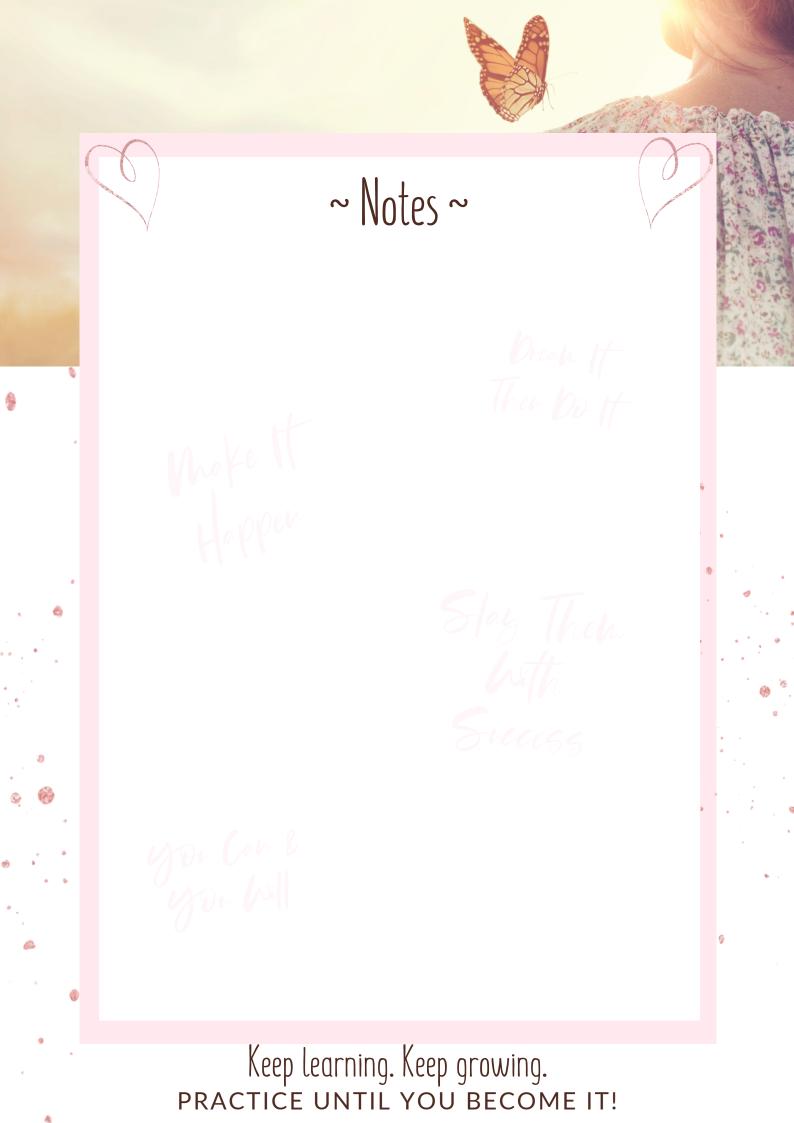
# Session 5

E

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





## What would it look like to enjoy your life and face each day with anticipation & enthusiasm?

LIFE IS AN EVERYDAY ADVENTURE!





### 7 Characteristics of Life

RESPONSIVENESS TO ENVIROMENT

> GROWTH & CHANGE

#### ABILITY TO REPRODUCE

HAS METABOLISM & BREATH

Y

#### MAINTAINS HOMEOSTASIS

The The second

**BEING MADE OF CELLS** 

1 All and a second

#### PASSING TRAITS ONTO OFFSPRING

### Who are you "naturally"? Honor that as much as possible.



### WHAT BEST DESCRIBES YOU?

#### TIME BLOCK

#### **RENEW ENERGY**

Being around people renews my energy.

Being alone renews my energy.

#### **HIGH MIND TIME**

My mind is most sharp in the morning.

My mind is most sharp in the mid-day.

My mind is most sharp late afternoon into evening.

#### HONOR CAPACITY

#### **VISION MOTIVATION**

I am most compelled by longterm &/or big vision.

I like a little of the big picture and a few next steps.

