POSITIVE FORWARD MOTION

with Denise Scattergood

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

Million Dollar Rule

"Trust your instincts. Intuition doesn't lie."

-Oprah Winfrey

STEPS TO SUCCESS

PERSONAL PLAN

Write down situations you are in now that have been disappointing and causing unhappiness in your life.

Reflect on them by asking yourself this:

If I Had a Million Dollars, What Outcome Would I Have Bet On Happening?

Write down your answer for each situation you listed.

You can also use this rule to predict your future. The next time you are facing two situations where you can't control the outcome, pause and ask yourself this question.

Reflect on how doing this helped you prepare and better navigate the situation.

POSITIVE FORWARD MOTION

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

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