

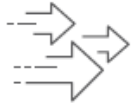


Get more of what you want and less of what you don't, both personally and professionally.

## Keep Up the Positive Forward Motion



### STEPS TO SUCCESS



### PERSONAL PLAN

1. **Get Started:** What one thing will you add to your daily routine?
2. **Work Your Dreams Backwards:** Choose a goal and list just 3 steps that will help you get there.
3. **Make the Time:** What one thing are you willing to give up that will give you more time to work on your goals?
4. **Stay Open to Try Something New:** What one new thing will you try that will move you closer to achieving your goals or face a fear you have?
5. **Let Go of Your Ego:** Find opportunities to be grateful and to help others along their road to success.
6. **Do High Quality Work in Low Profile Positions:** What one victory have you accomplished in your current position that makes you stand out?
7. **Make Every Day Count:** Take note of what percent you are at today. What one thing can you do to give 100% of whatever percent you have today?
8. **Educate Yourself:** What one new thing have you learned this week?
9. **Stay Humble:** What is one failure you have faced this week? What did you learn from it? What is your opportunity for creating future success?
10. **Focus on the Future, Glance at the Past:** Write down one experience from your past. Once you have written it down, let it go. Replace it with one focus for the future.

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No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.