

The Exponential⁷ Success Workbook

Companion to Saahil Mehta's Webinar

Stress Less.
Grow Faster.
Live with Zero Regrets.

Saahil
MEHTA

“

Are you ready to be truly unstoppable?

Breaking free from what doesn't serve you is the first step in scaling your summits of success faster. Doing it with a mentor enables you to gain clarity, lead with reflection and build momentum towards your summits.

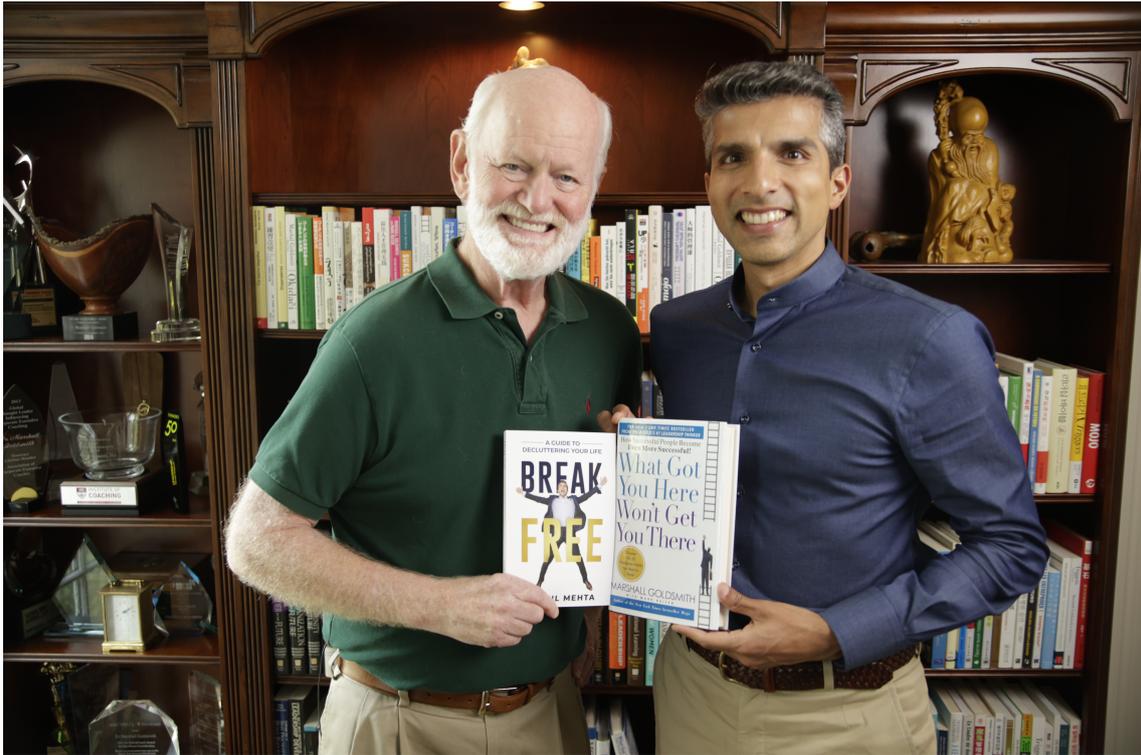
Join me in this journey of defining success on your terms so that you can stress less, grow faster and enjoy a Zero Regret Life.



Saahil
MEHTA



Scan this to
connect with me



Everything I am going to share is easy to understand but difficult to implement as it needs discipline, courage and humility.

