

# **LEBE DEINE LEIDENSCHAFT**

## **Workbook**

Dr. Matthias Hombauer

**1. NEUGIERDE**

**2. MINDSET**

**3. EINFACH MACHEN**

**4. GEBEN STATT NEHMEN**

**5. MASTERMIND**

# 1. NEUGIERDE

Übung 1: Überlege dir welche deiner Leidenschaften die Schnittmenge des IKIGAI entsprechen könnte.

## DAS IKIGAI-MODELL



THE  
CONSCIOUS  
LEADER  
by Tim Seifert



“

**Ali Mahlodji**

FOUNDER WHATCHADO + FUTUREONE

Whenever I am talking to Matthias I am full of energy and inspiration afterward and I want to start a new project straight away. He always manages to show me what is possible. Very cool guy.

# 2. MINDSET

Übung 2: Überlege dir eine Aktion, die dich aus deiner Komfortzone bringt (z.B. jemand Fremden ein Kompliment machen)



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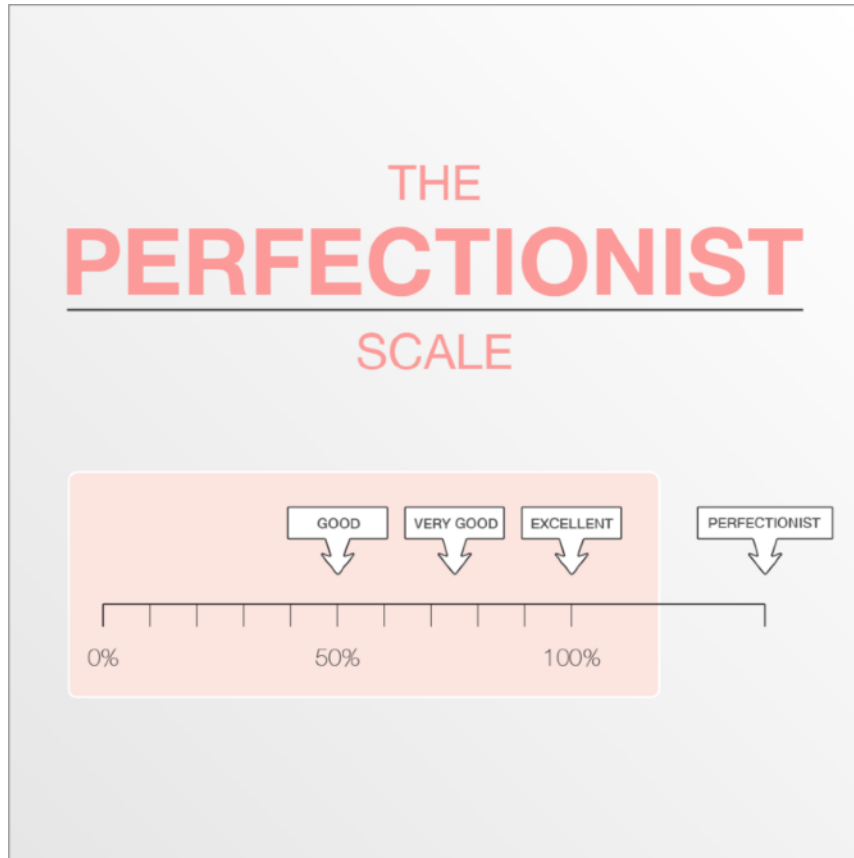
## Alon Levin

PRO CONCERT PHOTOGRAPHER

Matthias was able to bring me to a level of honesty with myself which shifted my complete worldview. He helped me to get clear about fulfilling my dreams and what I want to achieve in life. This was monumental!

# 3. EINFACH MACHEN

Übung 3: Anstelle von 100% perfekt zu sein, versuche bei deinem nächsten Projekt “nur” 80% zu geben. Beobachte was passiert.



