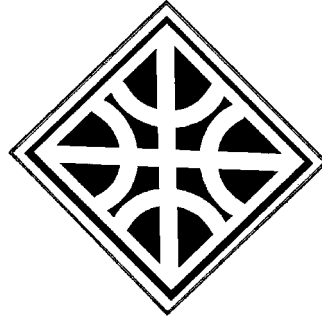


Seven Day Work-Out To Success !



Each Journey begins with the first step - Here are seven steps to success!

A Step per day approach to creating greater success in just 7 days

By making smaller, bite sized daily changes to your life you can make a **BIG difference to the quality of your life.**

I recommend that you start this program on a Monday so you've got a fresh week to start with.

Complete the tasks on each day and write down underneath how you felt when you had accomplished it.

Here's to success!

If you have got any questions or would like a personalised success plan put together for you please email me: dr.brick@dreamfacilitators.net

Monday

Let's start the week with intention! List five (5) things that you've been putting off or stuff that is unresolved. Take a step towards completing each one **today**.

1.

2.

3.

4.

5.

How did you feel after completing these of these tasks?

Tuesday

Encourage five (5) people today. Tell them how great they look or what a great job they've done or just pat them on the back or thank them if they've helped you in some capacity.

Make a note below on each occasion and the reaction you received from the other person.

Note how would you have felt if the shoe had been on the other foot?

Important! be sincere phonies are felt at the core level.

1.

2.

3.

4.

5.

How did you feel afterwards?

Wednesday

Sort through your clothes and get rid of any clothes that you know you don't wear any more (believe me! If you haven't worn it in a year, you never will!).

Bag them up and take them to your nearest Good Will or Salvation Army store.

Make a list of five (5) brand new items you would like to add to your wardrobe.

1.

2.

3.

4.

5.

How did you feel after completing both of these tasks?

Thursday

Go back to Monday's list and make sure that progress is being made in each of the five (5) activities that you wrote down.

List below a further action for each one that you will start today.

- 1.
- 2.
- 3.
- 4.
- 5.

How did you feel after completing this?

Also, pick up the phone and call three (3) people that you have not talked to in over two (2) weeks, just for a chat.

- 1.
- 2.
- 3.

How did you feel after you had spoken to them?

Friday

Ask your significant other, a couple of friends you trust and/or colleagues to write down what your strengths are and what your top qualities are.

List them below in the space provided.

How did you feel after completing this?

Saturday

Go back to the list that you wrote on Wednesday and purchase at least one (1) item on that list.

How did you feel after completing this task?

Sunday

Take this as a day for reflection. Take 15 minutes and look back over the week. How has it gone? What did you feel like? What were your successes?

List these below:

Next Week

Have you any further thoughts about the week ahead?

What could you do to increase your success by 1% each day?

List these below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

That concludes the **Seven Day Work-Out To Success!** If you would like a more detailed success plan consider downloading "**Where Do We Go From Here?**" How to develop a successful Private Practice. This has universal principles which can be applied to any service related business.

Be Great!

Dr. Brick

"We life coach exceptional people to achieve extraordinary dream!"
We are Dream Facilitators