

A black and white portrait of a man with short, dark hair, a mustache, and a goatee. He is wearing round, thin-rimmed glasses and a light-colored suit jacket over a dark shirt. He is looking directly at the camera with a neutral expression. The background is a plain, light gray.

Maksim Asenov

COURAGE IN CRISIS

The Ultimate Guide To Success

WORKBOOK

MAKSIM ASENOV



Maksim Asenov is a best-selling author, speaker, executive coach, entrepreneur and humanitarian. He is the Senior Leader of the fastest growing church in Bulgaria—Awakening Church.

His new book "Courage In Crisis" will empower people to turn their toughest moments into their greatest advantage.

SUCCESS PRINCIPLES

CHAPTER ONE

01

COMMIT TO A GREATER PURPOSE.

02

DISCOVER YOUR EIGHT LIFE SUCCESS AREAS.

03

BE HONEST ABOUT WHAT YOU WANT.

04

LEARN FROM THE SUCCESS OF OTHERS.

05

DEFINE SUCCESS FOR YOU.

YOUR LIFE AREAS

Each of our lives is a sum total of eight interconnected life areas.
Rate yourself from 1-10 in each life area.

SUCCESS LIFE AREAS	SCALE	SCORE
CAREER	1-10	8
FINANCE	1-10	9
HEALTH	1-10	7
SPIRITUAL	1-10	5
ROMANCE	1-10	6
FAMILY	1-10	9
ENVIRONMENT	1-10	8
PERSONAL GROWTH	1-10	4

1. What 1-3 areas are you currently most succeeding in?

I have a great career, making my ideal salary, and I am very involved in my church.

2. What 1-3 areas would you like to improve in the next 12 months?

I am 40 pounds overweight. Long hours at work limit my social life. I also want to spend more quality time with my wife and kids.

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ROMANCE	1-10	
FAMILY	1-10	
ENVIRONMENT	1-10	
PERSONAL GROWTH	1-10	

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2. What 1-3 areas would you like to improve in the next 12 months?

SUCCESS PRINCIPLES

CHAPTER TWO

01

**START WITH
METANOIA.**

02

**ADMIT YOU
NEED HELP.**

03

**BREAK THE NEGATIVE
FEEDBACK LOOP.**

04

**START CREATING POSITIVE
FEEDBACK LOOPS.**

05

**TAKE CONTROL OF THE FIVE
"BIG" LIFE FACTORS.**

YOUR IDEAL LIFE

The first step in building the life you want is to define your personal definition of success.

Describe your ideal life in 5 years.

I start my day early, waking up at 6 AM. Three days a week, I work out with a personal trainer at 6:30 AM and focus on light weightlifting. On alternate days, I engage in cardio for 45 minutes. My weight is at my desired level of 190 pounds, being 6 feet tall. I am in great physical and emotional health. My relationship with my romantic partner is thriving, as we make time for date nights once a week. Additionally, every Friday is dedicated to spending quality time with our children as a family. Financially, we are comfortable with our home being fully paid off and my business experiencing growth.

What are three steps you can take toward manifesting your ideal life this year?

1. I am going to meet with my financial advisor to create a financial strategy for myself and my family.

2. I can hire a personal trainer.

3. I can plan an annual vacation with my spouse and kids.

YOUR IDEAL LIFE

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Describe your ideal life in 5 years.

What are three steps you can take toward manifesting your ideal life this year?

SUCCESS PRINCIPLES

CHAPTER THREE

01

**REFER BACK TO LESSONS
IN THE PAST.**

02

**NEUTRALIZE YOURSELF
EMOTIONALLY.**

03

**BALANCE RISK VERSUS
REWARD.**

04

**ALIGN YOUR DECISIONS WITH
YOUR VALUES.**

05

**SEEK
EXPERIENCED ADVICE.**

RISK VERSUS REWARD

The key to making any good decision is to limit your downside as much as possible while also increasing your upside.

ИЗБОР *Choice: Should I leave my job and start my own business?*

1. Assess Your Reward

Imagine how your life would be different if your decision produced the results you wanted. What would be the benefits of your decision?

I've wanted to start my own business for years. It could give me the autonomy I've always wanted, the income I've always desired, and the opportunities I've been waiting for.

2. Assess Your Risk

Imagine what your decision could mean if things don't go your way. How would your life be affected? Finally, could you live with your decision and the consequences of your choice? If the answer is yes, the risk is worth the reward. If the answer is no, the risk might not be worth it.

I would lose my salary. That said, I have roughly saved up 1-year worth of overhead in my savings. Even though there is risk, I feel confident enough in my abilities and have enough savings to start my new business.

RISK VERSUS REWARD

The key to making any good decision is to limit your downside as much as possible while also increasing your upside.

