

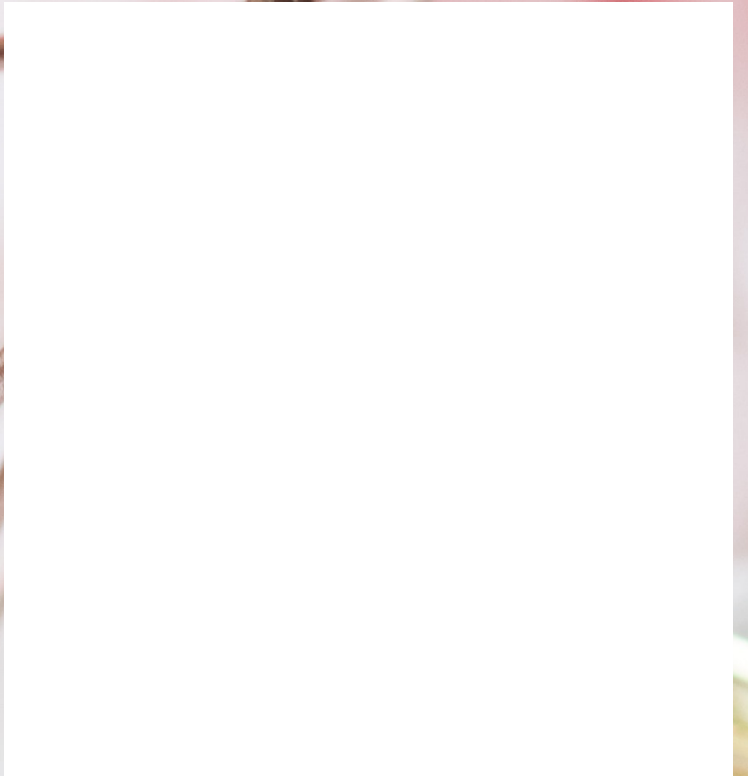


# Session 2

Keep learning. Keep growing.  
PRACTICE UNTIL YOU BECOME IT!

# Session 2 Notes

USE THIS PAGE TO TAKE NOTES  
DURING OUR SESSIONS

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1 - WHAT GOALS/ MBA'S DID I ACCOMPLISH?

2 - WHICH ARE STILL UNMET?

3 - WHAT GOAL WILL I TACKLE NEXT WEEK?



# Weekly Review Of Progress

4 - WHAT IS WORKING?

5 - WHAT IS NOT WORKING?

6 - WHAT COULD MAKE THE RESULTS EVEN BETTER?





# Needs, Desires & Legacy

Needs: Food, shelter, water & belonging

Desires: Deep enjoyment & satisfaction

Legacy: Simple acts of service & impact  
beyond yourself

Needs

Desires

Legacy

As you design your life, look through an "end of life" lens.



