



NO PAIN

*The good
stuff doesn't
come easy*

NO GAINES

CHIP GAINES

A PDF COMPANION TO THE AUDIOBOOK

No Pain, No Gains

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This is a work of nonfiction. The events and experiences detailed herein are all true and have been faithfully rendered as remembered by the author, to the best of his ability. Some names have been changed to protect the privacy of the individuals involved.

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WHAT'S YOUR STATUS QUO STATUS?

As we get ready to figure this thing out together, let's get an idea of where your starting point is. Read the statements below and put a check mark next to the ones you agree with. Don't overthink it; just check off what feels right.

A

- The well-worn path is well worn for a reason: it's the proven way to succeed.
- If I stay in my lane, eventually I'll get where I'm going.
- Security is a prerequisite for happiness.
- If I can just get enough cash in the bank, I'll be set for life.
- I feel better today if I know what tomorrow is going to look like.

B

- There's a rush that comes from taking a risk.
- Failure is an old friend. I welcome it into my life.
- I look for moments of creativity, originality, passion, and purpose every day.
- Sometimes pursuing goals gets in the way of a good life.
- Going against the grain is the best way to gain traction.

If you checked more boxes in column B than column A, I hope this book inspires you to get out there and kick some butt. If you checked more boxes in column A than column B, I'm going to ask you to keep an open mind as I show you why I want to challenge some of that thinking. I hope by the end of it, your heart will be pumping a little harder.

FIND THE UPSIDE OF GETTING KNOCKED DOWN

Make a list—right here, right now—of the hardest things you’ve gone through in your life. List what came of it, but concentrate on what you learned, how you found a strength you didn’t know you had in you.

Difficult Experience	What I Learned / How I Grew

While the going gets tough, consider this list proof that you can come out of it stronger than before.

FEAR FACT-FINDING

We all have fears that haunt us. The first step in robbing fear of its power is to name it. Make your own list of fears that are holding you back. Rate the chances that your fear will actually happen on a scale of 1 to 5. Then act like a scientist and ask yourself, *What are the facts?* Do you have data to support your analysis, or are you letting your imagination fuel those fears?

Fear	How likely it is to happen	Facts