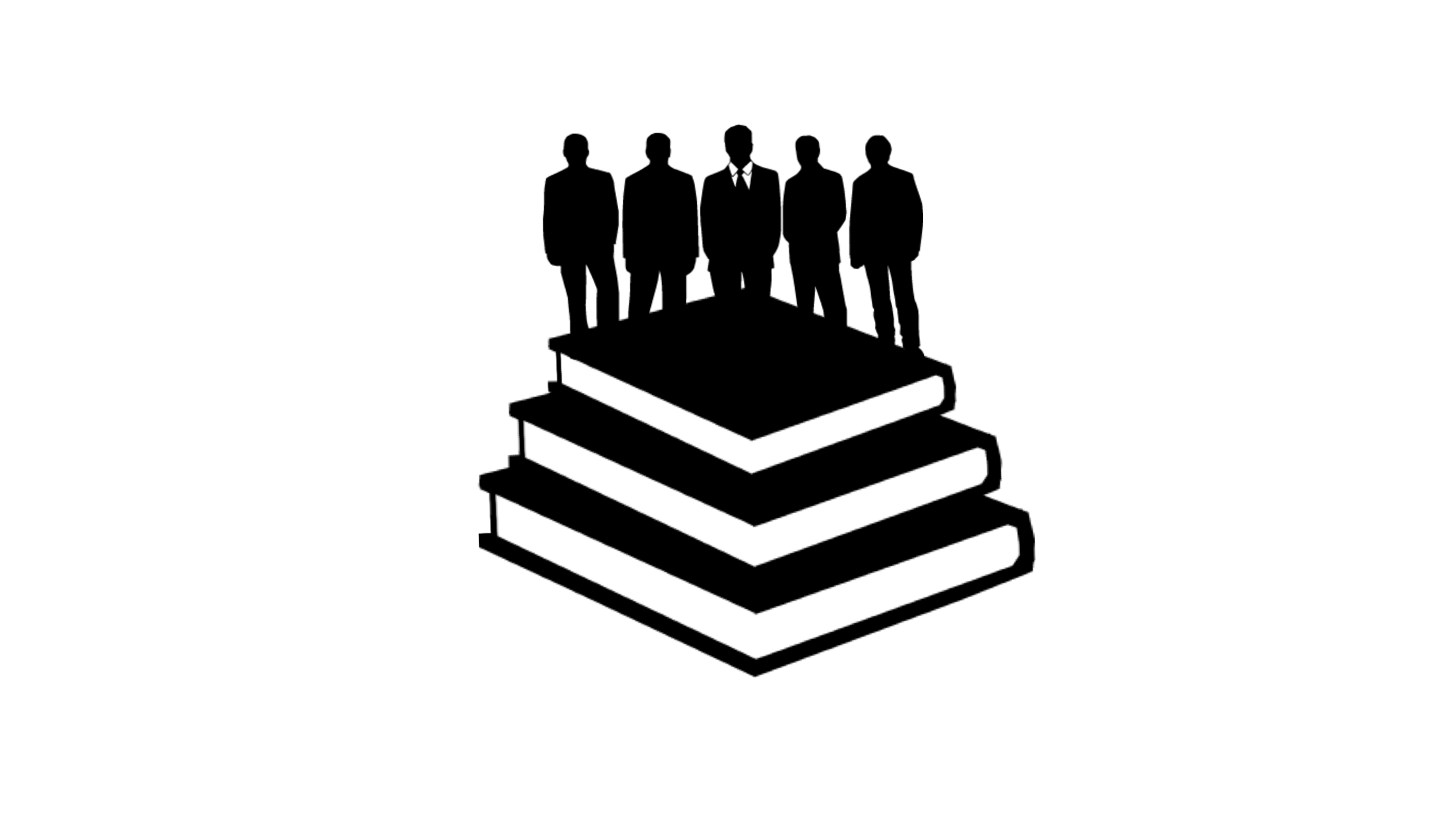
*The Performance Data Journal will help you follow through with the process of achieving your Why and Extensive Goals by setting daily objectives. There are two sections: Career and Academic/Personal Journals. For many of the Personal goals that are sought out, applying academic goals will be required in order to succeed. After creating your goals, accountability and assessing your performance is critical to your success. Allowing yourself the ability to examine your strengths and weaknesses during your journey will allow you to grow because you are informed of how efficient you are with your time. There are two versions of the Excel Performance Journal. The Extensive and Original Version (provides less statistics than the Extensive Version). Dreaming is cheap; accomplishing goals consistently, effectively and efficiently is priceless. Will you invest in what others will not do?*

****



www.never-idle.com

INVE$T IN YOUR$ELF

ALL YOUR VISION NEEDS IS YOU!!!

and EXECUTE…

going after your dream is life changing.

