



7 Steps to Your Next Breakthrough Step 7

Your assignment: Take 15 minutes and complete this assignment.

Have an UNLEASH PLAN and Have fun UNLEASHING it!

Now that you've dealt with all of your fears and beliefs that had the potential to stop you from having your best year ever and validated just how Incredible You are, it's time to create your action plan for what you are going to do differently to achieve your vision based on what you outlined on step 1.

I want you to make like a GPS. Now that you are clear on your ultimate destination, what is the first action you must take to achieve your next level vision?

Are you right now equipped with all you need to have in place in order to execute this step? Yes or No

What do you need help with?

Who do you know who can help you?

Once you complete this step, the next step will be obvious to you. Close your eyes see your ultimate vision. What is the next thing you need to do in order to arrive at the end goal of your vision?



Are you right now equipped with all you need to have in place in order to execute this step? Yes or No

What do you need help with?

Who do you know who can help you?

Once you complete this step, the next step will be obvious to you. Close your eyes see your ultimate vision. What is the next thing you need to do in order to arrive at the end goal of your vision?

Are you right now equipped with all you need to have in place in order to execute this step? Yes or No

What do you need help with?

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Once you complete this step, the next step will be obvious to you. Close your eyes see your ultimate vision. What is the next thing you need to do in order to arrive at the end goal of your vision?

Are you right now equipped with all you need to have in place in order to execute this step? Yes or No

What do you need help with?

Who do you know who can help you with this step?



Once you complete this step, the next step will be obvious to you. Close your eyes see your ultimate vision. What is the next thing you need to do in order to arrive at the end goal of your vision?

Are you right now equipped with all you need to have in place in order to execute this step? Yes or No

What do you need help with?

Who do you know who can help you?



Incredible Factor Action Plan

Putting your goals in writing can help make your dreams a reality.

Statement of Goal

Must be specific, measurable, stated positively and simply. Think BIG.

Priority - How does this goal rank compared to your other goals (#1, #2, #3, etc)?

Term of Goal

- Short term (within 3 months)
- Medium term (within 3 years)
- Long term (over 3 years)

Life Area

- | | | |
|-----------------------------------|------------------------------------|--|
| <input type="checkbox"/> Career | <input type="checkbox"/> Financial | <input type="checkbox"/> Emotional |
| <input type="checkbox"/> Physical | <input type="checkbox"/> Spiritual | <input type="checkbox"/> Family/Friends |
| <input type="checkbox"/> Mental | <input type="checkbox"/> Community | <input type="checkbox"/> Self/Life Balance |

Target Date - this goal will be accomplished by: _____

Obstacles

What currently and potentially stands between you and this goal? Include both tangible and intangible obstacles such as lack of money, time, support, or education, fear, etc.



Solutions

How will you overcome the obstacles? Include both tangible and intangible resources you can use to help you pursue your goal, such as self-confidence, support from other people, education, time, money, etc.

Action steps to achieve this goal

Break your goal down into smaller tasks. Remember to include steps for handling obstacles. List a target date for each step (it may help you to work backwards from your target goal date.) Remember to reward yourself after completing each step in order to positively reinforce your behavior.

Step #1

Description: _____

Target Date: _____

Reward for completion: _____

Step #2

Description: _____

Target Date: _____

Reward for completion: _____

Step #3

Description: _____

Target Date: _____

Reward for completion: _____

Step #4

Description: _____

Target Date: _____

Reward for completion: _____



Step #5

Description: _____

Target Date: _____

Reward for completion: _____

Step #6

Description: _____

Target Date: _____

Reward for completion: _____

Step #7

Description: _____

Target Date: _____

Reward for completion: _____

Step #8

Description: _____

Target Date: _____

Reward for completion: _____

Step #9

Description: _____

Target Date: _____

Reward for completion: _____

Step #10

Description: _____

Target Date: _____

Reward for completion: _____

Is it worth it?

Are you willing to do what it takes to achieve this goal?

Yes

No

What will achieving this goal mean to you?

How will achieving this goal benefit you? Include any benefits for you, your family, the other people in your life and the community.