

The Greatness Playbook

THE BREAKTHROUGH EDITION

Create Internal Certainty, Rewrite Identity, and Break Through What Has Been Holding You Back

Featuring Tony Robbins & Lewis Howes
A Special School of Greatness Worksheet

Breakthrough does not come from pushing harder. It comes from changing the internal order that governs how you think, feel, and act.

Most people try to change their lives by searching for better strategies while carrying the same emotional state and repeating the same internal story. This Playbook shows how to reverse that pattern so change becomes grounded, sustainable, and self directed.

WHAT YOU'LL GET

- A clear framework for creating breakthroughs when progress feels stuck
- Tools to build internal certainty without relying on external stability
- Practices to shift emotional state before choosing strategy
- Guidance for rewriting limiting stories and identity patterns
- A repeatable system for growth through uncertainty and pressure
- Techniques for turning stress and resistance into momentum instead of burnout
- Practical plays you can apply immediately to move forward with clarity and confidence

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Certainty starts inside, not around you

PLAY #1 – MASTER YOUR STATE FIRST

Goal: Build internal certainty before taking action.

Action Steps:

- Notice your emotional and physical state before making decisions
- Interrupt fear driven urgency with slower breath, grounded posture, and deliberate pacing
- Choose one physical action that shifts you into calm certainty

 **Insight Tip:** Your nervous system decides before your mind does. When state changes, clarity follows.

PLAY #2 – REWRITE THE STORY THAT DEFINES YOU

Goal: Release limiting narratives that quietly cap your potential.

Action Steps:

- Identify the story you repeat when things feel uncertain or overwhelming
- Separate facts from the meaning you assign to them
- Replace absolute language with steady, possibility based interpretations

 **Growth Reframe:** A belief is a feeling of certainty. Change the feeling and the belief begins to loosen.

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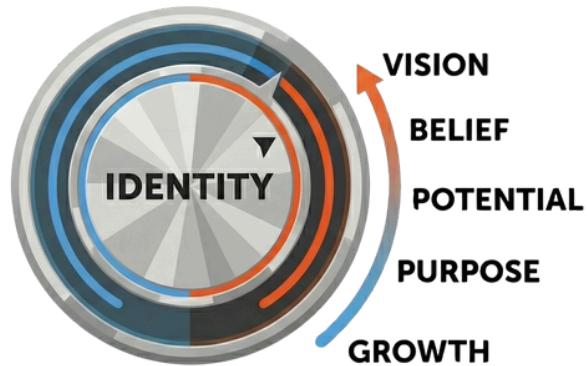
PLAY #3 — SHIFT IDENTITY BEFORE STRATEGY

Goal: Align behavior with who you choose to become.

Action Steps:

- Notice where progress triggers discomfort, hesitation, or self sabotage
- Define the identity that would handle this level with calm and confidence
- Take action from identity rather than willpower

 Identity Insight: People act consistently with who they believe they are, not what they want to achieve.



You rise to who you believe you are.

PLAY #4 — BUILD CERTAINTY WITHOUT CONTROL

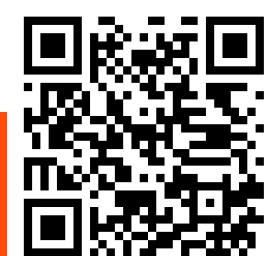
Goal: Create emotional safety that does not depend on circumstances, outcomes, or external stability.

Action Steps:

- Notice where you are unconsciously looking for certainty from things you cannot control, such as other people's responses, financial timelines, or future outcomes, and begin loosening your attachment to those guarantees
- Practice reinforcing the belief that no matter what unfolds, you have the capacity to adapt, respond, and find a way forward, even when the path is not immediately clear
- Expect uncertainty as a natural part of growth and progress, and train yourself to move with it rather than resist it, using uncertainty as a signal that expansion is taking place

 Meaning Insight: External certainty is temporary. Internal certainty creates freedom.

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PLAY #5 — USE PRESSURE AS A BREAKTHROUGH TRAINING GROUND

Goal: Convert moments of stress into strength, clarity, and long term resilience instead of allowing pressure to drain or overwhelm you.

Action Steps:

- Notice when stress shows up and consciously label it as a signal for growth or adaptation rather than interpreting it as danger, failure, or a sign that something has gone wrong
- Ask yourself what this moment is training you to become by focusing on the qualities being developed, such as patience, courage, leadership, or emotional steadiness
- Choose to move forward with intention by taking one grounded action, even a small one, instead of freezing, procrastinating, or avoiding discomfort

 Resilience Insight: Pressure strengthens those who move through it consciously.

MY NEXT MOVE

Reflect and write below:

- Where has burnout been quietly showing up in my life
- What signal has my body been trying to send
- What boundary or ritual can I commit to this week

 Commit to one intentional recovery action today that restores calm, clarity, and connection.

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