



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

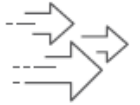
Celebrating the Iron Nun's 90th Birthday!

"The only failure is not to try, because your effort in itself is a success."

-Sister Madonna Buder



STEPS TO SUCCESS



PERSONAL PLAN

The 7 D's. As you listen, list the 7 D's that Sister Madonna says we should practice:

1. D
2. D
3. D
4. D
5. D
6. D
7. D

Reflect on how you can start following the 7 D's today!

The Present. All we are responsible for is living in the present moment. Make the best of each moment, because anything can change in the future, and the past is "dead and gone". What is something you can do today to live more in the moment and make the most of it?

The Most Valuable Trophy. Sister Madonna believes we earn our wrinkles, and we must change our mindset to appreciate our aging process, because we will never get another chance at it! Reflect on your own aging process. Have you been hiding it? If so, why? How can you *embrace* your aging process instead?



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