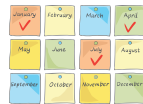


# REACH YOUR POTENTIAL, WITHOUT CRASHING AND BURNING.

## FOR INSPIRATION AND ENERGY



### 1. SET EFFECTIVE GOALS

#### Goals that motivate are:

- Specific and measurable
- Challenging but realistic
- Broken down into small actions
- Focused on process vs outcome
- Documented as a plan of daily, weekly, monthly behaviors



### 3. TRACK YOUR PROGRESS

#### Document behaviors, processes, and outcomes.

How do you feel different?

How do you look different?

What have you learned?

What are you proud of?

What frustrations did you have?



### 2. START WITH ONE ACTION EACH DAY

Commit to do it for the next 2 weeks.  
(Be sure it's something you're confident you can do every day.)



### 4. SPEND TIME WITH A COACH OR MENTOR

Getting help from someone you admire, and who will hold you accountable, makes the process of change and growth much easier.