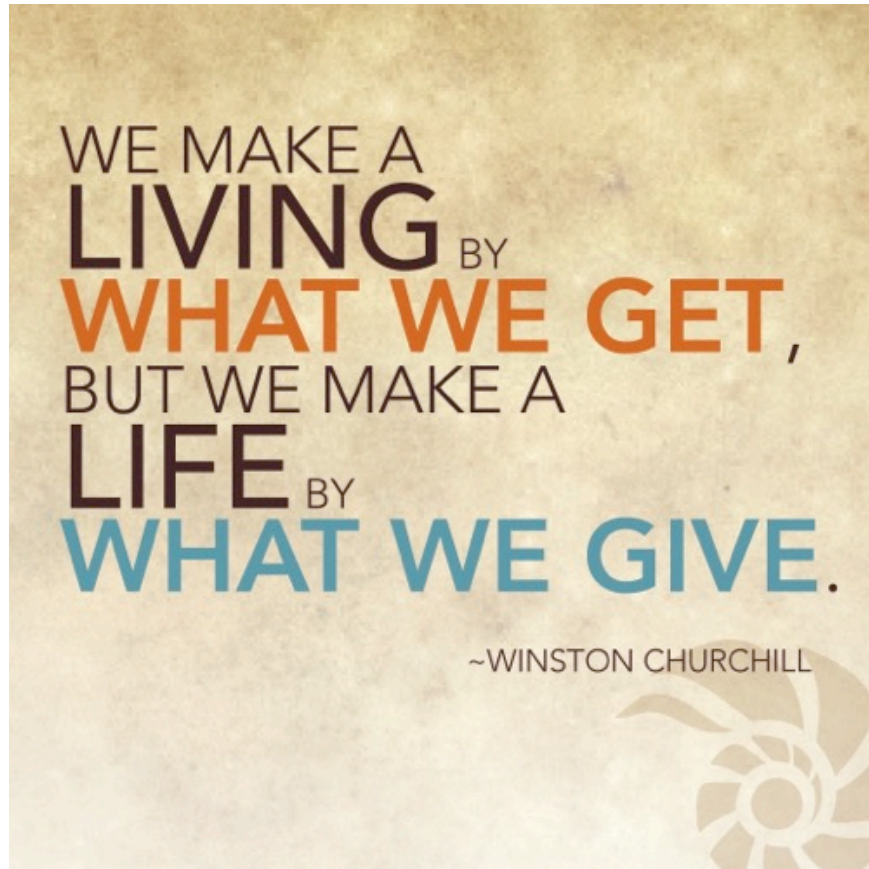
-Monica Baez

I reached out for help, full of fears and doubts on how to move forward in my life. After working by Matthias I feel super inspired and It was as if my creativity was unlocked and set free. Working with Matthias will help you transform your dreams into action! This is a game changer!



# 4. GEBEN STATT NEHMEN

Übung 4: Werde zum “Giver” und gebe, ohne etwas dafür zurück zu verlangen (z.B. arbeite mit Non-Profit Unternehmen oder helfe jemanden in deiner Community)



-Kalo Saitoti

Dream Development with Matthias starts a transformation to discover your true self. I discovered how limitless I'm gifted and his approach is slowly revealing wonders in my life that I have never known before.

# 5. MASTERMIND

Übung 5: Das beste Investment, dass du tätigen kannst ist in dich selbst zu investieren. Überlege dir, welcher Schritt nötig ist (z.B. Teil einer Master-Mind Gruppe werden, Accountability Partner finden,..)



-Dieter Kalt

I really enjoyed Matthias's Dream Development. His winning personality and unconventional approach of his techniques felt fresh, challenging and gave me a new perspectives on how to go about any problem. For me, as an athlete, having a trainer is essential to get ahead. Nobody can do it all by himself. The outside view, unbiased and honest, is of huge value, weather it is in sports, business or personal life. It's a no brainer.

# RE-INVENT YOURSELF

Do you want to live a purposeful and fulfilled life, but you struggle on how to get started with all your ideas and dreams?

*"Matthias is a genius in re-inventing himself."*

- Nikolai Rohrbach



- [www.matthiashombauer.com](http://www.matthiashombauer.com)
- [www.5pillarstransformation.com](http://www.5pillarstransformation.com)  
(nächstes Event 23.April 2022)
- [office@matthiashombauer.com](mailto:office@matthiashombauer.com)

## BUCHTIPPS

“Die 4 Stunden Woche”, Tim Ferriss

“Tools der Titanen”, Tim Ferriss

“High Performance Habits”, Brendon Burchard

“The One Thing”, Gary Keller

“The Compound Effect”, Darren Hardy

“Principles”, Ray Dalio

“Willpower Doesn't Work”, Benjamin Hardy

“Peak Performance” Brad Stulberg

“The Practice of Groundedness” Brad Stulberg

“Reinventing Yourself” Steve Chandler

Wenn du noch mehr Tipps und praktische Hacks über die 5 Pillars Transformation erfahren möchtest, besuche einen meiner virtuellen 1-Tages Workshops.

Mehr Informationen dazu hier:

[www.5pillarstransformation.com](http://www.5pillarstransformation.com)