

BORN TO SUCCEED

CHECKLIST



Understanding Inner Drive

- ☐ Often referred to as motivation
- ☐ The force that pushes you to move forward
- ☐ Not everyone possess inner drive
 - ☐ Reasons for lacking inner drive
 - ☐ Ignorance
 - ☐ Depression
 - ☐ Procrastination
 - ☐ Low self-confidence
 - ☐ Lack of courage

Finding Your Focus

- ☐ Needed to accomplish goals
- ☐ Can make or break your journey to success
- ☐ Strong focus means getting more done
- ☐ Distractions make it hard to focus
 - ☐ Email
 - ☐ Social media
 - ☐ Text alerts
 - ☐ Phone calls
- ☐ Practicing focus
 - ☐ Takes a lot of energy
 - ☐ Must be done daily
 - ☐ Develop a routine
- ☐ Without focus you won't be productive
- ☐ Finding your focus
 - ☐ Find someplace quiet to work
 - ☐ Take time to think about the task at hand
 - ☐ Let your ideas flow

Changing Your Mindset

- ☐ How you think is important for reaching your goals
- ☐ You must have a solid mindset
 - ☐ Find freedom
 - ☐ Fight excuses
 - ☐ Weed out negative self-talk
- ☐ Your mindset is your compass
- ☐ Your mindset and the middle
 - ☐ Takes time and mental energy to get through the middle
- ☐ Allows you to drown out your excuses

- ☐ Making excuses will rob you of your life
- ☐ A strong mindset will help you push past your excuses.

Controlling Your Emotions

- ☐ Emotions can become a weakness on your journey
- ☐ Complaining and blaming are your worst enemies
 - ☐ It's easy to shift blame to others, but won't help you find success
- ☐ You need to take responsibility for your actions
 - ☐ Shows your maturity
 - ☐ Proves you are capable
 - ☐ You have to deal with issues head on
- ☐ Complaining happens when you don't want to do something
 - ☐ It boils down to laziness
 - ☐ Can quickly drain your energy
- ☐ Reactions vs. Responses
 - ☐ Better to respond than to react
 - ☐ Responses are calm and collected
 - ☐ Reactions are panicked and frazzled
- ☐ Learn to control your emotions
 - ☐ Reacting makes it harder to focus
 - ☐ Turn your energy and concentration to what needs to be done
 - ☐ Put yourself outside the event
 - ☐ Consider the best approach to the solution

Gaining Self-Confidence

- ☐ Required for success
- ☐ Having the courage and confidence in everything you do
- ☐ You are confident you'll reach your goals
- ☐ Becoming self-confident takes time
 - ☐ Read books on self-confidence
 - ☐ Study someone you believe has self-confidence
 - ☐ See how they present themselves
 - ☐ Determine what makes them appear confident
 - ☐ Calm your nerves with deep breaths
 - ☐ Learn to deal with your fears
 - ☐ Improve your self-talk
 - ☐ Focus past the negative

Increasing Self-Discipline

- ☐ Keeps you from getting stuck on the path to success
- ☐ It's what you should do rather than what you want to do
- ☐ Discipline takes practice
- ☐ It's already a part of your daily life
 - ☐ You strive to make the right decision daily
- ☐ Works closely with your emotions
 - ☐ Makes you become more conscious of your choices
- ☐ Developing discipline
 - ☐ It will take time
 - ☐ Have to work on it every day
 - ☐ Practice regularly to break bad habits
- ☐ It's difficult to establish habits
 - ☐ With enough practice you will instill new habits
 - Put you in a better position for finding success
- ☐ Becoming disciplined
 - ☐ Takes commitment
 - ☐ Devote yourself to making the right decisions every day
 - ☐ You must be consistent to see progress

Adapting and Adjusting

- ☐ Continuing to move forward can be challenging
- ☐ You need to take the time to figure out the next step
- ☐ Always be flexible on your path to success
 - ☐ Accept challenges, adjust your plan, and move forward
- ☐ Adapt to new situations
 - ☐ Don't let your emotions take control
 - ☐ Don't stop
 - ☐ Consider an alternative and adapt
- ☐ You have to remain flexible
- ☐ Adjusting along your journey
 - ☐ You will face challenges and roadblocks
 - Must readjust your plan and continue forward
 - ☐ Think about other ways you can reach your goals

Remain Persistent

- ☐ Takes extreme focus to remain persistent
- ☐ Can be exhausting
- ☐ Always striving to be better than the day before
- ☐ You have to train yourself to be persistent
 - ☐ Create daily rituals
 - ☐ Practice persistence everyday
 - ☐ Takes tremendous energy

Remove Negativity

- ☐ Develop a positive support system
- ☐ Must have a positive environment to succeed
- ☐ Negative people keep you from your goals
- ☐ Positive people push you toward your goals
- ☐ Learn to create a positive space
 - ☐ Find ways to keep moving forward
 - ☐ Don't accept the environment around you

Improving Your Health

- ☐ Change your eating habits
 - ☐ Avoid packed foods and comfort foods
 - ☐ Eat more fruits and vegetables
 - ☐ Fuel for your body
- ☐ Start exercising
 - ☐ Increase your blood flow to boost mental energy
 - ☐ A simple walk will do
 - ☐ Start your day with stretches