Change your Thoughts, Change your Life with Francois Lupien

with Francois Lupien · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Francois Lupien got hired by Tony Robbins's team after being told they weren't hiring, by showing up at 9 a.m. in a suit and tie and waiting until a manager invited him in just before noon.

- [ ] Write down a goal you want badly enough that a no won't stop you.
- [ ] Check whether what you're chasing is a deep-rooted desire or just a want.
- [ ] Before changing your actions, look at the thoughts behind your current results.
- [ ] Notice when you start blaming circumstances, and name one step you can take yourself.
- [ ] Ask for help: find a coach or mentor through referrals and people you know.
- [ ] Celebrate a win by creating a memory with the people you love.
- [ ] Set aside part of every paycheck, even $10, to build the discipline of investing.
- [ ] Pick a new tool, like ChatGPT, and play with it a little every day.
- [ ] Put your calendar on its own screen so you see the whole week, and color-block your time by activity.
- [ ] Share your calendar with your partner so plans fit without frustration.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/change-your-thoughts-francois-lupien/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
©2026 Add Space To Your Life · This checklist is for personal use; share the episode link rather than the file.