



# BREAK THE BOTTLE

## WORKBOOK

HOW TO SHATTER LIMITING BELIEFS AND UNLOCK  
MINDSET, IDENTITY, AND PEAK PERFORMANCE

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# **Break The Bottle**

## **– Workbook –**

**How to Shatter Limiting Beliefs and Unlock Mindset,  
Identity, and Peak Performance**

*by*

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## INTRODUCTION

Welcome to the "**Break The Bottle**" workbook, a transformative guide designed to help you identify and shatter the limiting beliefs holding you back.

This workbook introduces the 3-D Framework: **Decision, Direction, and Destination**. It serves as an introduction to The Adversity Academy Comprehensive [Personal Development Accelerator Program \(P-DAP\)](#), designed to help you reach peak performance and fulfill your true potential.



## ABOUT THE ADVERSITY ACADEMY

At [The Adversity Academy](#), we transform organizations and individuals to build elite, resilient leaders who achieve results. We offer a variety of programs designed to enhance leadership, performance, and team-building skills. Our mission is to simplify and redefine leadership for professionals, entrepreneurs, and leaders at all levels.



## ABOUT THE FOUNDER & CEO: MICHAEL ALLISON

[Michael Allison](#) is a decorated U.S. Marine Corps veteran, keynote speaker, and leadership coach with over 20 years of experience in leadership development.

As the CEO of The Adversity Academy, Michael has inspired thousands through his powerful presentations and innovative frameworks, like **"Break The Bottle."**

His mission is to help individuals shatter limiting beliefs and achieve peak performance in their personal and professional lives.



## THE "BREAK THE BOTTLE" WORKBOOK

Welcome to the "Break The Bottle" workbook. This workbook will guide you through identifying and breaking the limiting beliefs that hold you back.

You will learn to unlock your mindset, align your true identity, and achieve peak performance using the 3-D Framework: **Decision**, **Direction**, and **Destination**.



*Your life does not get better by chance; it gets better by change.*

**Jim Rohn**

## SECTION 1: UNDERSTANDING LIMITING BELIEFS

**Objective:** Recognize and understand the impact of limiting beliefs on your life.

**Definition:** Limiting beliefs are thoughts, opinions, or ideas that we hold as truths about ourselves, others, or the world that restrict our growth and potential. These beliefs often develop from past experiences, societal influences, or upbringing, and they create mental barriers that prevent us from pursuing goals, taking risks, or realizing our full potential.

**Examples of limiting beliefs include:**

- "I'm not good enough."
- "Success is for other people, not me."
- "I don't have the skills needed to achieve my dreams."
- "I'm too old/young to make a change."

These beliefs can feel real and convincing, but they are often not based on facts. Instead, they are interpretations or assumptions we have made over time. Recognizing and challenging these beliefs is essential for personal growth, as they hold us back from achieving our goals and living life to the fullest.

***Tip:** Limiting beliefs often appear as "truths" but are just stories we tell ourselves. **Challenge them!***

**Reflection Activity:**

1. List 3 beliefs that might be holding you back.
  - **Example:** "I'm not good enough to lead a team."

1.

2.

3.

2. For each belief, write down how it affects your actions and decisions.

- **Example:** "Because I feel I'm not good enough, I avoid taking leadership roles."

1.

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2.

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3.

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*The only limit to our realization of tomorrow is  
our doubts of today.*

***Franklin D. Roosevelt***

Space for Reflection:

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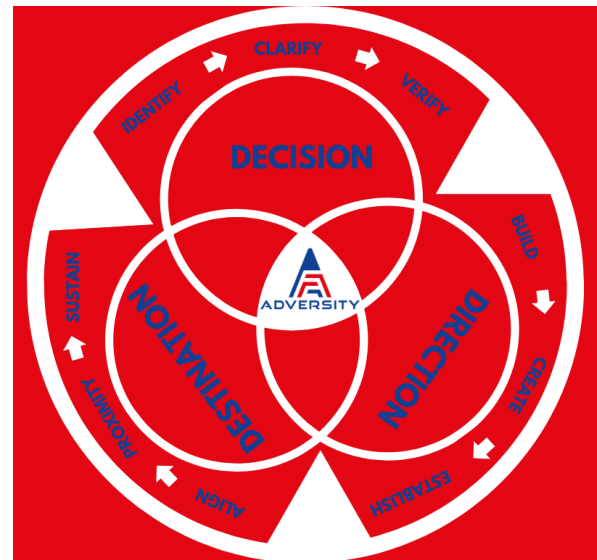
## SECTION 2: THE 3-D FRAMEWORK

The 3-D Framework is designed to help you move beyond limitations and achieve peak performance. It includes three stages: **Decision**, **Direction**, and **Destination**.

The 3-D Framework consists of three key stages: **Decision**, **Direction**, and **Destination**. Each "D" represents a critical step in overcoming limiting beliefs and achieving peak performance.

### 1. Decision

This is the first step where you consciously choose to move beyond your limiting beliefs. It involves making a firm commitment to change your mindset and take control of your life. The decision sets the foundation for transformation by acknowledging that you have the power to redefine your path.



### 2. Direction

Once the decision is made, the next step is setting the right direction. This involves identifying your goals and creating a clear plan of action. It's about aligning your mindset and identity with your objectives, ensuring that each step you take leads you closer to your desired outcome. Direction provides the roadmap that guides your actions and keeps you focused.

