

WALKING YOUR TALK

You've got big goals. And you intend to reach them. But then life happens and before you know it, you've lost momentum, become distracted or run headlong into an obstacle. This exercise is designed to prompt you to create a checklist of projects that have a beginning and end and/or mindsets that will keep you moving forward and dramatically change the quality of your life for the better. More than a "to-do list", the checklist should include items and attitudes that are "game-changers"--things that bring you to your next level of growth and shake up the status quo!

The following questions are meant to stimulate thought and spark your creativity. Ask yourself:

- 1) what specific action will advance your life in this area?
- 2) what attitude/mindset will facilitate success?
- 3) what kind of environment do you want to create?
- 4) how can you deepen the bond/strengthen the relationship?
- 5) what needs to be true for you to achieve the goal/make a move/go to the next level?
- 6) how can you ensure you will finish?
- 7) how will you know the project has been completed?

In the spaces, below list how you intend to Walk Your Talk in each area of your life! Feel free to add more areas but aim to create a list of at least 20 items.

Health

- 1.
- 2.
- 3.
- 4.

Career

- 1.
- 2.
- 3.
- 4.

Money

- 1.

2.

3.

4.

Personal Growth

1.

2.

3.

4.

Relationships

1.

2.

3.

4.

As your coach, I will be checking in on your progress in these areas. Be prepared to report periodically on your progress!