

YOUR STRATEGY FOR SUCCESS

WHAT AREAS IN YOUR LIFE DO YOU WISH TO TAKE TO THE NEXT LEVEL?

PERSONAL DEVELOPMENT CAREER FINANCIAL FAMILY SOCIAL PHYSICAL HEALTH SPIRITUAL OTHER

WHAT IS YOUR DESIRED GOAL FOR THESE AREAS?

WHAT?

WHO?

WHERE?

WHEN?

WHY?

IS YOUR GOAL?

SPECIFIC?

MEASURABLE?

ATTAINABLE/ACHIEVABLE?

REALISTIC?

TIME BASED?

CAN YOU IDENTIFY OBSTACLES/LIMITATIONS TO ACHIEVE YOUR GOAL(S)?

NOTE: CIRCLE WHATEVER LIMITATION APPLIES AND WRITE BELOW HOW SO.

- TIME
- MONEY
- ENERGY
- FEAR
- OTHER

PREPARE

- 1) CREATE A PLAN
- 2) ANTICIPATE LIMITATIONS
- 3) CONSIDER WANING MOTIVATION
- 4) STAY COMMITTED
- 5) KEEP FOCUS
- 6) THE ACHIEVEMENT OF THE GOAL IS A TEST OF WILL
- 7) IMPLEMENT PLAN

SURRENDER TO YOUR GOAL

WEBSTER'S DEFINITION OF SURRENDER: TO GIVE (ONESELF) OVER TO SOMETHING (SUCH AS AN INFLUENCE).

"SURRENDER IS THE INTERSECTION BETWEEN ACCEPTANCE AND CHANGE"

BALANCE YOUR LIFE

FIND BALANCE IN THE ACT OF PURSUING YOUR GOAL and ENGAGING IN ACTIVITIES THAT RESTORE YOU

MEDITATE EXERCISE GO FOR A WALK VISIT A PARK JOURNAL PLAY READ

BE THE CEO OF YOUR LIFE

NOTHING CHANGES IF NOTHING CHANGES