Learning from my mentor Dr. Marshall Goldsmith

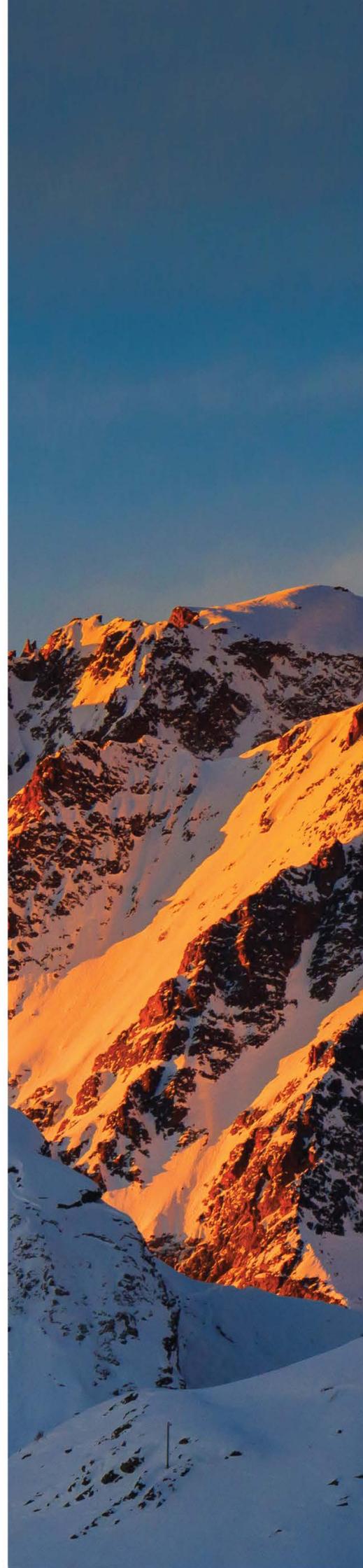
Content

Pre-Webinar Work

Part 1. Clarity of Summits

Part 2. Lead with Reflection

Part 3. Mindful Momentum





Pre-Webinar Work

Opening Reflection



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What's the point of living other people's definition of success - if it costs you everything else?

How do you currently define success?

How does this definition make you feel today?

What can you add to your definition to make you feel more fulfilled?



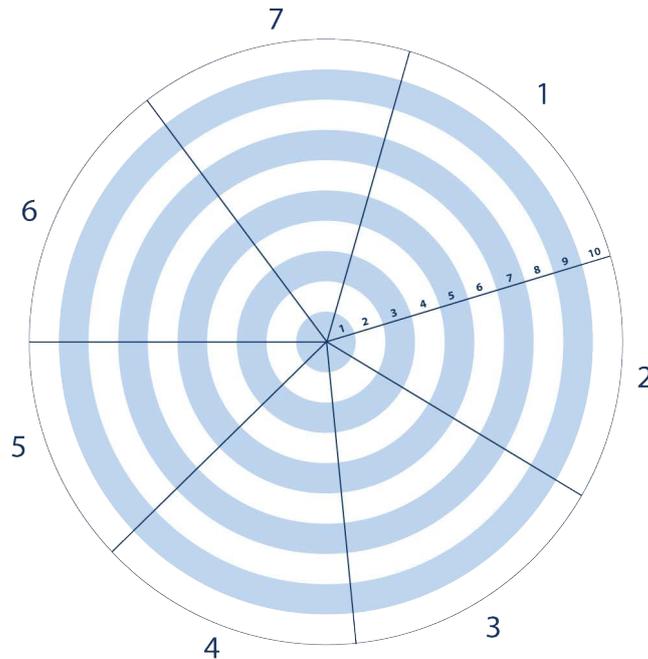
Part 1: Clarity of Summits

Clarity of Summits



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Time to get the biggest return on investment ... The most important asset is You.



*Health
Work
Family
Friends*

*Life Partner
Finances
Lifestyle
Spirituality*

*Personal development
Physical environment
Fun + Recreation
Social impact*

What are your 7 summits (the most important areas of life for You)?

“The clearer the summit, the faster the climb.”

Clarity of Summits



Which ones are your “crystal balls” right now? (If you drop it, it shatters)

Which ones are your “rubber balls”? (It bounces back if you let it go temporarily)



