

Managing My Time



1. Work and Personal

List the things you wish you had more time for.

List 5 ways you tend to waste time. Then rank them from 1-5 based on how much time they take up.

2. Work

What is the annual income you would like to achieve in 2012? _____

List 3 activities that are MOST CRITICAL to accomplishing your desired income.

1. _____ 2. _____ 3. _____

List 10 ways you spend your time during a work day. Then rank them 1-10 based on how much time they take up.

Disempowering Beliefs



I am...

1

2

3

I am not...

1

2

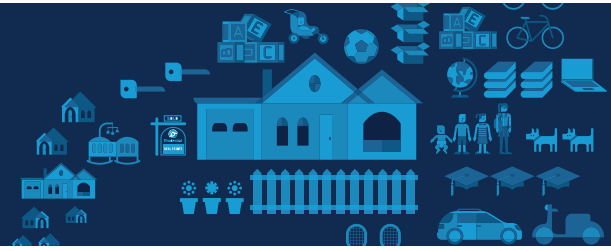
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___ I acknowledge these are opinions, judgments, and beliefs I have chosen. They are not based on fact. I take responsibility for them. I have chosen them for myself.

___ I acknowledge that some of these opinions, judgments, and beliefs I received from the culture around me and my family of origin.

___ I acknowledge that part of my nature is to be critical, judgmental, and believe the worst about people.

Choosing Empowering Beliefs



Money is...

- 1
- 2
- 3

Rich People are...

- 1
- 2
- 3

Sales People are...

- 1
- 2
- 3

Prospecting is...

- 1
- 2
- 3

Which 2 Beliefs would have the biggest impact on your life if you changed them?

- 1
- 2

My Action Plan



My decisions today are...

Actions I will take are...

My Accountability will be...

My first 30 Day Challenge will be...

