

January Jumpstart 2015 Success-exercises
Session 5

1. Select ONE 7-Day action step you will take this week. 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 you a **JUMPSTART** on your goal!
 - b. How will you keep your promised action step **ALIVE** and **REAL**?
2. Continue **PRACTICING** with the tools you've been introduced to in this course.
 - a. List activities you have or do enjoy doing, or think you might enjoy doing
 - b. Create your list of 15 **POSSIBLE** goals 5 each Short-term, Medium Term, Long Term
 - c. Use your Dream Pages to add rich detail to your goals, including your End, Beginning, and middle steps
 - d. List every single obstacle you can think of for why your Doubter believes you can't have your dream.
 - e. Identify them into the three overriding Limiting Beliefs and see if you can identify a pattern.
 - f. Replace each limiting belief with an Empowering Belief
 - g. Create one **CORE EMPOWERING BELIEF** that **ENERGIZES** you when you say it. Use your **CORE EMPOWERING BELIEF** to help you **BREAK THROUGH** internal obstacles.
 - h. If your obstacles is an **EXTERNAL** obstacles, jot down possible **STRATEGIES** you can use to help you overcome them.
 - i. Weekly review your list of incompletions. Include who or what you are withholding love from. Pick at least one item to complete.
 - j. Put actions you've identified toward accomplishing your goal into your Existence System: Paper or Electronic calendar or reminder alarms.
 - k. Take your **ENERGY** temperature several times throughout the day. If your energy drops, tune in. Are your "resistance voices" speaking? Switch your attention to your **CORE EMPOWERING BELIEF**. Do you need self-care like water, food, or sleep? Notice and make adjustments.



3. Continue body work exercises to assist you in staying AWAKE, ENERGIZED and ACCOUNTABLE for moving toward your goal and moving your goal toward you.
4. Have at least one call with your buddy each week.
5. Schedule your private 30-minute support coaching call with SUE as soon as possible between now and our Support and Celebrate call on **Thursday, March 19th**
6. Email Sue by 6:00 p.m. each Wednesday. Share one or two sentences about what actions you are taking on your goal or any AHAs or insights you are having as you do your practices and take action on your goals.
7. Have FUN with the process! Energy is Action! Energy is Delight! If you start to feel anxious or overwhelmed, slow down! You are not in a race. Creating Big, Juicy, Goals is designed to make your life inspiring and fun!

Bonus Success-ercises:

Keeping your Energy Temperature high is essential for helping you to quickly manifesting your Big, Juicy Goals. Watch the videos about Power Posing and Body Language. Then take a look at the S-A-V-E-R-S Practices and add them to your daily routine. Share any AHAs or insights during your Buddy calls.

1. Morning Practice – Do 6-Minute Morning S-A-V-E-R Practices
2. Evening Practice – Do Evening 6-Minute S-A-V-E-R-S Practices