Part 2: Lead with Reflection

Lead with Reflection



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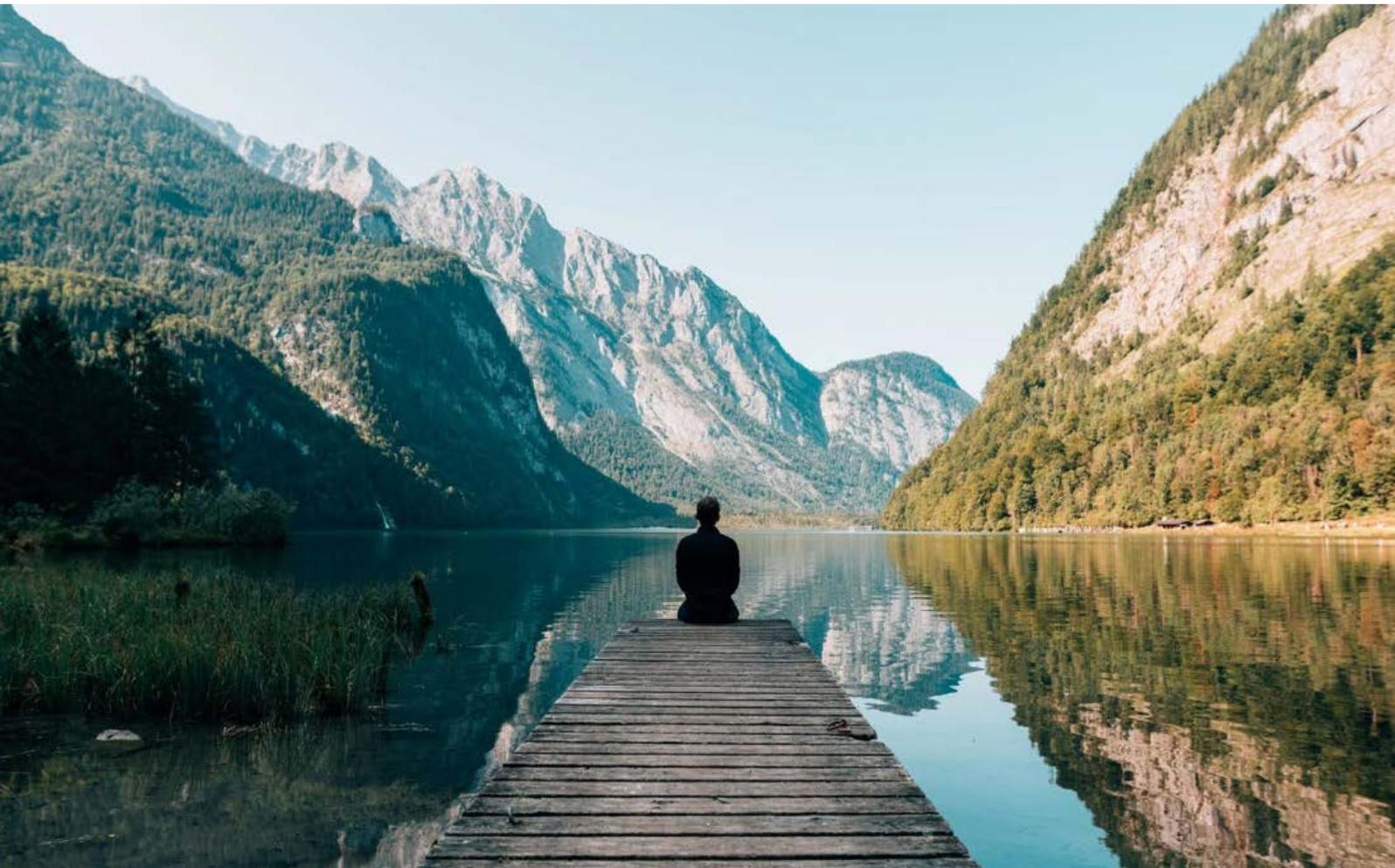
Great leaders don't just act. They pause, ask, and align.

What one habit you know has stopped serving you as a leader?

Which 5 people will I reach out to and ask, "What can I do to be a better person/leader?"

What is one small behaviour shift you're willing to commit to this week?

**“Leadership is not only about having the answers.
It's asking better questions.”**



Part 3: Mindful Momentum

Mindful Momentum



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Rhythm elevates momentum; regret eliminates it.

What decision from the past are you still punishing yourself for? What lesson can you take from it and release the rest?

Where in your life are you forcing someone else's pace instead of honouring your rhythm?

What one new ritual can you start this week to move closer to your summit?

“Momentum doesn't come from speed.
It comes from clarity.”

Mindful Momentum



“ Your Exponential Success Blueprint.

My #1 summit for the next 90 days:

One ritual I'll practice daily:

One conversation I'll have this week:

One behaviour I'll shift as a leader:

“One breath. One ritual. One step.
This is how you scale your summits.”

Invitation

This is my personal invitation to you, to join the Exponential Success Series Mentoring Program.

It's a high-momentum transformation focused mentoring program for **BUSINESS OWNERS** who want to:

- Redefine success to gain clarity on your summits enabling decision making to become easier.
- Understand the behavioural traits that are holding you back from achieving your summits.
- Take small steps towards your summits daily that drive results.

What do you get inside this program?

- Bimonthly LIVE virtual mentoring sessions with Saahil Mehta as well as seasoned experts
- Access to our Accountability Partner App - Success Sherpa
- The complete Exponential Success Toolkit

Join the Exponential Success Series Mentoring Program.

Scan the code to
avail the special offer.

