ExponentialHER Global

Accelerate



Personal Acceleration Protocol: The Foundation

Workbook

ExponentialHER Institute

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Acceleration Protocol

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Personal Acceleration Protocol: Foundation Workbook

This workbook is the tactical companion to the Personal Acceleration Protocol. It serves as an audit and alignment tool, designed to help you move from being a passenger in your life to taking 100% responsibility for your trajectory.

The workbook is organized into four core modules that mirror the Personal Acceleration Protocol framework:

- Module 1: Awareness – A deep dive into the "Blame Audit" and the discipline of 100% Responsibility. You will confront the habits and excuses that have kept you stagnant.

- Module 2: Acceptance – Here, you will identify your "Limiting Beliefs" and execute the "Belief Reversal" to clarify your true vision and establish your 90-day goal.

- Module 3: Alignment – This is the surgical phase. Through the "Excuse Purge" and "Boundary Audit," you will prune the energy drains and habits that clutter your environment.

- Module 4: Acceleration – The final phase shifts into momentum. You will establish your "Lead Domino" and define the specific 24-hour actions that prove you are now in command of your future.

How to Use This Workbook

- Be Brutally Honest: The effectiveness of this protocol depends on your willingness to face the "Truth Statements" and stop externalizing your challenges.
- Daily Execution: Use this in tandem with your 14-Day Habit Tracker. While the tracker helps you maintain consistency over the two-week period, this workbook provides the "Why" and the "How" behind every shift you make.
- Preparation for Growth: This is the foundation of the Personal Acceleration Protocol Starter Pack. Completion of these four modules prepares you for the advanced level of the protocol, where we tackle the complexities of business, mental frameworks, and internal mastery.



Exercise 1: Awareness

"You cannot build a masterpiece on a foundation of lies. Awareness is simply having the courage to look at your life and finally tell yourself the truth."

Exercise 1

The Radical Reality Audit

1. List 4 people or things you have been blaming for where you are today?

2. If you stop blaming everyone else, what part of your current situation is a direct result of your own choices?

3. One thing you have been avoiding that you need to face is:

4. If you don't change this today, what will you lose (money, health, peace) by this time next year?

5. When you look at your current daily habits, are you behaving like the person you say you want to be? And why?

“Responsibility is not about "fault" or "shame." It is about Ability to Respond. It is the recognition that you have the agency to move the needle, regardless of the starting point.”



Module 2: Acceptance

Discovery is not about finding who you are; it is about finally deciding who you want to be and commanding that version of yourself into existence."

Exercise 2

The Identity Shift

1. List three "lies" you tell yourself and immediately flip them into truths.

Lie (Limiting Belief)	The Reversal (The Truth)
"I am too old to start over."	"My experience gives me a head start that younger people don't have; I am starting from experience, not from scratch."

2. If you could only achieve ONE thing in the next 90 days that would make everything else easier, what is it?

3. What does "Success" actually look like for me? (A specific number, a feeling, or a level of freedom?)

4. Who is counting on me to win, and what happens to them if I stay small?

"You cannot discover new oceans unless you have the courage to lose sight of the shore."

— André Gide



Module 3: Alignment

Growth is not about what you add; it is about what you have the courage to cut away. You cannot fly if you are still attached to the anchors of your past."

Exercise 3

The Structural Reset

1. List 5 excuses you are officially retiring today to make room for your growth

Example: I need more information

2. List 3 habits you are quitting today to reclaim your time

Example: hitting the snooze button

3. Identity 5 things and people draining your energy and state why you are still giving them access

Who or What is Draining My Energy?	Why Am I Still Giving Them Access?
Unproductive groups	Fear of missing out or feeling guilty for leaving.

"When your actions are aligned with your values, you do not just move forward, you flow."

— Anonymous



Module 4: Acceleration

Growth is not about what you add; it is about what you have the courage to cut away. You cannot fly if you are still attached to the anchors of your past."

Exercise 4

The Sprint

1. List 3 results you want to achieve in the next 90 days and their timeline

1. I complete writing my book by September 26, 2026

"To double your success, you have to triple your personal growth. Growth is the only guarantee that tomorrow is going to get better."

— Robin Sharma

Congratulation!

You have officially completed the first step toward total command of your life. By taking 100% responsibility and confronting your limiting beliefs, you have shifted from being a passenger to being the one in control.

Ready for the Next Level?

If you are ready to experience a higher level of transformation and want to go beyond the basics, we invite you to join ExponentialHER Global. We don't just provide information; we provide the environment for exponential results.

Here are the Five Pillars of Acceleration for ExponentialHER Global, clearly defined to show exactly how we help you reach your next level:

1. **Clarity**: We help you cut through the noise and distractions of daily life to identify your exact path forward and sharpen your vision.

2. **Structure**: We help you build the systems, rhythms, and strategic frameworks needed to move from chaos to consistent, sustained growth.

3. **Execution**: We bridge the gap between knowing and doing, providing the focus required to help you move with precision and speed.

4. **Growth & Expansion**: We provide the tools, mindset shifts, and resources you need to scale your personal impact and your professional results.

5. **Community**: We connect you with a high-level circle of individuals who provide the support and the built-in accountability you need to ensure you never have to grow alone.

click the link below to explore our programs

https://exponentialherglobal.org/programs/

Don't just grow, Accelerate.

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