

Habits for Success

with Scott Mautz



The Success MAP (Minute Action Plan)

The Success MAP lists all the one-minute exercises in Scott Mautz’s course *One-Minute Habits for Success* and helps you develop an organized, tailored plan for creating the achievement-assisting habits that are right for you in your situation.

The course exercises that build the right mindset, skillset, and reset habits are described below. Refer back to the course to review the content as needed. Then indicate the exercises you want to focus on (with a Y or N) and write down specifics on how you’ll build those exercises into your routine—which is necessary to form a habit.

Category	Exercise	Am I committing to this exercise? (indicate Y or N below)	How will I build this exercise into my routine? (Be specific—write answers below)
Creating MINDSET for success habits			
	<ul style="list-style-type: none">• The three-step exercise for thriving under pressure – sure to help you succeed when the stakes are high• The Comparison Dragon – an exercise that helps you build your self-confidence by stopping you from comparing to others• The 3C exercise – fosters a commitment to continuous learning• The POWER exercise – an acronym-based exercise that provides inspiration for and recommitment to make a big impact• The Accountability Asks – self-directed questions to help you show up as being accountable		

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Creating SKILLSET for success habits			
	<ul style="list-style-type: none">• The Mental Spotlight – a visualization exercise to help foster better focus• The SHARP exercise – an acronym-based exercise for enabling clear, concise communication• The three-word mantra for better listening –three words to dramatically increase your listening skills• The Decision Directory – engage in this exercise to become much more decisive• The five-word question for more productive meetings – an exercise that drastically improves the value of every meeting you attend		
Creating RESET for success habits			
	<ul style="list-style-type: none">• The Agreeable Adversity - thrive in adversity by seeing it as an opportunity versus threat• The Purpose Power-Up exercise - renews your deeply motivating sense of purpose• The Unstuck Manifesto – an exercise that helps you get unstuck, escaping the traps of boredom and settling• The 3 Whys to Stop Procrastinating – stop losing productivity to debilitating procrastination• The Ditch, Switch, Enrich exercise – a morning ritual to ensure a successful day		