Eliminate your excuses,

Expand your exposure,

Desiring a dream does nothing,

30 DAY CHALLENGE

*Performance Data Journal*







“A System Can Trump Limited Knowledge and Experience, but a System Coalesced with Knowledge and Experience will Lead to Greatness.” - Coach Roberson

The San Antonio Spurs, the Women Connecticut Huskies, and the New England Patriots are great examples of the quote above. Each program has had inexperienced players experience success because of an efficient system. The Spurs have achieved greatness by winning five NBA championships by establishing a winning culture and allowing Coach Popovich to lead the way. The Spurs organization is the “envy of all sports.” The UConn Women Huskies who are led by Coach Auriemma, have won 11 national championships. The Women Huskies have set a record of winning more than 100 straight games and have won more than 70 straight three times. Coach Belichick, has coached the New England Patriots since 2000. The Patriots have been to seven Super Bowls during this era and have won five of them. No NFL team has appeared in more Super Bowls.

**Efficient Systems Breed Success.**

One of the fundamental reasons why individuals do not achieve their goals is due to their lack of implementing a system and developing a culture to sustain the system. Develop a system that is efficient and then buy into it. An efficient system will allow you to succeed when you are not as knowledgeable, lacking experience and not as talented as your opponent. Eliminate ignorance from your journey and educate yourself on what it takes to be successful. This simple ideal will expedite your journey because ignorance will lead to serious setbacks. Educate yourself on individuals, companies and systems that have been successful. Study and incorporate ideals that you have learned into what you are pursuing. For example, Kobe Bryant wanted to be the best, so he developed a system. Whether it was an injury or personal issue, he followed his system when he was going through adverse times. This system made him successful despite playing against younger opponents who grew up idolizing him. Kobe established a system by studying success. He studied Michael Jordan. Kobe not only imitated Jordan on the court, but off the court. He imitated his lifestyle, his mindset and his choices. He hired his trainer; read books about him, talked with him, allowed himself to be mentored by Phil Jackson, and studied countless hours on the ideal of success. Kobe’s system is consistent in sacrifice, obtaining knowledge and consistently executing efficient actions to become the best basketball player ever. Will he become the best of all time? Probably not, but his goal was to be the best ever. He may not have achieved his goal, but he is considered one of the best players ever. From this perspective he will never be considered a failure. Never sell yourself short. If you aim low, you normally will miss lower. If you aim high and you miss, you miss high. However, missing high allows you to enjoy and focus on the success within your failure.

Who is the Michael Jordan of your goals? Have you ever been compared to this person? What made this person successful? What system have you developed that is not only efficient but you practice even in the midst of adverse situations? If you use the R4L outline, and create an effective Game Plan, you will be prepared to endure adversity until you have completed your goals and objectives that you have set in place.

Why do many people fail to achieve their New Year’s resolution? Why do people fall short of their goals when they are more than capable of achieving them? There are many answers for the two questions above, but here are three critical points why people fail to achieve their goals.

1. The goal sounded great, but the individual really did not want to make the required sacrifices needed in order to achieve the goal.
2. The individual had no clue of how to achieve the goal, and did not prepare accordingly and or practiced the wrong methods. Everyone needs help at some point.
3. The individual could not maintain the consistency needed to achieve the goal. The individual allowed society’s culture to keep them from reaching their goals. *Culture is the quality in a person or society that arises from a concern for what is regarded as excellent in personal pursuit. It is the development or improvement of the mind by education or training.* This is the most critical component in being successful, because action trumps knowledge, if knowledge is not being used.
   1. ***Example:*** Birds of a feather flock together. You are the average of the five people you spend the most time with. Surround yourself with a bunch of like-minded people, and you will soak up their habits. Millionaires hang out with Millionaires. Businessmen hang out with businessmen. Your mindset attracts your circle. Your circle of friends must match your own aspirations and dreams, or you will find little support. Great minds discuss ideas. Average minds discuss events. Small minds discuss people.
      1. What do you and your friends normally discuss?
      2. Do not fall in the trap of focusing on the negativity or challenges of a situation or experience. Focus on how much stronger you will be once you overcome these challenges.

