take — and when.