

# 10X EVERYTHING EXERCISE™

by Grant Cardone

*Hey, thanks for investing in yourself and the 10X Everything Live Stream Event.*

*Here is the exercise I promised you.*

*I so wish I would have included this exercise in “The 10X Rule” book, but I have also been on this 10X adventure and you don’t know what you don’t know when you don’t know it. What I mean is, I didn’t know if I could 10X what I had already created until I wrote “The 10X Rule” and started using it in my own life.*

*The answer is still, “I don’t know,” and while I haven’t hit 10X yet, I can tell you that since applying “The 10X Rule” one of my companies has grown 4X and another grew 3X. These numbers might seem small, but in fact they are massive, because the companies were already very successful.*

*I’ve included these exercises to get you started on your 10X adventure. Stop what you’re doing and do this now. I’ll see you live on July 29th.*

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1

**WRITE DOWN YOUR CURRENT GOALS**  
for the following areas:

Income

Wealth

Physical

Spiritual

Familial

Recreational

Professional

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2

Take each goal and write what would it look like if you were able to **MULTIPLY THAT GOAL BY 10**. If your income goal was \$1m, it would become \$10m.

*(Obviously if you want to lose 10 lbs you can't simply multiply by 10 and lose 100 lbs, rather think about what your 10X health or physique would look like and write that down.)*

Income

Wealth

Physical

Spiritual

Familial

Recreational

Professional

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3

In each category write down **WHAT YOU NEED TO GIVE UP** to achieve your 10X goals. *(Bad habits, friends, time-wasters etc.)*

Income

Wealth

Physical

Spiritual

Familial

Recreational

Professional

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4

In each category write down **WHAT YOU WOULD HAVE TO CHANGE** to achieve your 10X goals.

Income

Wealth

Physical

Spiritual

Familial

Recreational

Professional

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5

In each category write down **WHAT YOU NEED TO LEARN** to achieve your 10X goals.

Income

Wealth

Physical

Spiritual

Familial

Recreational

Professional