**Does society influence your personal culture or does your personal culture influence society?**

If you summed up the three answers in five words, the words would be sacrifice, knowledge, system, actions, circle and consistency. However, before these six words can be effective, the individual must have the desire to pursue something wholeheartedly and commit. Creating a goal is very easy, but in order for that goal to have a chance of coming into fruition, that goal must have more than meaning to the individual. Your goal needs to have purpose, and be in harmony with your lifestyle, your mindset, your actions and your circle. Once the goal is in unison with your lifestyle, you will incorporate an efficient system that will allow you to consistently obtain knowledge, consistently sacrifice and consistently execute efficient actions towards achieving your goal. There will be no more excuses, and you will hold yourself accountable for your decisions. You will not allow anyone or anything to keep you from achieving your goals. An injury, a financial setback, a coach or boss who you feel maybe holding you back, or any other form of adversity will no longer matter because you have the mental fortitude to endure until you have acquired what you have set forth to achieve.

In order to develop an effective and achievable goal, you must understand why you are pursuing the goal. Creating your WHY will align your goals with purpose and describe why the goal is important to you. You then will develop your Fiat. Your Fiat is a statement you will say a number of times daily and should be used when you are facing adverse situations. It is a simple phrase that is a reminder of your WHY. Next, you will write your Extensive Goal. Your Extensive Goal is the goal you will pursue and then develop a Game Plan to achieve it. Finally, you will go 30 days and complete your Success Logs and input data on how well you strived towards your goals. This will most likely be the most challenging task to master, but the most rewarding once achieving your goal.

Stop compromising your goals, your vision, and your success for temporary and short term happiness. **EXPAND**, **ELIMINATE**, and **EXECUTE**. Your dream is waiting for you, but it is up to you whether you make your dream a reality.

“Success is not a Hobby When it Becomes Culture. Create an Efficient and Disciplined Mindset that Regulates Your Lifestyle Daily.”







**YOUR SELF IMAGE STATEMENT**

|  |  |  |
| --- | --- | --- |
| **VOCABULARY** | **Your WHY** | **A commandment or direction given as a rule of action or conduct.** |
| **Fiat** | **An arbitrary decree or pronouncement, especially by a person having absolute authority to enforce it.** |
| **Extensive Goal** | **Your Far Reaching Goal – Ultimate Goal/Long Term Goal** |
| **Objective** | **Something that one’s efforts or actions are intended to attain** |

Create your *WHY Statement* (write a statement using six words that is most important to you and your future): Write a statement that portrays what your life will be like in your future. This should describe your purpose and why it is important to you. Example: *I will…*

|  |
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| I will ensure my ***relationship*** with God, and my ***family,*** comes first while being ***relentless*** *despite adverse circumstances and fulfill my purpose to help others grow. I will* consistently exercise the sacrifice needed to be efficient and effectively ***disciplined*** with my time to bring ***happiness*** to my family while ensuring ***financial stability***. |
| Click here to enter text. |

Create your *Fiat (Repeat this statement when you need to be reminded or motivated on why you established your goals)*: Choose the 3 most important words that summarize your *WHY statement*.

|  |
| --- |
| Be relentless and ***disciplined*** while being able to adjust for my ***family’s*** ***happiness***. |
|  |
| Click here to enter text. |

