



The New You

Goal #1 : _____

General Description of WHO I NEED TO BECOME:

- (Example) I feed my mind ideas and inspiration that will support and bolster my passion
- (Example) I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour.
- (Example) I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment, and achievement.
- _____
- _____
- _____

New habits, disciplines, or behaviors I need to START:

- (Example) Getting up by 5 a.m., feeding my mind with positive material – 30 min
- (Example) Eating a healthy, fiber, and protein rich breakfast.
- (Example) Exercising for at least 30 min, three times a week
- (Example) Checking in and cultivating the relationship of 10 clients per week
- _____
- _____
- _____

Existing healthy habits, disciplines, or behaviors I need to EXPAND:

- (Example) Recognizing teammates when they achieve
- (Example) Delegating administrative tasks
- (Example) Being on time
- _____
- _____
- _____



Poor habits or behaviors I need to STOP:

- (Example) Attending unproductive meetings and saying yes to projects in conflict with my goals
- (Example) Complaining about the economy, politics, the market, team members or clients
- (Example) Taking personal calls or spending time on Facebook during the day
- _____
- _____
- _____

Top three modifications and how I will implement them into my daily routine:

Habit, Behavior, or Discipline

- _____
- _____
- _____

Implementation in Routine

- _____
- _____
- _____

Goal #2 : _____

General Description of WHO I NEED TO BECOME:

- (Example) I feed my mind ideas and inspiration that will support and bolster my passion
- (Example) I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour.
- (Example) I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment, and achievement.
- _____
- _____
- _____



New habits, disciplines, or behaviors I need to START:

- (Example) Getting up by 5 a.m., feeding my mind with positive material – 30 min
- (Example) Eating a healthy, fiber, and protein rich breakfast.
- (Example) Exercising for at least 30 min, three times a week
- (Example) Checking in and cultivating the relationship of 10 clients per week

- _____
- _____
- _____

Existing healthy habits, disciplines, or behaviors I need to EXPAND:

- (Example) Recognizing teammates when they achieve
- (Example) Delegating administrative tasks
- (Example) Being on time

- _____
- _____
- _____

Poor habits or behaviors I need to STOP:

- (Example) Attending unproductive meetings and saying yes to projects in conflict with my goals
- (Example) Complaining about the economy, politics, the market, team members or clients
- (Example) Taking personal calls or spending time on Facebook during the day

- _____
- _____
- _____

Top three modifications and how I will implement them into my daily routine:

Habit, Behavior, or Discipline

- _____
- _____
- _____



Implementation in Routine

- _____
- _____
- _____

Goal #3 : _____

General Description of WHO I NEED TO BECOME:

- (Example) I feed my mind ideas and inspiration that will support and bolster my passion
- (Example) I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour.
- (Example) I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment, and achievement.
- _____
- _____
- _____

New habits, disciplines, or behaviors I need to START:

- (Example) Getting up by 5 a.m., feeding my mind with positive material – 30 min
- (Example) Eating a healthy, fiber, and protein rich breakfast.
- (Example) Exercising for at least 30 min, three times a week
- (Example) Checking in and cultivating the relationship of 10 clients per week
- _____
- _____
- _____



Existing healthy habits, disciplines, or behaviors I need to EXPAND:

- (Example) Recognizing teammates when they achieve
- (Example) Delegating administrative tasks
- (Example) Being on time

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- _____

Poor habits or behaviors I need to STOP:

- (Example) Attending unproductive meetings and saying yes to projects in conflict with my goals
- (Example) Complaining about the economy, politics, the market, team members or clients
- (Example) Taking personal calls or spending time on Facebook during the day

- _____
- _____
- _____

Top three modifications and how I will implement them into my daily routine:

Habit, Behavior, or Discipline

- _____
- _____
- _____

Implementation in Routine

- _____
- _____
- _____