# Your Needs, Desires & Legacy

Needs: Food, shelter, water & belonging

Desires: Deep enjoyment & satisfaction

Legacy: Simple acts of service & impact  
that lives beyond yourself

Needs

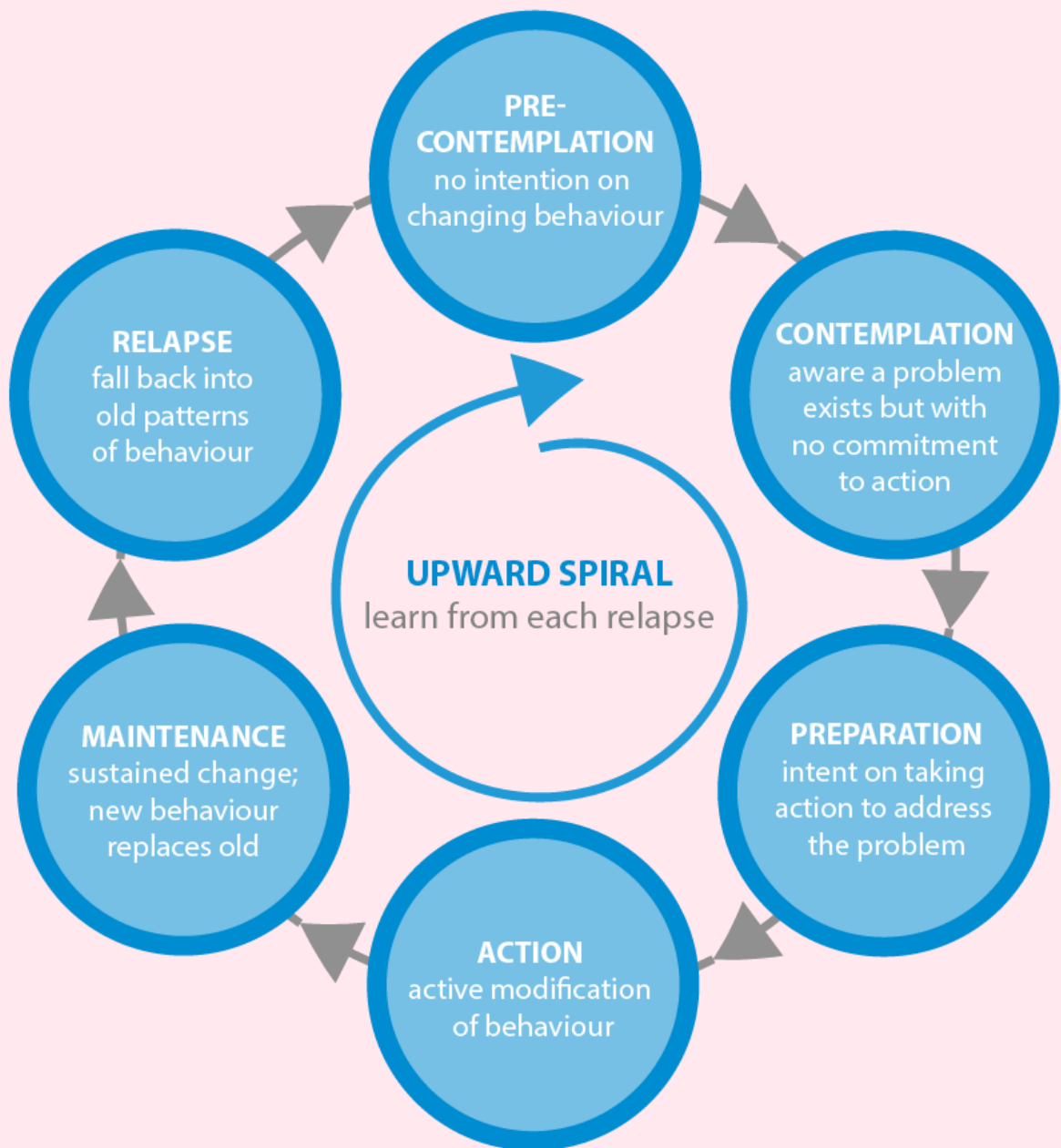
Desires

Legacy

As you design your life, look through an "end of life" lens.