***Possible Why words***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Relentless** | **Movement** | **Challenges** | **Choice** | **Loyalty** |
| **Time management** | **Freedom** | **Goals** | **Comfortable** | **Memories** |
| **Longevity** | **Financially Stability** | **Success** | **Strength** | **Content** |
| **Balanced** | **Giving** | **Content** | **Sacrifice** | **Obsessed** |
| **Motivation** | **Responsible** | **Innovative** | **Spirituality** | **Dedicated** |
| **Happiness** | **Prepared** | **Family** | **Growth** | **Uncomfortable** |
| **Focus** | **Confidence** | **Mental Toughness** | **Presence** | **Action** |
| **Consistent** | **Stress Free** | **Learn** | **Self Esteem** | **Loyalty** |
| **Provide** | **Exercise** | **Adjust** | **Love** | **Passion** |
| **Accountability** | **Drive** | **Optimism** | **Harmony** | **Character** |
| What is your *Extensive Goal*? Create a sentence about how you see yourself once you have accomplished your goal.  ***Example:*** *I am the most effective teacher/trainer/coach at turning potential into purpose and developing individuals into successful professionals.* | | | | | |
| Click here to enter text.    Combine your *Why* and your *Extensive Goal* to create your *Self-Image Statement*. | | | | | |
| Create your *Self-Image Statement* in present tense.  **Example*:*** *I am relentless and disciplined while being able to adjust for my family’s happiness; I am the most effective teacher/trainer/coach at turning potential into purpose and developing individuals into successful professionals.* | | | | | |
| Click here to enter text.    What are some foreseen obstacles that could hinder you from achieving your WHY and Extensive goals?  Click here to enter text.    What will you do to ensure that these obstacles do not keep you from achieving your WHY and Extensive goals?  Click here to enter text.    Why is your WHY important to you? Is there anything you are not willing to do to achieve your WHY?  Click here to enter text.    What are some uncomfortable moments that will occur while trying to achieve your WHY?  ***Example:*** *Being consistent, changing for the better, completing objectives that you need to do even though you may not want to do them.*  Click here to enter text.  Why is your Extensive Goal important to you? Is there anything you are not willing to do to achieve this goal?  Click here to enter text.    What are some uncomfortable moments that will occur while trying to achieve your Extensive goal?  ***Example:*** *Being consistent, changing for the better, completing objectives that you need to do even though you may not want to do them.*  Click here to enter text.    If you allow yourself to not strive towards your goals, you have decided to compromise your vision. Do not let situations and adversity to cloud or compromise you from achieving your objective. Your vision is waiting for you.  **EXPAND** *your perspective & mindset*; **ELIMINATE** *yourself from excuses & compromising*; **EXECUTE** & commit *your vision*. | | | | | |
| MY SUCCESS PLAN: Journal/Notes  *Turn Your Dreams into Goals - Invest 5 Minutes: Dreaming only inspires by stretching your imagination. Accomplishing set goals not only stretches you, it changes your life, and lives affected from your success.*  Click here to enter text. | | | | | |

STAR² CAREER & EDUCATIONAL GOALS

Name:Click here to enter text. Date: Click here to enter text.

|  |
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| 1. Your Self-Image: Click here to enter text. |

*Psychological and Physical Preparation equals P². 168 are the total amounts of hours within one week. In order to be successful you must consistently train your mind and body (P²+168). However, if you want to be great you have to put in OVERTIME. Average people put in average hours. Are you trying to just accomplish your dreams or are you trying to dominate your goals?*

*What you will do EXTRA this week mentally and or physically (P²+168+OT) to dominate your goals?*

2. The three levels of goals are:

* **Extensive Goal**- *Your Far Reaching Goal*
* **Performance Goals**- (*Feedback) that evaluate how well you are achieving you Extensive Goal*
* **Routine Goals**- *What you do on a daily basis that allows you to achieve your Performance and Extensive goals.*

|  |  |
| --- | --- |
| 3. ***List your Career Extensive Goal*:**  Click here to enter text.  Desired Date of Accomplishment: Click here to enter text.  Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text. | 3. ***List your Educational Extensive Goal*:**  Click here to enter text.  Desired Date of Accomplishment: Click here to enter text.  Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text. |

4. List one PERFORMANCE Goal and three ROUTINE Goals needed to achieve the EXTENSIVE goal: *Make sure your goals are specific. Do not generalize your goal but define your goal precisely.*

Bad Example: *I’m going to work out every day* Good Example: *I’m going to work out for 3 hours every day*

Performance Goal #1 (Career): Click here to enter text.

#1 Routine (RG1): Click here to enter text.

#2 Routine (RG2): Click here to enter text.

#3 Routine (RG3 = OVERTIME): Click here to enter text.

Benefit/Reward for Process Goal Accomplishment: Click here to enter text.