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SUCCESS PRINCIPLES

CHAPTER FOUR

01

**FAITH IS THE
FOUNDATION OF COURAGE**

02

**BELIEVE
IN THE GOOD.**

03

**BELIEVE
IN OTHERS.**

04

**BELIEVE
IN GOD.**

05

**BELIEVE
IN YOURSELF.**

HARNESS THE POWER OF FAITH

The key to harnessing the power of faith is to learn how to believe.

1. What Are You Believing For (Daily Challenge)

Write down what specific things you are believing for today?

Today I am believing for breakthroughs in my business and for favor in every area of my life. I believe that I will not only meet clients, but that I will also meet the right clients. I believe for provision for my family—for health and wealth for myself, my wife, and my kids.

2. What Are You Believing For (Monthly Challenge)

Write down what specific things you are believing for this month?

This month I am believing that I will find a great mentor who can guide me as a leader and business professional. I believe that my daughter will get accepted by their dream college and that my son will make the honor roll at school!

HARNESS THE POWER OF FAITH

The key to harnessing the power of faith is to learn how to believe.

1. What Are You Believing For (Daily Challenge)

Write down what specific things you are believing for today?

2. What Are You Believing For (Monthly Challenge)

Write down what specific things you are believing for this month?

SUCCESS PRINCIPLES

CHAPTER FIVE

01

ACT DECISIVELY TO CHANGE YOUR SITUATION.

02

FIX WHAT YOU KNOW IS BROKEN.

03

GET GOOD AT TAKING REGULAR ACTION.

04

CREATE VALUE IN EVERY SEASON.

05

KEEP MOVING FORWARD.

YOUR ONE THING

It's time to fix what you know is broken.

What is your one thing My messy house

1. Describe your life if your 'One Thing' was fixed?

What would your life be like? How would things be different?

I would come home to a clean, ordered home, and peaceful household. When I wake up in the morning I can get ready in my organized bathroom. I could cook meals in my kitchen without having to do the dishes beforehand. They are already done. I can spend quality time with my spouse and children in a functional living space. I can work from home in a clean home office that isn't covered by papers.

Choose three adjectives you would use to describe how you would feel if your one thing was fixed: : Calm, Peaceful, Focused.

2. What are three actions you can take in the next thirty days to fix your one thing?

1. I can clean my house from top to bottom.

2. I can make a list of organizational supplies I need and buy them online.

3. I can hire a cleaning service to clean my house once a month.

YOUR ONE THING

It's time to fix what you know is broken.

What is your one thing _____

1. Describe your life if your 'One Thing' was fixed?

What would your life be like? How would things be different?

--

Choose three adjectives you would use to describe how you would feel if your one thing was fixed: : _____

2. What are three actions you can take in the next thirty days to fix your one thing?

SUCCESS PRINCIPLES

CHAPTER SIX

01

**FACE YOUR
FEARS.**

02

**TURN YOUR FEAR
INTO MOTIVATION.**

03

**BE THE HERO
OF YOUR STORY.**

04

**WHEN IN DOUBT,
BET ON YOURSELF.**

05

**STAND UP
FOR OTHERS.**

DISCOVER YOUR COURAGE

Take inventory of your past victories.

1. Can you recall a moment when you experienced fear but ultimately summoned the courage to overcome it? How did it change your situation and affect your life?

A few years ago my father passed away. My siblings asked me to perform the eulogy at his funeral. I don't often speak in public and I am generally intimidated to stand on stage in front of people. However, I mustered up the courage, wrote a eulogy speech, and shared about how amazing my father was. My ability to overcome my fears led to beauty in the midst of such great tragedy.

2. Who are three people that inspire you to be courageous? What did they do that you admire?

1. My mother. She was a single mom who did an amazing job raising me.

2. My mentor. He built a large business from nothing. I admire him so much.

3. I admire Michael Phelps. He worked very hard to become the best swimmer in the world. I want to work as hard as him.

DISCOVER YOUR COURAGE

Take inventory of your past victories.

**1. Can you recall a moment when you experienced fear but ultimately summoned the courage to overcome it?
How did it change your situation and affect your life?**

**2. Who are three people that inspire you to be courageous?
What did they do that you admire?**

SUCCESS PRINCIPLES

CHAPTER SEVEN

01

LET PRESSURE UNLOCK YOUR POTENTIAL

02

MAXIMIZE WHAT IS HARD.

03

TAKE RESPONSIBILITY FOR YOUR LIFE AND DREAMS.

04

FIND YOUR HIGHER PURPOSE.

05

ACT BEFORE YOU DOUBT YOURSELF.

TIME: 6:45

PLACE: At hm

DATE/DAY 03.06.23

HOW DO I FEEL FROM 1 TO 5?

