



## January Jumpstart 2014 Playwork Session 5

1. Select ONE 7-Day action step toward fulfilling your #1 BIG JUICY GOAL. Email Sue by 12:00 midnight (Pacific) the day after you complete Classroom 5 with the following info:
  - a. What is the FIRST ACTION STEP you are committed to taking within 7 DAYS of attending (or listening to) Session 5?  
  
**HINT:** Make it something ENJOYABLE or INSPIRING to give yourself a JUMPSTART on your goal!
  - b. How will you keep your promised action step ALIVE and REAL?
  - c. Who will you request to hold you accountable? (co-worker, friend, course Buddy, spouse, sibling)
  
2. Plan ACTION STEPS you intend to take toward fulfilling your GOAL. List them on your Playground of the Universe Dream Sheet. Here's how to create your Action Steps Plan:
  - a. Choose a date (or timeframe) by when you want to accomplish your BIG JUICY GOAL
  - b. Determine the END STATE (or Experience or Outcome) you want to have when it is accomplished.
  - c. Determine the FIRST STEP(S) you could take toward that End/Experience/Outcome you want to have.
  - d. Brainstorm as many MIDDLE (intermediate) action steps as you can think of accomplishing. (Have your Buddy help you with this, if you want.)
  - e. Put actions/dates in your chosen existence system (calendar/alarm) to remind you to take action at the appropriate times.
  - f. Ask your Accountability Partner to help you stay on track for working your plan.
  - g. Plan FUN, FULFILLING REWARDS to CELEBRATE achieving each MILESTONE along the way toward accomplishing your BIG JUICY GOAL.

(Remember, you have the opportunity to get help during your private coaching with Sue, or support from Buddy and during our final group masterminding on the Support & Celebration call!)

3. **DAILY:** Connect to your BIG JUICY GOAL by closing your eyes and VISUALIZING it happening right now and feeling it in your body for a minimum of fifteen seconds. (This counts as an "Action Step" too!)
  
4. **IMPORTANT:** [Schedule](#) your private 30-minute support coaching call with Sue as soon as possible between now and our Support and Celebrate call on Tuesday, March 25<sup>th</sup>.
  
5. Continue your body work exercises and buddy calls to assist you in staying AWAKE, ENERGIZED and ACCOUNTABLE for moving toward your goal and moving your goal toward you.



6. Helpful Resources and Links:

- a. Read Sue's blog on [The Butterfly Effect](#):

**REMINDER:** Be sure to schedule our final Support and Celebrate call on Tuesday, March 25<sup>th</sup> in your calendar. The call will go from 6pm to 7:30pm Pacific Daylight Time. I'll send you details prior to the call. It is intended to be FUN and to SUPPORT you with MASTERMINDING and CELEBRATING as you proceed down the path toward making your #1 BIG JUICY GOAL a REALITY this year!