5. List one Performance Goal and three Routine Goals needed to achieve the Extensive Goal:

Performance Goal #2 (Educational): Click here to enter text.

#1 Routine (RG1): Click here to enter text.

#2 Routine (RG2): Click here to enter text.

#3 Routine (RG3 = OVERTIME): Click here to enter text.

Benefit/Reward for Process Goal Accomplishment: Click here to enter text.

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| 6. How will you define success during this process (Do not focus primarily on accolades but measure by effort and consistency)? |

Click here to enter text.

7. What will you do to ensure that you CONSISTENTLY fulfill your routine goals DAILY?

Click here to enter text.

MY SUCCESS PLAN: Journal/Notes

*Turn Your Dreams into Goals - Invest 5 Minutes: Dreaming only inspires by stretching your imagination. Accomplishing set goals not only stretches you, it changes your life, and lives affected from your success.*

Click here to enter text.

STAR² PERSONAL & EDUCATIONAL GOALS

Name: Click here to enter text. Date: Click here to enter text.

|  |
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| 1. Your Self-Image: Click here to enter text. |

*Psychological and Physical Preparation equals P². 168 are the total amounts of hours within one week. In order to be successful you must consistently train your mind and body (P²+168). However, if you want to be great you have to put in OVERTIME. Average people put in average hours. Are you trying to just accomplish your dreams or are you trying to dominate your goals?*

*What you will do EXTRA this week mentally and or physically (P²+168+OT) to dominate your goals?*

2. The three levels of goals are:

* **Extensive Goal**- *Your Far Reaching Goal*
* **Performance Goals**- (*Feedback) that evaluate how well you are achieving you Extensive Goal*
* **Routine Goals**- *What you do on a daily basis that allows you to achieve your Performance and Extensive goals.*

|  |  |
| --- | --- |
| 3. ***List your Personal Extensive Goal*:**  Click here to enter text.  Desired Date of Accomplishment: Click here to enter text.  Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text. | 3. ***List your Educational Extensive Goal*:**  Click here to enter text.  Desired Date of Accomplishment: Click here to enter text.  Reward for Accomplishment (*Talk with your parents to discuss what you can receive*): Click here to enter text. |

4. List one PERFORMANCE Goal and three ROUTINE Goals needed to achieve the EXTENSIVE goal: *Make sure your goals are specific. Do not generalize your goal but define your goal precisely.*

Bad Example: *I’m going to work out every day* Good Example: *I’m going to work out for 3 hours every day*

Performance Goal #3 (Personal): Click here to enter text.

#1 Routine (RG1): Click here to enter text.

#2 Routine (RG2): Click here to enter text.

#3 Routine (RG3 = OVERTIME): Click here to enter text.

Benefit/Reward for Process Goal Accomplishment: Click here to enter text.

5. List one Performance Goal and three Routine Goals needed to achieve the Extensive Goal:

Performance Goal #4 (Educational): Click here to enter text.

#1 Routine (RG1): Click here to enter text.

#2 Routine (RG2): Click here to enter text.

#3 Routine (RG3 = OVERTIME): Click here to enter text.

Benefit/Reward for Process Goal Accomplishment: Click here to enter text.

|  |
| --- |
| 6. How will you define success during this process (Do not focus primarily on accolades but measure by effort and consistency)? |

Click here to enter text.

7. What will you do to ensure that you CONSISTENTLY fulfill your routine goals DAILY?

Click here to enter text.

MY SUCCESS PLAN: Journal/Notes

*Turn Your Dreams into Goals - Invest 5 Minutes: Dreaming only inspires by stretching your imagination. Accomplishing set goals not only stretches you, it changes your life, and lives affected from your success.*

Click here to enter text.

MY SUCCESS PLAN: Game Plan

*Turn Your Dreams into Goals - Invest 5 Minutes: Dreaming only inspires by stretching your imagination. Accomplishing set goals not only stretches you, it changes your life, and lives affected from your success.*

Self Image: Click here to enter text.

**Directions: *Create a schedule that will show how you plan to make sure you will complete your routine goals on a daily basis.***

You should have a week that is well balanced. Although you are focusing on achieving your goals, you should have time set aside for you, your family, and friends. Relationships and fun should not be completely sacrificed, but you should make sure your daily objectives, and routine goals are prioritized and completed. You will have to make sacrifices in order to achieve your goals, but it will be worth it.