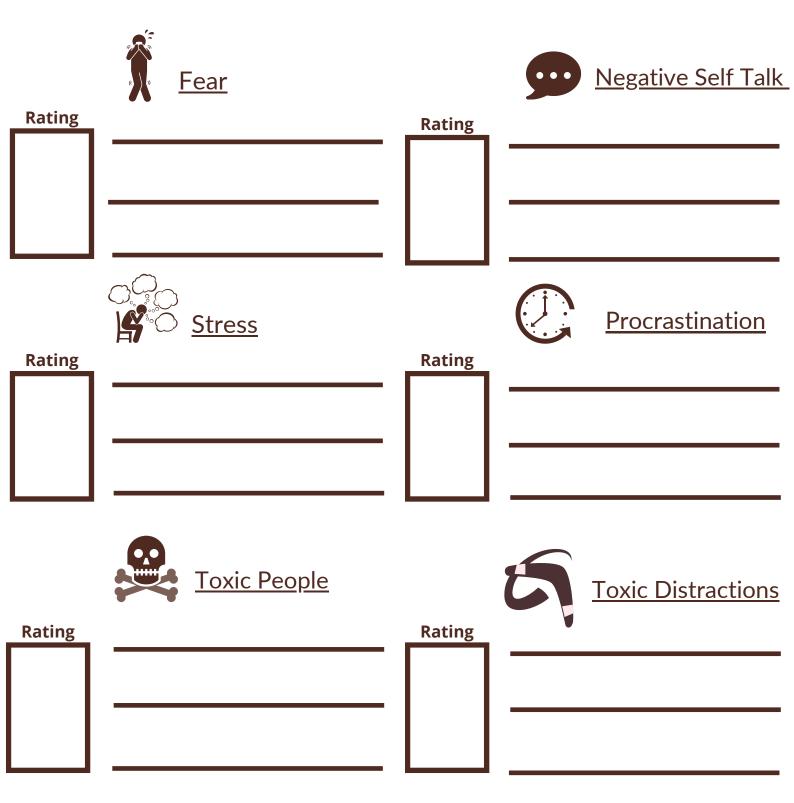
Give me a to-do list and what needs to be done this week.

#### **CONVERSATION DEPTH**

- I like chit-chat and don't need to know the deep details of your life.
- Keep it light until i know you well.
- Chit-chat hurts my brain. I want to *know* you right away.

### The Ultimate Source 6 Challenge Areas™

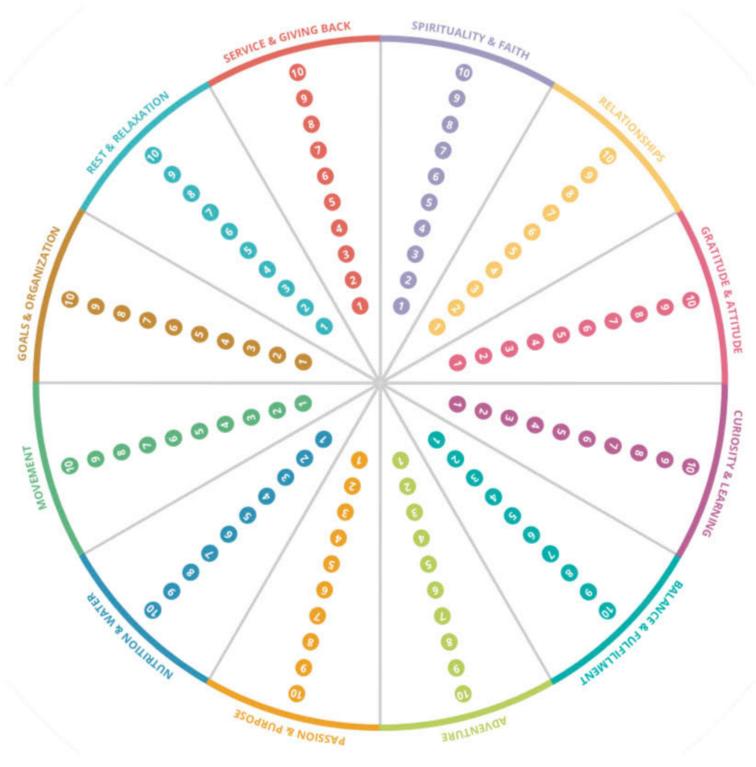
On a scale of 1-6, rate your greatest challenge area (1 being greatest challenge, 6 being least challenging)



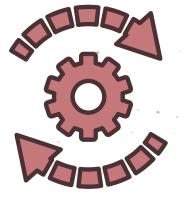
### The Ultimate Source 12 Life Areas™



### The Ultimate Source 12 Life Areas™



### Design a Success Environment Using the Ultimate Source Life Areas™





### AUTOMATE GOOD DECISIONS

Whenever possible, design an environment that makes good decisions easier & automatic for you. For example, use the Life Area of Balance/Fulfillment to create an office space that feel professional & inviting when you enter. Or, when you need to focus, use the Life Area of Goals/Organization to block social media sites that distract you. This will help you overcome procrastination by putting your willpower on autopilot. Or use the Life Area of Gratitude/Attitude to start your day with three things you're grateful for. You can also program your RAS by saying, "You're going to experience something beautiful today."