### 3. Destination

The final stage is reaching your destination. It's the achievement of your goals and the realization of your true potential. In this stage, you visualize and sustain the results you've worked toward, ensuring they become an integral part of your life. Destination represents the fulfillment and success that come from staying committed to your decision and following the direction you set.

## Stage 1: Decision

**Tip:** Your decision should be a commitment to change. Start with a powerful statement like, "I choose to..."

### Activity: Defining Your Decision

- Write your decision statement here: "I decide to..."

- 
- Reflect: Why is this decision important to you?
- 



*It is in your moments of decision that your destiny is shaped.*

***Tony Robbins***

## Stage 2: Direction

- **Tip:** Set clear goals that align with your new mindset.

### Activity: Setting Your Path

1. Identify one goal you want to achieve.

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2. Break down this goal into three actionable steps.

Step 1.

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Step 2.

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Step 3.

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*A goal without a plan is just a wish.*

***Antoine de Saint-Exupéry***

### Stage 3: Destination

- **Tip:** Visualizing your success helps solidify your commitment.

#### Activity: Visualizing Success

*Imagine you have reached your goal.* Describe your future self and how your life looks.

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*The journey is the reward.*

**Chinese Proverb**

## SECTION 3: APPLYING THE 3-D FRAMEWORK

**Objective:** Practice using the 3-D Framework for a specific challenge in your life.

**Activity:**

1. Identify a current challenge (e.g., taking on a new role or starting a project).

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2. Apply the framework:

- **Decision:** What choice will you make regarding this challenge?

- 1.

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- 2.

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- 3.

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- **Direction:** What steps will you take to move forward?

- 1.

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- 2.

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- 3.

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- **Destination:** Visualize your successful outcome.

- 1.

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- 2.

---

- 3.

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## SECTION 4: ALIGNING MINDSET AND IDENTITY

To break limiting beliefs, align your mindset with your true identity.

- **Tip:** Revisit your core values to ensure your goals align with your authentic self.

### Activity: Defining Your Identity

1. Write down three strengths that define you.

- **Example:** "Resilience," "Creativity," "Integrity"

1.

2.

3.

2. Write three affirmations to reinforce your new mindset.

- **Example:** "I am resilient and capable of overcoming any challenge."

1.

2.

3.



*Be yourself; everyone else is already taken.*

**Oscar Wilde**

## SECTION 5: TAKING ACTION AND BUILDING MOMENTUM

**Objective:** Commit to consistent daily actions that build momentum toward your goals.

- **Tip:** Consistency, not intensity, is key to building new habits.

### Daily Action Plan:

Write down three small actions you will take daily:

1.

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2.

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3.

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### Weekly Review:

Reflect on your progress:

- What went well this week?

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- What obstacles did you face?

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- What will you focus on next week?

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*Success is the sum of small efforts, repeated  
day in and day out.*

**Robert Collier**

## SECTION 6: TIPS FOR SUCCESS

1. **Embrace Discomfort:** Growth happens outside of your comfort zone.
2. **Stay Accountable:** Share your goals with a trusted friend or coach.

- Identify A Coach

- 
- Identify A Mentor

- 
- Identify An Accountability Partner

- 
3. **Celebrate Small Wins:** Recognize and celebrate every step forward.

1.

2.

3.

4.

5.



*The path to success is to take massive,  
determined action.*

***Tony Robbins***

## ADDITIONAL RESOURCES

- **Books for Further Reading:**
  - [Overcoming Adversity: Getting You Life Back On Track by Michael W. Allison](#)
  - **Break The Bottle:** Transform Your Mindset and Achieve Peak Performance by Michael W. Allison
  - *Mindset: The New Psychology of Success* by Carol Dweck
  - *Daring Greatly:* by Brené Brown
  - *Grit: The Power of Passion and Perseverance* by Angela Duckworth.
- [Book A FREE Discovery Call w/Michael and The Adversity Academy Team.](#)
- [FREE Personality Quiz](#)
- **Links to Online Tools:**
  - [The Adversity Academy Programs.](#)
  - [Journaling Prompts for Self-Reflection.](#)
- **Coaching Programs:** [Learn more about the P-DAP, designed to guide you through breaking limiting beliefs and reaching peak performance.](#)

## NOTES SECTION

This section is reserved for personal reflections, observations, and important notes throughout your journey with the workbook. Use this space to document:

- Key takeaways from each principle.
- Personal action steps and strategies.
- Reflections on team feedback and results.

### Space for Reflection:

[illegible]

## THANK YOU MESSAGE

Thank you for investing your time and energy in this journey through the **"Break The Bottle"** workbook. By taking this step, you've shown a commitment to breaking free from the beliefs that no longer serve you and to unlocking your true potential. Remember, you hold the power to transform your life, and every action you take today shapes the success of your tomorrow.

Believe in your strength, trust in your journey, and never underestimate the impact of your decision to grow. You are capable of greatness, and the courage you've shown here is the beginning of something extraordinary.

Keep pushing boundaries, challenging your limits, and embracing your full potential. The best version of you is waiting just beyond the horizon, and with every step forward, you're moving closer to achieving the life and success you deserve.

Thank you for trusting yourself and for allowing **The Adversity Academy** to be a part of your growth journey. Together, let's continue to shatter limitations and reach new heights.

Stay bold, stay resilient, and remember—your future is limitless.

With gratitude and belief in your success,



Michael W. Allison  
President / CEO

**Michael Allison**

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