

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*



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?

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Where am I Going?

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