### GET IN THE FLOW

Design your habits so they fit in the flow of your current patterns. In other words, connect a new habit with an "anchor" habit. For example, if you listen to podcasts every morning & your new intention is to get in better shape, you could walk or run (Life Area of Movement) while you listen to your favorite podcast. (Life Area of Passion/Purpose.) Or, use the Life Area of Relationships to leverage accountability with a friend who works out (and you already check in with 3-4 days a week.) Meet up or create a competition by connecting your connection times to your new fitness goals. Another example, combine the Life Area of Goals/Organization with Balance/Fulfillment by making it a new habit to do 5 pushups every time you brush your teeth,

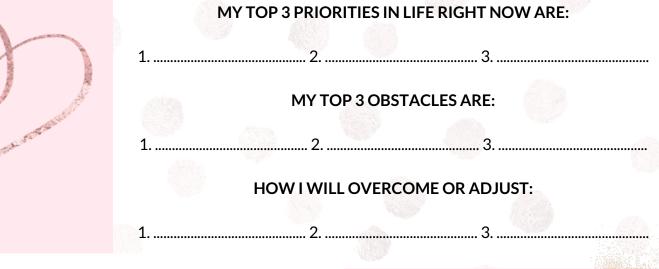
### CROWD OUT NEGATIVE INFLUENCES

You can always use the Ultimate Source Life Areas<sup>™</sup> to reduce the negative influences in your environment. For example, if your phone is a toxic distraction, you can use the Life Area of Goals & Organization to put it "in the drawer" when you want to have uninterrupted time. Or if fear is stopping you from making a crucial phone call, you can use the Life Area of Relationships & ask your A-Team for verbiage, accountability &/or encouragement.

7

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



#### 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)

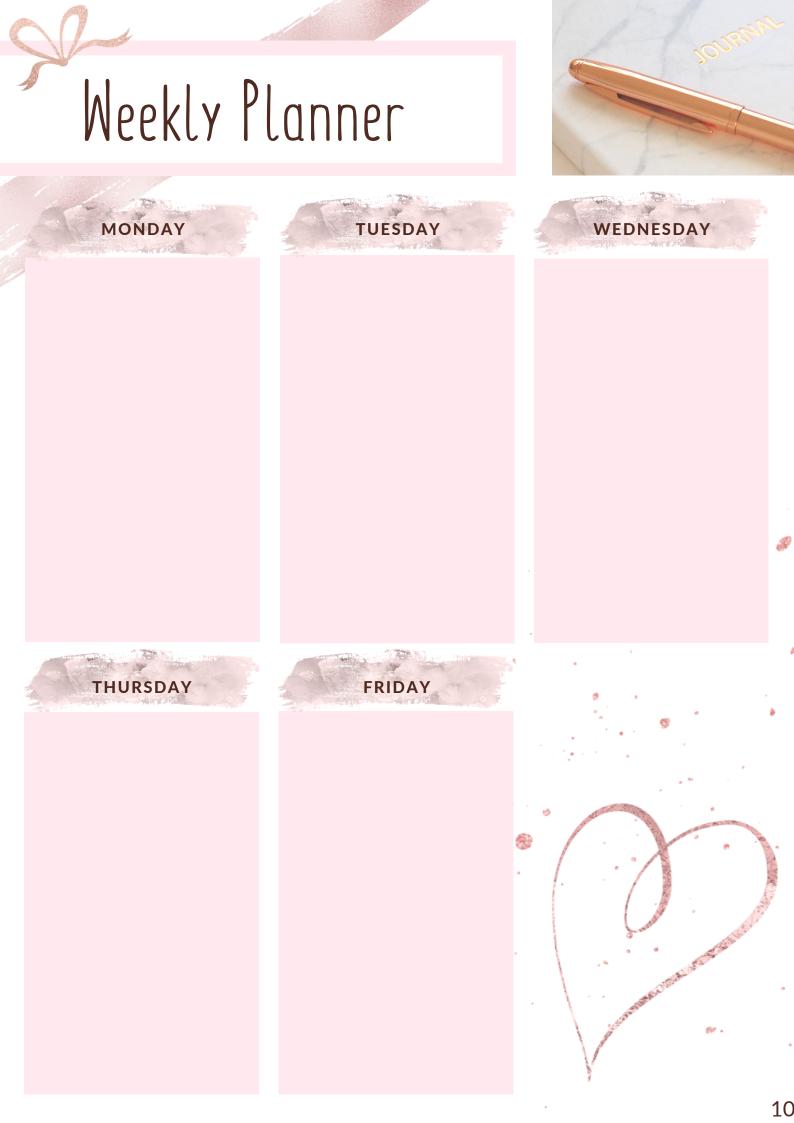
WHO DO I NEED TO BE TO IMPLEMENT THESE ACTIONS? I WILL BE SOMEONE WHO IS:

