

DRILLS



ACTION MOVES

SCHEDULE

STAY PRODUCTIVE & ON TRACK

WHAT GOOD SHOULD I DO TODAY?

SET TODAY'S TASKS, & MEET THEM ONE-BY-ONE. BE ACTIVE. BE CREATIVE.
BE MOVED.

ERASING

FEAR

INFORMED + PREPARED = FEARLESS

WHAT DO I FEAR?

SIMPLE DAILY ACTION STEPS/PLAN TO CONQUER IT:

IF YOU UNDERSTAND YOUR FEAR (OF ANY KIND) YOU CAN CREATE AND FOLLOW SIMPLE DAILY STEPS TO PREVAIL. OVERCOMING FEARS IS VITAL TO SUCCESS. YOUR ACTIONS CANNOT BE HINDERED BY FEAR, IN ORDER TO PRODUCE GREAT RESULTS.

PRODUCTIVE HABIT

CREATION AND FORMATION

HABIT TO CREATE:

ACTION(S) TO TAKE: (KEEP IT SIMPLE & FEASIBLE)

DAILY ACTION(S) CHECK LIST: (CHECK DAILY "AFTER" EXECUTION)

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<input type="checkbox"/> MONDAY	<input type="checkbox"/> MONDAY	<input type="checkbox"/> MONDAY	<input type="checkbox"/> MONDAY
<input type="checkbox"/> TUESDAY	<input type="checkbox"/> TUESDAY	<input type="checkbox"/> TUESDAY	<input type="checkbox"/> TUESDAY
<input type="checkbox"/> WEDNESDAY	<input type="checkbox"/> WEDNESDAY	<input type="checkbox"/> WEDNESDAY	<input type="checkbox"/> WEDNESDAY
<input type="checkbox"/> THURSDAY	<input type="checkbox"/> THURSDAY	<input type="checkbox"/> THURSDAY	<input type="checkbox"/> THURSDAY
<input type="checkbox"/> FRIDAY	<input type="checkbox"/> FRIDAY	<input type="checkbox"/> FRIDAY	<input type="checkbox"/> FRIDAY
<input type="checkbox"/> SATURDAY	<input type="checkbox"/> SATURDAY	<input type="checkbox"/> SATURDAY	<input type="checkbox"/> SATURDAY
<input type="checkbox"/> SUNDAY	<input type="checkbox"/> SUNDAY	<input type="checkbox"/> SUNDAY	<input type="checkbox"/> SUNDAY

GOOD HABITS WILL SUPPORT & SUSTAIN GROWTH. SELECT & EXERCISE PROPER HABITS IN ORDER TO ACHIEVE MAXIMUM SUCCESS RESULTS IN THE LONG RUN. KEEP DISCIPLINED. DO NOT SKIP DAYS TO REAP BENEFITS.

ORGANIZED PLAN

TARGET - DIRECTION - CLARITY

MAJOR GOAL: (KEEP IT BASIC)

PRACTICAL & FUNDAMENTAL BASIC STEPS TO REACH
THE GOAL: (SET TIME LIMITS & KEEP THEM REALISTIC)

EACH STEP YOU SET ABOVE MUST BE IN HARMONY WITH YOUR OVERALL AIM. KEEPING YOUR STEPS SIMPLE & BASIC WILL HELP YOU STICK TO THE PLAN AND EASILY ADJUST WHEN/IF NECESSARY. TAKE IMMEDIATE ACTION.

CALCULATED RISK

DEFINE IT 1ST. TAKE IT 2ND.

THE GOAL/OUTCOME: (KEEP IT DIRECT)

POSSIBLE LOSS: (E.G. TIME, MONEY, ENERGY)

POSSIBLE GAIN: (KEEP IT REALISTIC)

[IF THE RISK IS WORTH IT PROCEED AHEAD]

STEPS YOU MUST TAKE: (BASED ON YOUR KNOWLEDGE, INSIGHT, EXPERIENCE AND RESEARCH YOU HAVE PREVIOUSLY DONE)

EVERY RISK MUST BE CALCULATED "BEFORE" YOU TAKE ACTION. RISK WILL MOVE YOU FORWARD & PROVIDE REWARDS FOR YOUR EFFORTS. BE PREPARED TO TAKE A LOSS. RISK IS PART OF SUCCESS.

SPECIFIC ACTIONS

BENEFICIAL ACTIVITY FORMATION

TYPE OF ACTION: (ACTION MUST AID & SERVE YOUR LONG TERM TARGET)

BENEFITS OF ACTION: (THE REWARDS, YOU WILL OBTAIN IN RETURN)

TIME OF ACTION: (SUITABLE TIME TO EXECUTE THIS ACTION)

MORNING AFTERNOON EVENING TIME: _____

DAILY PROGRESS CONFIRMATION: (CHECK EACH DAY ONLY AFTER YOU COMPLETE THE ACTION(S) INDICATED ABOVE)

WEEK 1	<input type="checkbox"/> MONDAY	WEEK 2	<input type="checkbox"/> MONDAY	WEEK 3	<input type="checkbox"/> MONDAY	WEEK 4	<input type="checkbox"/> MONDAY
	<input type="checkbox"/> TUESDAY		<input type="checkbox"/> TUESDAY		<input type="checkbox"/> TUESDAY		<input type="checkbox"/> TUESDAY
	<input type="checkbox"/> WEDNESDAY		<input type="checkbox"/> WEDNESDAY		<input type="checkbox"/> WEDNESDAY		<input type="checkbox"/> WEDNESDAY
	<input type="checkbox"/> THURSDAY		<input type="checkbox"/> THURSDAY		<input type="checkbox"/> THURSDAY		<input type="checkbox"/> THURSDAY
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	<input type="checkbox"/> SUNDAY		<input type="checkbox"/> SUNDAY		<input type="checkbox"/> SUNDAY		<input type="checkbox"/> SUNDAY

IN ACTION & CHAOTIC TIMING DO NOT FALL INTO THE CATEGORY OF PRODUCTIVITY & CONSISTENCY. NO ROOM FOR PROCRASTINATION & INACTION CAN BE MADE IN ORDER FOR YOU TO BECOME MORE EFFECTIVE, ACHIEVE GROWTH & VISIBLE RESULTS. BE DISCIPLINED. YOU ARE COMPLETELY RESPONSIBLE FOR THE QUALITY & TIMELY EXECUTION OF DAILY ACTIONS YOU'VE APPOINTED. YOUR TIMING & ACTIONS ARE THE GEARS OF YOUR GROWTH. YOU DETERMINE YOUR SUCCESS RATE.

VALUES

GUIDE - BUILD - GROW

WHAT ARE MY MOST POWERFUL VALUES?

HOW CAN I APPLY THIS POWER TO MY LIFE, WORK, FAMILY AND OTHER IMPORTANT ASPECTS?

IDENTIFY & MAKE EFFORT TO APPLY YOUR VALUES TO YOUR DAILY ACTIONS AND AFFAIRS. MAKE USE OF YOUR MOST POWERFUL VALUES. DO NOT COMPLICATE OR OVER EXPLAIN. INCORPORATE YOUR VALUES INTO YOUR ENTIRE LIFE.