

PMI

PERSONAL MASTERY INTERNATIONAL

The 28-Day Personal Mastery Breakthrough

A practical workbook for building identity, belief, communication and ethical business rhythm before you build the business.

What this workbook helps you do

- Clarify who you are becoming.
- Replace hesitation with small daily proof.
- Practice consent-based conversations.
- Create a sustainable weekly rhythm for growth.

Important: This workbook is for education, reflection and personal development. It does not promise income, health outcomes or business results. Any business opportunity requires effort, consistency and compliance with applicable rules.

How to use the 28 days

Daily rhythm

Spend 20–30 minutes each day. Read the prompt, complete the action, then write one honest reflection. Do not wait until you feel ready.

Weekly review

At the end of each week, review what created energy, what created resistance, and what must be simplified next week.

Business ethics

Use permission-based conversations. No spam, pressure or exaggerated claims. Your goal is trust, not volume.

Personal standard

Your business should not require you to abandon your health, values or relationships. Build rhythm, not chaos.

Your 28-day statement

I build myself before I build the business. I lead with clarity, discipline and service. I create trust through honest action, not pressure. I improve every day.

The four phases

Days	Phase	Purpose
1–7	Identity Reset	Clarify vision, standards, values and the person you are becoming.
8–14	Belief & Energy	Build confidence through daily proof, routines and emotional control.
15–21	Communication Mastery	Practice story, questions, invitations and follow-up without pressure.
22–28	Leadership Rhythm	Create a simple operating system for consistency, relationships and duplication.

Days 1–7: Identity Reset

1 Define the future self

Action: Write who you are becoming in one clear paragraph. **Reflect:** What must this person stop tolerating?

2 Set your non-negotiables

Action: Choose three daily standards for energy, integrity and business activity. **Reflect:** Which one will be hardest?

3 Name the limiting belief

Action: Write the sentence that creates hesitation. **Reflect:** What evidence shows this belief is not the whole truth?

4 Install proof

Action: Complete one small task you have been delaying. **Reflect:** What does action prove about you?

5 Clarify your reason

Action: Write why this matters beyond money. **Reflect:** Who benefits when you become more disciplined?

6 Design your environment

Action: Remove one distraction and prepare one workspace or routine. **Reflect:** What environment makes growth easier?

7 Weekly identity review

Action: Review your seven days. **Reflect:** What identity is becoming more believable?

Days 8–14: Belief & Energy

8 Morning decision

Action: Read your 28-day statement before checking your phone. **Reflect:** How does your day change when intention comes first?

9 Energy audit

Action: List what gives and drains energy. **Reflect:** What must be protected this week?

10 Rejection reframed

Action: Write a new meaning for "no". **Reflect:** How can a no still be respectful and useful?

11 Consistency before intensity

Action: Do one 15-minute business action. **Reflect:** What did you learn from doing it simply?

12 Standards around time

Action: Choose a stop-time for work. **Reflect:** How does boundaries create trust?

13 Evidence list

Action: Write 20 examples of problems you have solved in life. **Reflect:** What does this prove about your capacity?

14 Weekly belief review

Action: Review your energy, action and emotional control. **Reflect:** What belief is becoming weaker?

Days 15–21: Communication Mastery

15 Your story in 60 seconds

Action: Write why personal mastery matters to you. **Reflect:** Is your story honest and simple?

16 Better questions

Action: Write five questions that help people clarify their goals. **Reflect:** Which question creates the best conversation?

17 Permission-based invitation

Action: Draft a message that asks permission before sharing. **Reflect:** Does it feel calm and respectful?

18 Listen for the real goal

Action: Have one conversation where you listen more than you speak. **Reflect:** What did the person really want?

19 Simple follow-up

Action: Follow up with one person using a helpful resource or question. **Reflect:** Did it feel like service or pressure?

20 Objections as information

Action: Write three common objections and calm responses. **Reflect:** What objection actually means “I need more trust”?

21 Weekly communication review

Action: Review your conversations. **Reflect:** Where did you become more natural?

Days 22–28: Leadership Rhythm

22 Create your lead list

Action: Write 20 names of people you can serve or learn from. **Reflect:** Who deserves a thoughtful message?

23 Build your weekly rhythm

Action: Choose three weekly windows for outreach/follow-up. **Reflect:** How can this fit your life, not consume it?

24 Customer care mindset

Action: Write how you want people to feel after speaking with you. **Reflect:** What behavior creates that feeling?

25 Duplication standard

Action: Write a simple process someone else could copy ethically. **Reflect:** Is it simple enough to repeat?

26 Weekly scorecard

Action: Track actions, conversations, follow-ups and learning. **Reflect:** Which number actually helps you improve?

27 Leadership through service

Action: Help one person without asking for anything. **Reflect:** What does genuine leadership feel like?

28 Breakthrough review

Action: Write your biggest identity shift and next 28-day commitment. **Reflect:** What must continue now?

Weekly scorecard

Week	Personal standard kept?	Conversations	Follow-ups	What improved?	Next adjustment
1					
2					
3					
4					

Simple consent-based message

Hi [Name] — I'm working through a 28-day personal mastery process around belief, discipline and ethical business building. I thought of you because [personal reason]. Would you be open to seeing the short free workbook I'm using?

Next step

If the 28 days helped you create more clarity, consistency and confidence, the next step is a conversation about whether the full Personal Mastery International program is right for you.

Personal Mastery International

Build the person before you build the business.