1 2 3 **4** 5

THE REASON I FEEL THIS WAY?

I just got a promotion at my work last week! Feeling excited about my new position!

WHAT CAN I DO NOW TO FEEL BETTER?

I can read my morning devotional. I think I need a little extra time with God today.

MEDITATION AND PRAYER

Today, I desire to make a positive impact on those around me. To be a leader who empowers, equips, and supports my team at work and at home.

TODAY I AM GRATEFUL FOR:

I am grateful for my amazing wife and kids! I am grateful for my incredible career!

MY MOST IMPORTANT GOAL FOR TODAY IS:

Share my vision for my team at work about what needs to happen over the next few weeks.

I WILL ACT EXACTLY FOR THIS PURPOSE BECAUSE:

I want to be successful in my career in order to provide financial security for my family.

ONE SPECIFIC ACTION THAT BRINGS ME CLOSER TO MY GOAL IS:

Review my quarterly to-do list and write my team an email outlining our strategic key objectives.

TODAY I WILL STOP WORKING AT:

23:00

TIME:

PLACE:

DATE/DAY

HOW DO I FEEL FROM 1 TO 5?

1 2 3 4 5

THE REASON I FEEL THIS WAY?

WHAT CAN I DO NOW TO FEEL BETTER?

MEDITATION AND PRAYER

TODAY I AM GRATEFUL FOR:

MY MOST IMPORTANT GOAL FOR TODAY IS:

I WILL ACT EXACTLY FOR THIS PURPOSE BECAUSE:

ONE SPECIFIC ACTION THAT BRINGS ME CLOSER TO MY GOAL IS:

TODAY I WILL STOP WORKING AT:

SUCCESS PRINCIPLES

CHAPTER EIGHT

01

**BREAK FREE FROM YOUR
LIMITING BELIEFS.**

02

**STAND FIRM
ON YOUR VALUES.**

03

**EXCHANGE FIXED
FOR GROWTH MINDSET.**

04

**ALIGN YOUR
BODY, MIND, AND SOUL.**

05

**CREATE YOUR OWN DAILY
DECLARATIONS.**

MAKSIM'S DAILY DECLARATIONS

1. Christ is my center! I exist for Him to be exalted and for the people far from Him to know Him.
2. Me and my house will serve the Lord. I love my wife and lay down my life for her. Our children grow up in wisdom every day because we teach them the Way they should walk - they will not go stray.
3. My wisdom and power are Divine, I have creative solutions in every situation.
4. My intuition is clear, I have divine intelligence and a spiritual understanding of what is, what has been, and what is to come!
5. I am an instrument of light - my thoughts, words and actions reflect the Glory of God!
6. Today I am better than yesterday, I wake up with a mission, I have a purpose and I will fulfill my assignment.
7. My mind is as sharp as a blade, my body is healthy, and my soul is satisfied!
8. I am conscious of every divine opportunity that comes my way. Not a single blessing will pass me by.
9. God has given me the power to accumulate wealth, I am a steward of abundance, I sow generously and reap a hundredfold.
10. I love mankind, I see the best in people and I devote myself to finding the treasure in each person.
11. I begin where all others give up. I give my best, I am a believer and I never give up.
12. Today the world will become different, and better due to my ministry because I am in Him and it is no longer I who live, but Christ who lives in me!

SUCCESS PRINCIPLES

CHAPTER NINE

01

BUILD GREAT HABITS TO ACHIEVE SUCCESS IN ALL LIFE AREAS.

02

LET KEY HABITS AUTOMATE MEANINGFUL PROGRESS.

03

IDENTIFY HABIT REWARDS.

04

SURROUND YOURSELF WITH HABIT-ORIENTED PEOPLE.

05

LIVE LIKE YOUR FUTURE SELF.

KEY HABIT BUILDER

What are the key habits and activities you want to stop and start?

KEY HABITS I WANT TO STOP

1	I will stop eating junk food every night!
2	I will stop watching my favorite TV show every night before going to bed.
3	I will stop getting to bed after midnight.
4	I will not spend more than an hour a day on my social media networks.
5	I will stop drinking more than two cups of coffee a day.

KEY HABITS I WANT TO START

1	I will start drinking 101 ounces of water a day.
2	I will include fresh fruit into my breakfast every morning!
3	I will read a book 20 minutes a day.
4	I will start waking up at 06:45 so I can go to the gym before work.
5	I will go on a date with my wife every week.

KEY HABIT BUILDER

What are the key habits and activities you want to stop and start?

KEY HABITS I WANT TO STOP

1	
2	
3	
4	
5	

KEY HABITS I WANT TO START

1	
2	
3	
4	
5	