## STAGES OF CHANGE



Pre-Contemplation: Deaf, Defensive, Denial, Defiant

Contemplation: Yeah, but

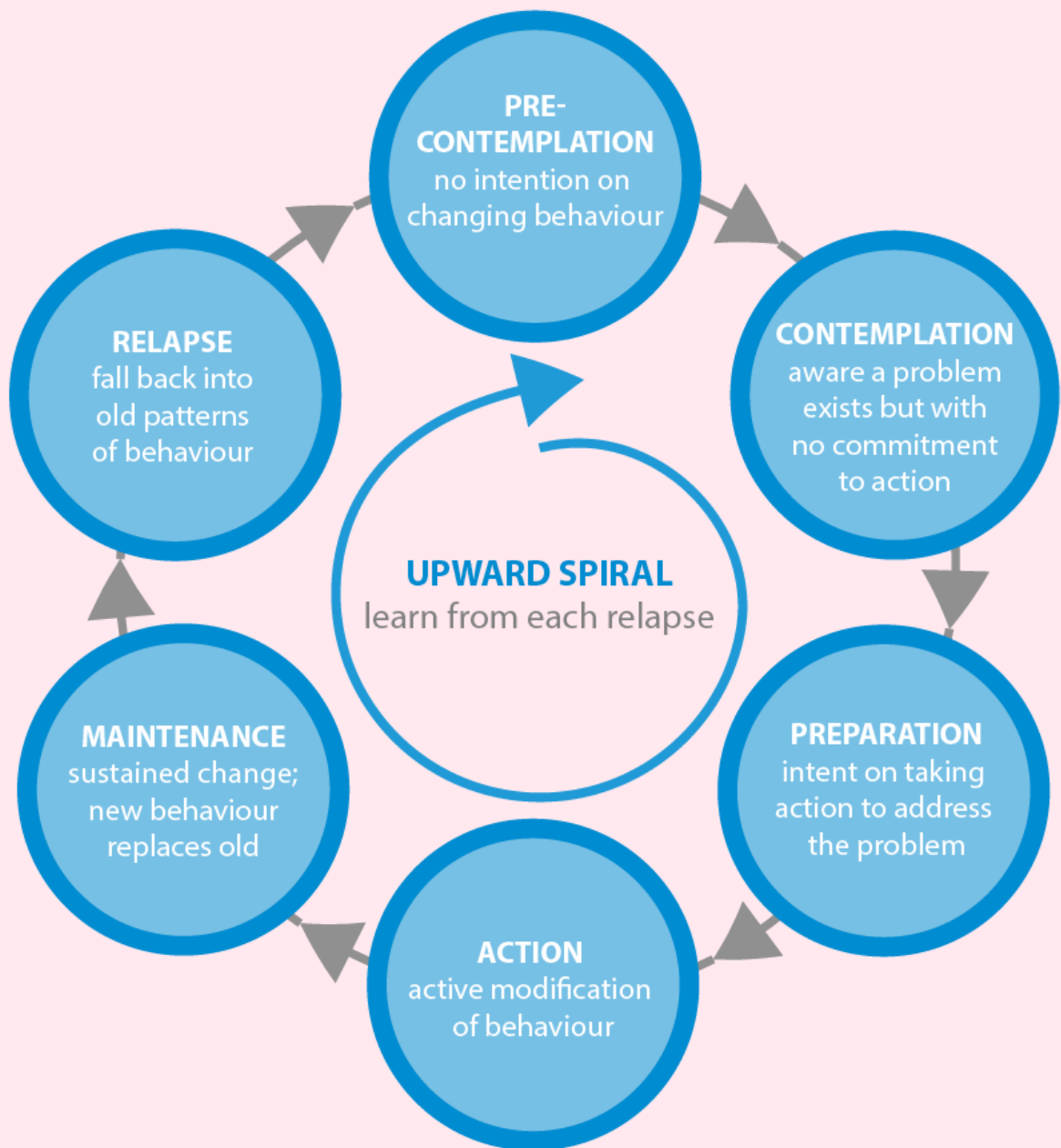
Preparation: Create a concrete plan

Action: MBA's + accountability

Relapse: Set back is a set up for a come back

Maintenance: Second nature

## STAGES OF CHANGE



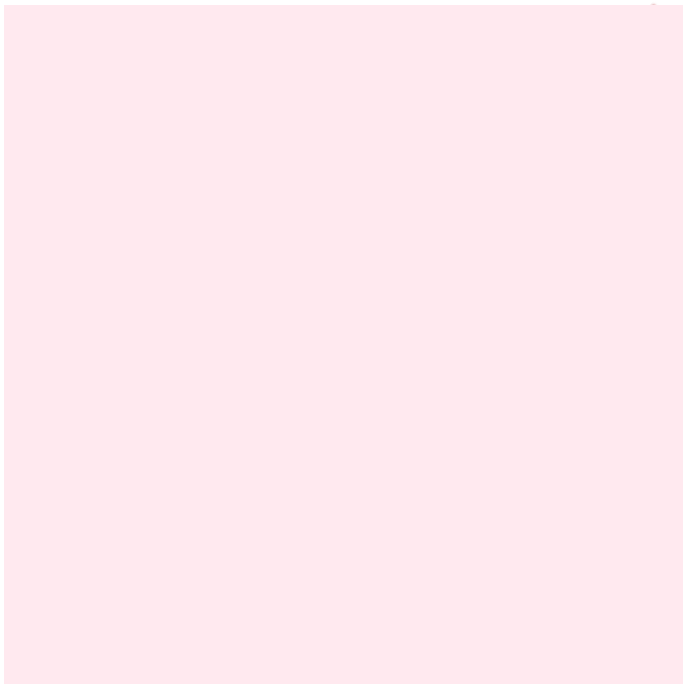
**Action Taken**

**% Chance of Completion**

# Motivators: Pain vs Pleasure

As human beings we are motivated to change by one of two things, either pain or pleasure. Let's not wait until it's so painful that we have to change. Instead, let's set our sites on the pleasure we will experience when we accomplish our goals, dreams and intentions.

IF NOTHING CHANGES,  
HOW WILL I FEEL?



IF I ACCOMPLISH THIS,  
HOW WILL I FEEL?





WE OFTEN OVERLOOK THE IMPORTANCE OF SMALL PROGRESS IN MANAGING OURSELVES AND OUR LIVES. BUT, IT'S OFTEN BY MAKING MICRO CHANGES TO OUR DAILY ROUTINE THAT WE CREATE BIG CHANGES IN OUR PERSONAL LIVES AND CAREERS!

# My MBA's: Micro, Momentum Building Activities

## MY TOP 3 PRIORITIES IN LIFE RIGHT NOW ARE:

1. .... 2. .... 3. ....

## MY TOP 3 OBSTACLES ARE:

1. .... 2. .... 3. ....

## HOW I WILL OVERCOME OR ADJUST:

1. .... 2. .... 3. ....

## WHAT MBA'S &/OR ACTIONS WILL YOU INTRODUCE?

MAKE THESE CONCRETE, SPECIFIC, & MEASURABLE SO YOU KNOW EXACTLY WHAT TO DO, AND CAN CLEARLY KNOW YOU HAVE COMPLETED THE STEP. SEE EXAMPLES BELOW:

- Have 15 minutes of silence or alone time each day
- Drink 8 glasses of water a day
- Be at my desk by 8.00am/leave by 6.00pm every day
- Eat a healthy breakfast every morning
- Make all my calls in the first hour of the day
