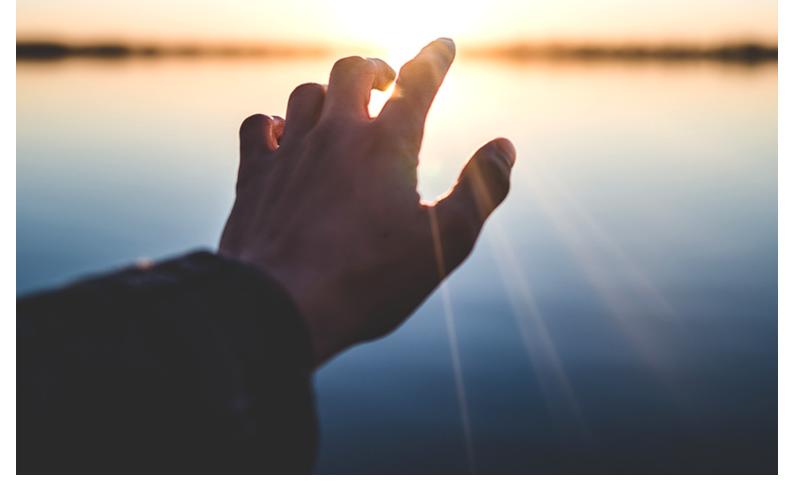
ROAD UNTAKEN

CHECKLIST



Are you too comfortable? ☐ Nothing wrong with being comfortable ☐ Living in comfortable bubble ☐ Happy at first ☐ Will get boring fast ☐ Comfort zones change □ Not going to disappear ☐ Don't remain constant ☐ Comfort becomes problem ☐ Interferes with dreams and goals □ Comfort over dreams Comfort zone is killing your dreams ☐ How long have you had your dream? ☐ Are you getting closer to it? ☐ What have you done to accomplish it? ☐ Breathe new life into your dreams ☐ Set your eyes on prize ☐ Dreams over comfort ☐ Your true potential ☐ Won't know potential while trapped ☐ Make a choice to leave comfort zone ☐ Unlock your 'cage' ☐ Learn new things ☐ Can't learn in comfort zone No opportunity inside Setting the right goals ☐ The smart thing to do ☐ Prepare for your journey □ Plan ahead ☐ Reach goals faster ☐ Set SMART goals ☐ Specific ☐ Measurable ☐ Achievable ☐ Realistic ☐ Time-sensitive

Planning your course of action

☐ Smart	action plan
	Outline major milestones
	Roadmap to success
☐ A sens	e of direction
	Choose shortest route to reach goals
	No plan results to waste of time
☐ All abo	ut the details
	Break down milestones
	☐ 1-year goals
	☐ Daily goals
	☐ Weekly goals
	☐ Monthly goals
	☐ Quarterly goals
	☐ 2-year goals
	☐ 5-year goals
Facing your fe	ars
П Уоц т	ake them scary
☐ All in y	•
_	stand your fear
	Most fear are acquired
_	Look beyond fear
	Trace when you first felt afraid
	Rationalize fear
☐ Keep v	ourself occupied
Ġ	When busy, don't dwell on fears
	More important things to do
	Do whatever frightens you
	☐ Take baby steps
	☐ Every step, your courage grows
☐ Stop so	caring yourself
	Fear begets fear
П	Irrational vs rational fear

Replacing negativity with positivity

□ Focus on what really matter □ Focus on wh	rs
☐ Focus on goals	
☐ Focus on plans	
☐ Remember your 'w	/hy'
☐ No limit to what you can do	•
_	are limited by thoughts
☐ Defeatist attitude w	
	rs, unlimited potential
☐ Look forward to failures	р ден на применения
☐ Show you how to s	succeed
	ole have failed before
□ No failure, no su	
☐ More failures, close	
☐ Be excited about future	or you are to goale
☐ Positive thinkers a	re realists
□ Negative thinkers a	
☐ Predict doom ar	
i redict doom a	ia gioom
Working on your self-discipline	
☐ Have boundaries in place	
☐ Learn to say no	
☐ Can be hard at firs	t
☐ Reject temptations	
☐ Know when somet	
☐ Good habits are important	illig is bad
☐ Get rid of bad habi	te
☐ Don't contribute	
☐ Some are self-d	•
☐ Replace bad with g	
☐ You need accountability	good riabits
□ Self-accountability	
☐ Builds self-disci	nline
	•
☐ Strong self-cont	
☐ Accountability to of	
☐ Choose someor	ie you iiusi
☐ Reward self-discipline ☐ Choose right reward	rd
☐ Choose right rewar	
□ VEEDS AND HIGHAY	CU

Motivation when in a slump ☐ Extrinsic motivation □ Rewards □ Punishment ☐ Intrinsic motivation ☐ Self-motivation ☐ Make motivation a habit ☐ Develop habit that will motivate you ☐ Turn obstacles into opportunities Take time out ☐ Will help you think clearly **Expanding your comfort zone** ☐ Unfamiliar becomes familiar ☐ Take a step forward ☐ More steps, more confidence ☐ Fight the good fight ☐ Fight or flight response ☐ Need fighting spirit to succeed ☐ Sometimes flight is only option ☐ Continue challenging yourself □ Learn new things

□ Explore and experiment

Taking the leap

☐ Believe in yourself		
		No one else will
		Acquire new skills if necessary
		Gain new knowledge for confidence
	Integrity	is necessary
		People with integrity are trustworthy
		Do what you say and promise
		Be honest with yourself
	Bend bu	t don't break
		Need flexibility sometimes
		□ No other option
		☐ Will help you reach goals
		Unwilling to compromise
		☐ Lose all your hard work
		☐ Abandon your dreams
	Sacrifice	your comfort