

Use your learner guide to record your notes, findings, and action items throughout the training.



IN THIS TRAINING YOU'LL DISCOVER:

Where are you now?
Where do you want to go?
How do you get there?



"The definition of insanity is doing the same thing over and over again and expecting different results."

NOTES			

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WHERE AM I NOW?

our final choice	ideas from the `	Maise your in	and discussion	on below.	Circle

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WHEF	RE DO 1 W/	ANT TO C	<i>5</i> 0!		
How would y	our life impr	ove if you	weren't st	uck?	

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GOALS

throughout the training.

Write your goal in the space below. Add any doodles or decorations that will help this stand out to you.

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HOW DO I GET THERE?

Write three things you want accomplished in the next five years.

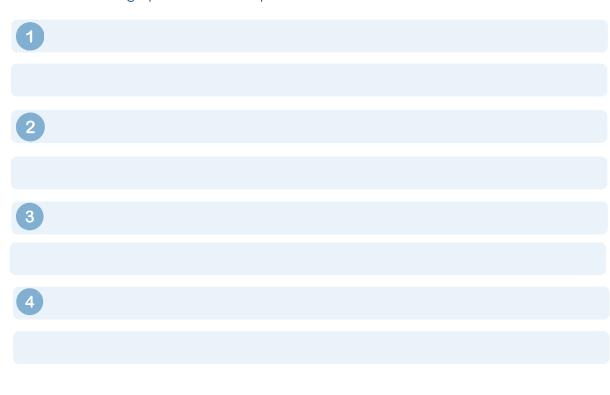
1
2
3
Write three things you can accomplish this year.
1
2
3

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HOW DO I GET THERE?

Write three things you can accomplish this month.



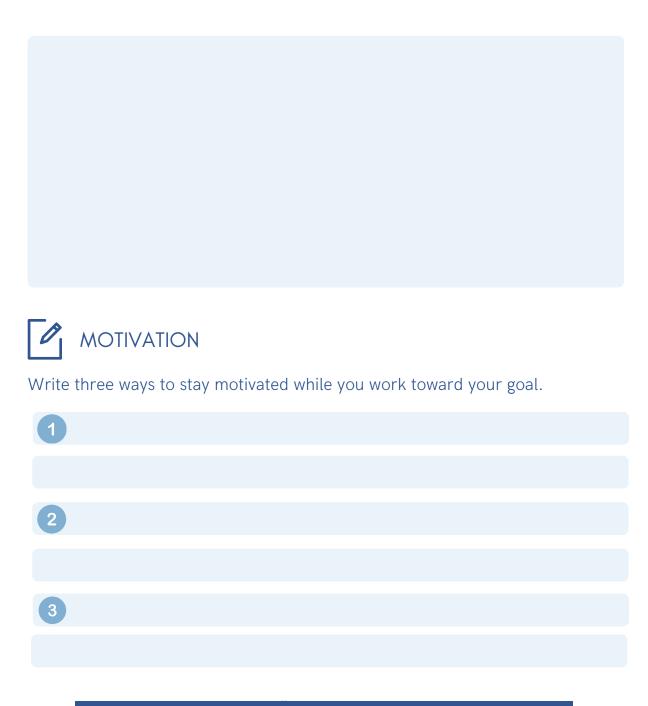
What can you get started on today?



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While watching the video, think about what motivates you intrinsically and extrinsically. Record your notes below.



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ACCOUNTABIL	II Y		
Write down who will help	you stay accounta	able.	



EVALUATE

Each time you reach one of your mini-goals, ask yourself these questions and adjust your goals and action plan as needed.

What works	ed?		
What didn'	t work?		
What needs	to change?		

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THINGS TO REMEMBER

throughout the training.

- It's okay to change and adapt to your current situation.
- Make a plan. Stick to it.
- Find at least one person to hold you accountable.
- Refer to this workbook as motivation or to clarify your next steps.



NOTES
