

*Bonus Session*

**Level Up with  
Alyson Van Hooser**

# Overview

During this series, Alyson Van Hooser, author of *Level Up*, is going to take you through a journey that will help you level up and achieve the success that you want.

We're going to talk about the difference between *Haves* and *Owners* and the *Owner Shift* - the shift in thinking that you need to make to achieve the success you want.

We're going to talk "no fluff" mindset shifts and laying down the law to become more successful.

We will wrap up with helping you understand exactly the mindset you need to create to achieve your goals.

**There will be times where your journey looks different. It's harder. It may be more difficult than the people beside you or the people who went before you, but when you set your mindset in the place that it needs to be, you will understand what it's going to take to earn success.**

# LESSON 1

# THE OWNER SHIFT

# Key Concepts

**Nobody is going to care about your goals, about you becoming successful, about you achieving the things that you want, more than you.**

You are the only person who can take action, who is going to be willing to do whatever it takes in order to achieve your goals.

But ownership is a choice. It's a choice that you have to make.

And it's a choice that, if you choose to make it, you can achieve even your most audacious goals. But first you have to understand where you are right now.

There are two kinds of people:

1. Haves - they have goals they never achieve, they don't end up where they want to be in their lives
2. Owners - they make the choice to take ownership, to take action to get to where they want to go. They decide not to make excuses and instead take the necessary action to get to where they want to go.

Are you ready to make the *Owner Shift*?



LESSON 2

**LAY DOWN THE LAW**

# Key Concepts

Laying Down the Law is a process for both personal and professional life.

These are questions you must answer for yourself. No one else can answer for you:

- 1. Who am I?** *Define your values and who you are.*
- 2. What do I want?** *It's not possible to do everything, so what do you really want that you will make a priority?*
- 3. How am I going to get it?** *Laying out your roadmap to success, both the long term and the next right step. By knowing where you want to go, you are more capable of getting there.*

## **What value are you going to gain from implementing the Laying Down the Law Process?**

1. Develop a clear understanding of what it is that you actually want to achieve.
2. Know the next decision to make or the next right action to take.





# LESSON 3

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**EARNING SUCCESS**

# Key Concepts

If you want to be successful, you must make choices that are going to help you achieve the goal, not hurt your progress.

**Alyson's motto:  
None of us deserve anything, but we have  
the opportunity to earn everything.**

The journey is going to get hard. But those who ultimately achieve success are the people who choose to earn it *no matter what*.

Your success is not about your resources. It's about your resourcefulness. If you choose to take ownership of your success, you will find a way.

Don't make excuses, make a way.

## **Take Action**

Review the key lessons from Alyson Van Hooser in this bonus module.

Write down the two or three main ideas that you are going to apply right away.

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