

DESIGN

The lifestyle

YOU DESIRE

Overcome Your Guilt



To summarise what you want to get done, here's a checklist...It's everything I know but just take it one step at a time. Check off what you've done and move on to the next. Doing even just one of these will get you results. Imagine what will happen when you do several, and then all of them!

RESET YOUR PRIORITIES

1. Prioritise my self-care - it is a necessity not a luxury!
2. Identify what I need to be at my best and 'full'
3. Define what balance looks like for my life
4. Assess my level of satisfaction for the key areas of life
5. Identify my unique desired vision of balance in my life
6. Identify what I need to say 'No' to for greater balance
7. Clear the decks
8. Eliminate time wasters
9. Create an ideal schedule
10. Commit to specific business hours
11. Set one business development day per month
12. Set and enforce boundaries

ENGAGE YOUR BIGGER PURPOSE

13. Identify my unique purpose
14. Connect to my bigger picture
15. Select one or two ways to regularly connect with my authentic self
16. Identify my spiritual gifts
17. Answer the call knowing I'll be 'qualified'
18. Uncover the impacts I make on the world around me
19. Create a metaphor for my Life Purpose Statement [LPS]
20. Find a representation of my LPS & post it prominently
21. Find new ways to express my LPS in daily life
22. Identify my core values
23. Define and rank my top 10 - 12 core values
24. Create a vision board

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SEE A HIGHER VISION

25. Get in touch with my best self
26. Write out my 3 year vision
27. Define what it will be like to achieve my 3 year vision
28. Create a vision board

UPGRADE YOUR MINDSET AND UNDO GUILT

29. Identify what it is I'm tolerating
30. Put a plan together to begin eliminating tolerations
31. Change what's consuming me
32. Identify self-sabotaging beliefs & fears
33. Identify strategies to change the tune of my inner critical parent
34. Setup structures to help make the changes I desire
35. Create affirmations that empower me toward my goal
36. Handle any un-forgiveness in my life
37. Eliminate excuses
38. Make a decision about what I WILL do
39. Identify the primary sources of guilt in my life
40. Choose 2 or 3 strategies to reduce stress and guilt
41. HAVE FUN! It's a key to success!

LAY YOUR PATH

42. Get high level mentoring
43. Join high level masterminding or coaching group
44. Mind map
45. Set values-based SMART goals
46. Align my goals with my values and purpose
47. Create a belief narrative
48. Inventory what I have and need to reach my goals
49. Fill the gaps
50. Create a strategic realistic plan
51. Break the larger goals into smaller projects
52. Document an action plan for each key project
53. Determine mile markers along the way
54. Create compelling marketing plan for business growth
55. Establish a backup/alternative plan

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TAKE CONSISTENT AND PERSISTENT ACTION

56. Determine Key Performance Indicators [KPI's]
57. Create tracking mechanism for KPI's
58. Execute my plan and adjust as needed
59. Be accountable to someone who is not emotionally or financially tied to my success
60. Identify & implement habits for ongoing success
61. Identify potential obstacles
62. Create ways to mitigate obstacles or potential problems
63. Regularly review KIP's & assess my plan and progress to ensure I'm doing productive work vs. busywork

SYSTEMIZE YOUR BUSINESS

64. Create my business Operations Manual & document my standard Operating Procedures
65. Build my support team [VA / Assistant / Interns]
66. Delegate effectively
67. Celebrate milestones & successes along the way
68. Repeat as needed