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***List the time of when you plan to complete the routine goals and how long it will take to complete them.***

***Choose 1-6 on the priority of your goals. You can only use the chosen number once.***

**PERFORMANCE GOAL # 1**

*List the goals in accordance to their priority.*

1. Insert how much time it will take for you to complete your Routine Goal 1: Priority Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 2: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 3: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

**PERFORMANCE GOAL # 2**

*List the goals in accordance to their priority.*

1. Insert how much time it will take for you to complete your Routine Goal 1: Priority Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 2: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 3: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

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**PERFORMANCE GOAL # 3**

*List the goals in accordance to their priority.*

1. Insert how much time it will take for you to complete your Routine Goal 1: Priority Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 2: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 3: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

**PERFORMANCE GOAL # 4**

*List the goals in accordance to their priority.*

1. Insert how much time it will take for you to complete your Routine Goal 1: Priority Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 2: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

1. Insert how much time it will take for you to complete your Routine Goal 3: Priority Choose an item. Choose an item.
   1. How often will you complete this goal? Will it be daily, weekly, monthly? How long will it take to complete this goal? How do you plan to complete this goal?

Click here to enter text.

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Will you wake up earlier to complete your goals? Choose an item.

What are 3 things you can you complete before work/school?

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| --- | --- | --- |
| Click here to enter text. | Click here to enter text. | Click here to enter text. |

Will you focus on completing your goals during the weekend? Choose an item.

What time will you wake up? Week Days Click here to enter text. Weekends: Click here to enter text.

What time will you plan to go to sleep? Week Days: Click here to enter text. Weekends: Click here to enter text.

How much time will it take to complete all of your routine goals for the day? Click here to enter text.

What is your window of time to complete your goals?

Monday Tuesday Wednesday Thursday

Click here to enter text. Click here to enter text. Click here to enter text. Click here to enter text.

Friday Saturday Sunday Click here to enter text. Click here to enter text. Click here to enter text.

There will certain days that you may not be able to complete all of your routine goals. Name two routine goals (one for Performance Goal # 1 and one for Performance Goal # 2) will you prioritize and make sure you complete regardless of the day?

Performance Goal # 1: Routine Goal # Choose an item. Performance Goal # 2: Routine Goal # Choose an item.

How do you plan to complete your goals and making sure you give yourself a window to complete them?

Click here to enter text.

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What is your plan for balancing your life (creating time for you, your family and your friends) without sacrificing your culture or lifestyle that you are developing and implanting for success?

Click here to enter text.







Fill out the charts and list the benefits and consequences for living in and out of harmony with your goals. Will you allow friends and situations to hold you back or slow you down? Will you allow comfort to keep you from fulfilling your goals? Will you allow being uncomfortable to keep you from being consistent with the change need to be in harmony with your precept?

*Being comfortable and uncomfortable discusses the comfort levels you will experience as you strive towards living in or out of harmony with your goals. You can either decided to accept being uncomfortable and begin to consistently make the choices necessary to align yourself with your Why, or you can be content in being comfortable with where you currently are at. This requires no personal growth or change in lifestyle. This option is often easily chosen through not striving towards your precept.*

|  |  |  |
| --- | --- | --- |
| **Developing a Disciplined Mindset** | | |
| STEPS TO ACHIEVING YOUR GOALS | FORESEEN WEAKNESSES AND OBSTICLES | ADJUSTMENTS TO BECOME SUCCESSFUL |
| * Procrastination * Waist time on my phone * Spend too much time with friends * Poor study habits * Inconsistency | * Set up a schedule * Limit phone use (not in class or during studying) * Spend less time w/ friends if priorities are not completed * Create a schedule to study. Timed w/ no distractions present (TV, phone, people). * Create daily checklist and follow during the day |
| AFFECTS OF COMFORTABLE vs. UNCOMFORTABLE | Consequences of not making adjustments | Benefits of making adjustments |
| Will not change personally and progress. Will continue to struggle and it will take me longer to either reach my goals or I may not achieve them.  I will not have created a system that will allow me to be successful. This is especially | I will have created a system that is consistent that will allow me to reach my goals. It will be a process and I may mess up during my growth but at the end it will be worth it and I will learn how to succeed and achieve any goal I set for myself. |