- Write for 15 minutes, 5 days a week
- Connect daily with partner/spouse (10 mins listening)

1 -

2 -

3 -

4 -

5 -

## HOW ARE YOU GOING TO IMPLEMENT THESE ACTIONS? I WILL COMMIT TO THESE ACTIONS BY:

I WILL IMPLEMENT THESE ACTIONS ON: ..... (SPECIFIC DATE WHEN YOU WILL START)

## WHO DO I NEED TO BE TO IMPLEMENT THESE ACTIONS? I WILL BE SOMEONE WHO IS:

1. .... 2. .... 3. ....



# Actions to Implement



ACTION LIST (MBA'S: MIRCO/MOMENTUM BUILDING ACTIVITIES)



PRIORITY DREAMS



COACH & CELEBRATE TEAM





# Weekly Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY







“

What are your questions?

1 - QUESTION

2 - QUESTION

3 - QUESTION

4 - QUESTION

5 - QUESTION





# ~ Journal ~

Make It  
Happen

Dream It  
Then Do It

Slay Them  
With  
Success

you Can &  
you Will

Whatever You Do... Don't Give Up.  
BECAUSE FOR ONCE, THIS IS FOR YOU!



# How To Prepare For Our Future Sessions

PLEASE USE THIS CHECKLIST TO PREPARE FOR YOUR SESSION EACH WEEK



## EVERY WEEK

- ☐ Schedule & protect time in your calendar to invest in momentum building activities (MBA's)
- ☐ Write out your action list

## DAILY

- ☐ Work on your action list
- ☐ Make notes about your challenges
- ☐ Keep a list of questions for our next session or FB page

## ONE DAY PRIOR

- ☐ Complete and review any action steps
- ☐ Review your challenges and questions list
- ☐ Protect the time by setting up any support you need during the session time

## IMMEDIATELY AFTER

- ☐ Review your notes from the call & calendar MBA's
- ☐ Expand or adjust on your plan (if necessary)





Committing to your goals today can  
expand to places and impact people  
you cannot yet imagine.



-Kathrine Lee