**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) below, and write down specifics on how you’ll build those exercises into your routine (which is necessary to form a habit).

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| --- | --- | --- | --- |
| **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** | | | |
|  | • The ***3-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-questions to help you  show up as being accountable |  |  |
| **Creating SKILLSET for success habits** | | | |
|  | • ***The Mental Spotlight*** – a visualization exercise to help  foster better focus  • ***The SHARP Exercise*** – an acronym-based exercise for  enabling clear, concise communication  • ***The 3-word mantra for better listening*** – recite these 3  words to dramatically increase your listening skills  • ***The Decision Directory*** – engage in this exercise to  become much more decisive  • ***The 5-word question for more productive meetings*** – an  exercise that drastically improves the value of every  meeting you attend |  |  |
| **Creating RESET for success habits** | | | |
|  | • Find ***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 Why’s to Stop Procrastinating*** – stop losing  productivity to debilitating procrastination  • ***The Ditch, Switch, Enrich Exercise*** – a morning ritual to  ensure a successful day |  |  |