



Personalized Success Plan

Worksheet

Are you read for your next success? *Ready but not sure?*

At the edge, ready...

You are standing on the cliff's edge. Looking out at what could be possible. You are ready to jump. Ready to soar. Ready to leap toward your next goal. And yet, you find yourself saying, "Ready, Set, Set, Set...." and you can't get yourself to GO! Why do we get cold feet or sweaty palms when we think about going for what we want?

When I began writing my book, my editor encouraged me to participate in the National Publicity Summit in New York, an event that brings together writers, speakers and other experts with over a hundred media representatives from broadcast, print and online media. "This is a chance to connect with outlets who want to interview you about your book. It's important to establish yourself as the expert you are!"

Even as my editor reminded me that I have a unique voice and a process that has inspired many people to make significant and positive changes in their lives, the voice in my head was saying, YIKES! I felt overwhelmed, inadequate, and afraid. How could I possibly do this? My inner voice began to run wild....

- *"I didn't want to do anything too big, right?"*
- *"And, if I were 'out there' people might think I was putting myself on a pedestal, 'putting on airs.'"*
- *"How could I be on TV if I weren't the size of a talk show host?"*

From Stuck to Go!

Before the negative inner voice (I call it the *Triple J*) sent me running to hide under the bed, I stopped. And shifted the conversation, *I could do this!* How did I know? Because I'd done it before.

(That negative inner voice, or as I call it, the *Triple J*, is like a runaway truck and it is important to be able to stop it. Learn to [build your own Triple J off ramp.](#))

To gain the confidence necessary to move into this new phase of exposing myself to big media outlets, I thought back to all the things I'd once thought were impossible but had somehow managed to pull off. Such as learning a second language at 30, learning to ski at 50, founding my own company and many more beautiful successes. Knowing I'd been successful before allowed me to know that I could have greater success now.

The same is true for you.

To move beyond 'set, set, set...' and get to GO!, it can help to count the times when you were successful in the past.

Your Past Success Will Guide You

Having worked with many smart, successful, talented people like you over the years, the thing I see most often is that many of us **minimize how resourceful** we have been. We have already achieved success many times. At one point these successes were only a hope or a dream. This exploration is designed to help you remember how good and resourceful you already are.

Becoming Bi-lingual at Age 30

When I moved to Latin America at age 30, I had to learn the language of my new home land. It was important! NOT doing this was not an option. My ability to find my place and create a life depended on it.

Actions I Took:

- Made a commitment
- Got expert help
- Practiced EVERYDAY with my teacher
- Adopted the method to suit what I knew about my own learning style
- Did the practices – told the stories over and over
- Spoke even if I wasn't perfect
- Allowed myself to be a beginner

Wrote a Book

It was important because I had learned a lot that would help people. Remember, MY purpose is to help others fulfill theirs.

Actions I Took:

- Made a commitment
- Got a coach
- Made sure I had sources of support and encouragement
- Did it little by little
- Set aside times of intense work

Hiking in Patagonia

It was important because I was not ready to stop adventurous hiking. Being active and able is part of my identity. I was going hiking with a family that included four twenty-something young people.

Actions I took:

- Made a commitment to be strong
- Kept my purpose in mind
- Identified what I needed – money, gear, physical fitness months before
- Worked with a trainer
- Made training a priority

Started a Business

Actions I Took:

- Didn't let failure become an option
- Just started
- Kept track of my money
- Networked
- Got expert help and mentors
- Kept refining and refining and refining
- Focused on MY strengths
- Used my network and reputation
- Stopped grasping
- Stopped expecting others to "be the solution"
- Put in professional systems

MY PAST SUCCESS:

Take a minute and note in the chart three successes or achievements you've had. For each one, write down the actions you took or the conditions in play that lead to your being successful.

1) My Past Success:

My actions that lead to success:

- a)
- b)
- c)
- d)
- e)

2) My Past Success:

My actions that lead to success:

- a)
- b)
- c)
- d)
- e)

3) My Past Success:

My actions that lead to success:

- a)
- b)
- c)
- d)
- e)

MY PAST SUCCESS (*cont'd*):

Take a minute to look at each of the successes you've had and your actions that lead to that success.

What themes do you notice?

What actions did you take in all three instances?

What actions were most helpful to get you started and move forward?

Which actions helped you to sustain your momentum?

Additional insights (if any):

MY DESIRED GOAL OR ACHIEVEMENT:

Now consider the goal or achievement you want to reach and make notes below.

What is the goal or achievement you want to reach?

Why is reaching this goal important?

What does accomplishing this goal feel like? Look like? Smell like? Taste like? Feel free to sketch it out.

ADVICE TO SELF:

Take a deep breath and if it's comfortable for you, close your eyes for a minute. With your goal in mind and considering your past success, what advice does your past self want to give to your present self? Open your eyes and quickly write down those insights. Here are some questions to get you started:

- What do you need to let go of to move forward?
- What words do you need to hear right now to give you the courage and confidence to move forward?

SELF ADVICE:

YOUR SUCCESS PLAN:

Take some time to review your past successes and your advice to your present self. In the space below, begin to create your action plan for your desired goal. Here are some questions to get you started:

- What is the first step you need to take to start moving forward?
- What were some of your actions from previous successes?
- Which steps are applicable today for this next goal?
- What additional actions are applicable to your desired goal?

MY ACTION PLAN:	BY WHEN:
Step one:	
Additional steps:	
<input type="checkbox"/> Now open your calendars and put those first actions in it!	
<input type="checkbox"/> Print and use this as a work book and continue to build upon it.	

Understand that whatever you are attempting, you have been on this cliff's edge before. And many, many times you have come away flying.