

The Five Steps

1. **Identify the top three daily disciplines that have supported your progress. Keep these in future iterations of your program.**

Daily Discipline 1
Daily Discipline 2
Daily Discipline 3

2. **Be A Reader: Designate one day a month to studying programs and methodologies in the area you are improving.**

Set Reading Day for Upcoming Month

3. **Ask around: Grow you network of subject-matter experts (SME) either in-person or virtually. Contact them once a month to ask about new innovations/ideas.**

SME 1
SME 2
SME 3

4. **Nothing lasts forever – Tastes change, cost of living changes, income changes, situations just change. Expect interruption in your program and plan for it!**

Planned Program Interruption 1
Planned Program Interruption 2

5. **Develop “Moto-Mantras” – These are motivational sound bites you use to remind yourself of the most important elements or motivations associated with your ambitions.**

Faith	
Family	
Finance	
Fitness	
Food	
Fun	