

Welcome to this module from the series *Re-Wiring for Life*.

Building to a Plan: A Tool Kit for Success

This workbook will provide you with some note-taking space as well as some personal workouts.

Notes

Personal Workout 1

Personal Reality Check

Be honest with yourself as you record your current results:

<i>Question</i>	<i>Check your results!</i>
What is your weight like?	
What is your health like?	
What is your fitness like?	
What are your finances like?	
What are your attitudes like?	
What are your relationships like?	
How happy are you?	



Personal Workout 2

Procrastination: Habitually deferring action to another time.

Use this PROACT tool against procrastination:

P*ick the time of day - do it when you are most creative*

R*evue our personal goals - make sure they are crystal clear*

O*rganise our activities with our goals -*

Key question: Is the activity I'm currently engaging in helping me reach my personal goals?

A*bandon worthless activities - this takes objectivity*

C*oncentrate on priorities*

T*ake action logically*



Notes

Personal Workout 3

It is worth thinking about our reasons for doing the things we do. Are they part of our "herd" mentality? Work through some of your behaviours and work out honestly why you do it.

<i>Behaviour</i>	<i>Why I Do It</i>



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Personal Workout 4

In order to bring about successful change you need 3 pieces of information. We will concentrate on the first 2 here.

Who am I now?

Where am I Going?



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Personal Workout 5

Successful people all have a team they can rely on when the going gets tough. Take some time out here and think of some people you would like on your team:

<i>Name</i>	<i>Quality they would bring to team</i>



Notes

Personal Workout 6

Time to make a list of "stuff" that you can get rid of. It can be stuff that will raise money, or liabilities you will be better off without.



Notes

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Personal Workout 8

Ready to start on setting some goals? Don't get too technical to begin with - just brainstorm who you want to be and where you want to go - just start writing!



Personal Workout 9

Using the list you created in *Personal Workout 8*, decide whether they are long, short or medium term goals. Write them in these columns:

<i>Long - 2+yrs</i>	<i>Medium - 6 months</i>	<i>Short - 2-4 weeks</i>



Personal Workout 10

Select one goal to work on here.

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Wording your goals is most important- remember:

- *Positive*
- *Create an image*
- *Realistic*
- *Include yourself*
- *Concise but exciting*
- *One goal per statement*



Personal Workout 11

We all have a collection of goals and these cover many areas of life and time frames. An "umbrella goal" is useful to bring them together and gives a big picture view. Write an "umbrella goal" for yours here:



Notes

Personal Workout 12

Now go back to that list you created in ***Personal Workout 8*** and write some more of your goals using the system in ***Personal Workout 10***



Personal Workout 13

Using this strategy on one of your goals, practice the written format here:

What is my now feeling about my goal?	Let Go?	Feel Good?



Personal Workout 14

Using the advanced strategy on the same goal, record your results here:

Actions to accomplish my goal	What is my now feeling about my goal?	Let Go?	Feel Good?