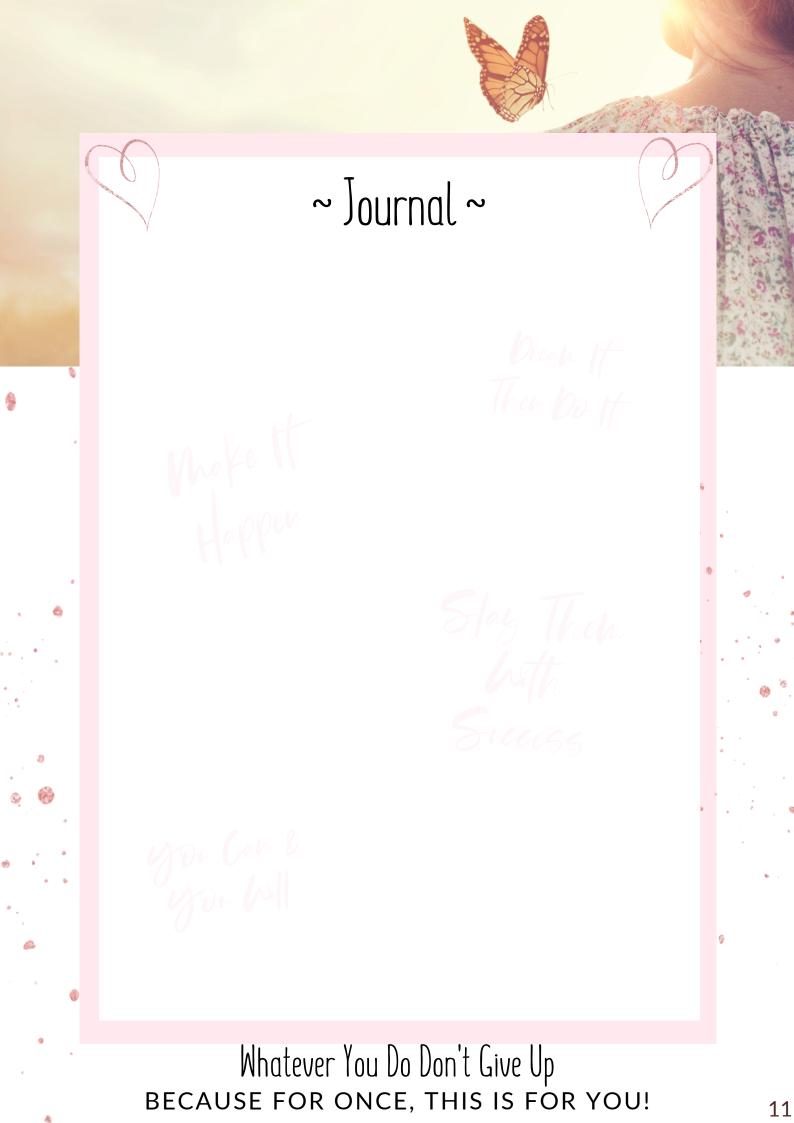
### Actions to Implement

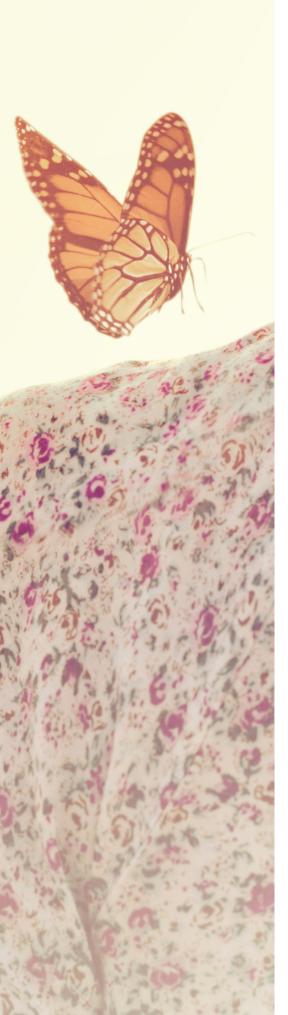
### ACTION LIST (MBA'S: MIRCO/MOMENTUM BUILDING ACTIVITIES)

### PRIORITY DREAMS

### COACH & CELEBRATE TEAM







### What are your questions?

### 1 - QUESTION

2 - QUESTION

3 - QUESTION

4 - QUESTION

5 - QUESTION



### Experience abundant life everyday. –Kathrine Lee