

# ERWIN MCMANUS SESSION NOTES



Redefining the family tree, Erwin McManus draws from his own personal experience through hardship and battling cancer to reinforce the notion that perseverance is a learnt habit, resilience a verb and your origins should not determine your present or future.

**"I am convinced that the greatest battles we ever fight are the ones within us. What you fear has mastery over your life. What you fear establishes the boundaries of your freedom."**

## PERSONAL REFLECTION

We all have a tape that plays in our mind, highlighting things we think to be true about ourselves. Some of these things are right, true and good, and some aren't.

**1.** Are there internal battles or fears you're facing today that are holding you back from enjoying life and living it to the full? List out your battles and fears below:

**I am afraid of:**

**I am struggling with:**

**My mind won't stop thinking about I can't get over:**

**I won't ever:**

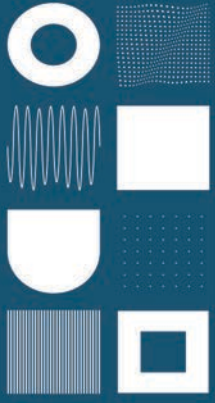
**POSITIVE:**

**NEGATIVE:**

**2.** What would you do today if those battles didn't exist, and fear didn't hold you back? How would your life look different?

**"Leadership is not about living within the confines of your fears but facing them and pushing through them."**





**“Most of us live our lives as if we are going to live forever. We are all dying. We don’t get days back. We need to treat each day as if it is the last day of your life.”**

**2.** Would you treat yourself and the people around you differently if it was the last day of your life?

**3.** What would you change to make every moment count?

## **NEXT STEPS**

**DON'T TAKE LIFE FOR GRANTED.** Finish these sentences as action steps for this week:

To live my life to the full, today I will:

To overcome my fear of \_\_\_\_\_ today I will