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| --- | --- | --- |
| **Developing a Disciplined Mindset** | | |
| STEPS TO ACHIEVING YOUR GOALS | FORESEEN WEAKNESSES AND OBSTICLES | ADJUSTMENTS TO BECOME SUCCESSFUL |
| Click here to enter text. | Click here to enter text. |
| AFFECTS OF COMFORTABLE vs. UNCOMFORTABLE | Consequences of not making adjustments | Benefits of making adjustments |
| Click here to enter text. | Click here to enter text. |



EXAMPLE

|  |  |  |
| --- | --- | --- |
| **DEVELOPING A SUCCESSFUL CULTURE** | | |
| **LIVING IN HARMONY WITH YOUR GOALS** | TRAITS OF YOUR CURRENT CULTURE/LIFESTYLE | CULTURE TRAITS THAT NEED TO BE APPLIED |
| * Not going to class and hanging out with friends * Doing drugs * Hanging out with friends who are not focused on their future * Friends who do not want to see me succeed * Selfish/negative friends * To focused with girlfriend or boyfriend | * Balance my relationships with my goals * Find friends and mentors who will help me succeed * Prioritize my goals and make sure I focus on them consistently |
| Comfortable vs. Uncomfortable | Comfortable vs. Uncomfortable |
| I will be comfortable IF I continue to hang out with my friends without focusing on my life or my goals. I will be uncomfortable if my friends fight or discourage me from achieving my goals as I begin to make changes in my life. If they put their needs and desires before my goals I will be uncomfortable if I truly desire to be successful. | Comfort may only come after the change has occurred. Being uncomfortable may mean I may need to limit interaction or eliminate friends or associates from my circle, but if my friends understand m goals this transition will have some comfort because I have friends who will help me with the transition and help me focus on my goals. |
| **LIVING OUTSIDE OF HARMONY WITH YOUR GOALS** | *Benefits Now IF No Changes Are Made* | *Consequences Later On IF Not Applied* |
| * Temporary fun * Happiness * Great memories * Could be the best times of your life | * Not living in harmony with my WHY * Monetary instability * Will not be living my dream * Always dreaming * Best time of your life are your younger years * Bitter * Envious |
| Comfortable vs. Uncomfortable | Comfortable vs. Uncomfortable |
| Allowing myself to be comfortable NOW keeps me from obtaining my goals and being comfortable LATER.  I will be comfortable temporarily while I am having limited fun but when unexpected events or things that I want to do come up, I will not be able to enjoy or do them. I will be uncomfortable when I will not be able to provide the needs and wants that I have as well as my family’s needs and wants. | It is best for me to deal with being uncomfortable now and make difficult decisions that will put in me in a better position for success later on in my life. I will experience both comfort and being uncomfortable, but I rather experience being uncomfortable because I chose to. Sacrifice always brings discomfort, but it can also bring profit after the process has been completed. |



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| **DEVELOPING A SUCCESSFUL CULTURE** | | |
| **LIVING IN HARMONY WITH YOUR GOALS** | TRAITS OF YOUR CURRENT CULTURE/LIFESTYLE | CULTURE TRAITS THAT NEED TO BE APPLIED |
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| Comfortable vs. Uncomfortable | Comfortable vs. Uncomfortable |
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| **LIVING OUTSIDE OF HARMONY WITH YOUR GOALS** | *Benefits Now IF No Changes Are Made* | *Consequences Later On IF Not Applied* |
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| Comfortable vs. Uncomfortable | Comfortable vs. Uncomfortable |
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***DEVELOPING A CULTURE FOR GROWTH* – *Team Accountability Instructions***

No one achieved their goals by themselves. Everyone has had some help along the way. Working with others to achieve your goals allows for relationships to grow and most importantly allow support when things seem too tough to handle. Who can help you with completing your goals? How often will you communicate with each other? You should communicate daily? You should discuss your gains and challengers. Send reminders to complete goals and objectives for the day. You can set time aside for the day so that you all can fill out your Performance Journals and or your daily goals and objectives. Discuss and share your strengths and challenges you are having with your goals. **Regardless of the experiences you and your friends go through stay positive.** Talk about different adjustments that can be made to move forward and encourage each other. If you are into social media, you can hold yourself accountable and build relationships through this platform as well with or without accountability partners.

1. Choose a colleague, friend or friends who are focused on accomplishing their goals (Does not have to be a person taking the class. Inspire your friends to greatness).
   1. You want to find someone who wants to be successful. Choosing a friend
2. Decide how you will communicate. You can talk daily, every other day, when needed, weekly or whenever is good for you. Combine social media and or your phone (set reminders to remind your friend, send text)
   1. Social Media
   2. Phone call
   3. Text
   4. In person
   5. Combination of the above
3. Talking points – Did you complete your…
   1. Objectives
   2. Goals
   3. Strengths
   4. Challenges
      1. Possible adjustments
      2. Encouragement
         1. Reminder of Why Statement, self-image, precept, and other ways to uplift each other.
4. Calendar
   1. Create reminders
   2. Create a daily, weekly and monthly schedule
5. Social Media – There is nothing better then competing against each other and showing growth on social media. People show daily pictures, videos and memes when showing friends they are achieving their goals. They also record memories and highlights and post as a journal to look back on after they have completed their goals (Ex. Pictures of losing weight, working out). There have been a number of online challenges. Why not be a part of a challenge that can be fun AND allow you to grow in the process? Be creative and an encouragement to your friends as well as your classmates with posting how you are growing and striving towards your goals. Follow each other by using the #LFT168, #30DayChallenge, and #neveridle168.
   1. Great option for extra credit if you have issues completing the Performance Journal regularly.

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| SYSTEM FOR GROWTH **– *Team Accountability Chart*** | | | | | | | | | | | |
| ***Number of People in your Success Circle*** | | 1 | 2 | **3** | **4** | **Team Goal** | | Insert Team Goal here | | | |
| *Circle your answers* | | | | | |
| ***How will working with your circle help you achieve your goals?***  ***or***  ***How will working alone help you achieve your goals?*** | | | | | | Answer Question here | | | | | |
| *COMMUNICATION* | **In person** | | | | | | **Phone/Text** | | **Social Media** | **Other** | |
| ***How often will you communicate?*** | |  |  |  | | --- | --- | --- | | Daily | Weekly | Other |   If other explain  Click here to enter text. | | | | | | |  |  |  | | --- | --- | --- | | Daily | Weekly | Other |   If other explain  Click here to enter text. | | |  |  |  | | --- | --- | --- | | Daily | Weekly | Other |   If other explain  Click here to enter text. | |  |  |  | | --- | --- | --- | | Daily | Weekly | Other |   If other explain  Click here to enter text. | |
| ***Time you will communicate*** | Click here to enter text. | | | | | | Click here to enter text. | | Click here to enter text. | Click here to enter text. | |
| Weekly Evaluation Meeting | When will you fill out the Performance Daily Journal Excel Sheet?  Circle your answer | | | | | | | | | Daily | End of week |
| Date Click here to enter text. | | | | | | Date Click here to enter text. | | Date Click here to enter text. | Date Click here to enter text. | |
| Time Click here to enter text. | | | | | | Time Click here to enter text. | | Time Click here to enter text. | Time Click here to enter text. | |
| You should meet up with at least one of your group members and discuss how your week. | | | | | | | | | | |

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| ***How often will you check on your grades during the week*** | | | **Weekly - S | M | T | W | TH | F | S** | | **Time - \_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Responsibility** | Name | Their Self Image | | Your objective to help them in their growth | |
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| *Group’s Strategic Plan to Achieve Goal* |
| ***Did you create a calendar and or set up a remind system to ensure you do not forget about fulfilling your goals?* Y | N** |
| Click here to enter text. |

MY SUCCESS PLAN: Weekly Research

*Turn Your Dreams into Goals - Invest 5 Minutes: Dreaming only inspires by stretching your imagination. Accomplishing set goals not only stretches you, it changes your life, and lives affected from your success.*

Self Image: Click here to enter text.

**Directions: *Answer the questions below on a daily basis***

List 5 takeaways (1 per day) that you discovered while reading a book or article. Research can include watching videos but should not be limited to them. Explain why the takeaways you chose are important to you achieving your goals.

***List the title, page number or time where the takeaway can be located in the video.***

Title of article, book, or video that you are reading: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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