GROW TO LEAD ACADEMY

BE THE LEADERSHIP CHANGE YOU WANT TO SEE

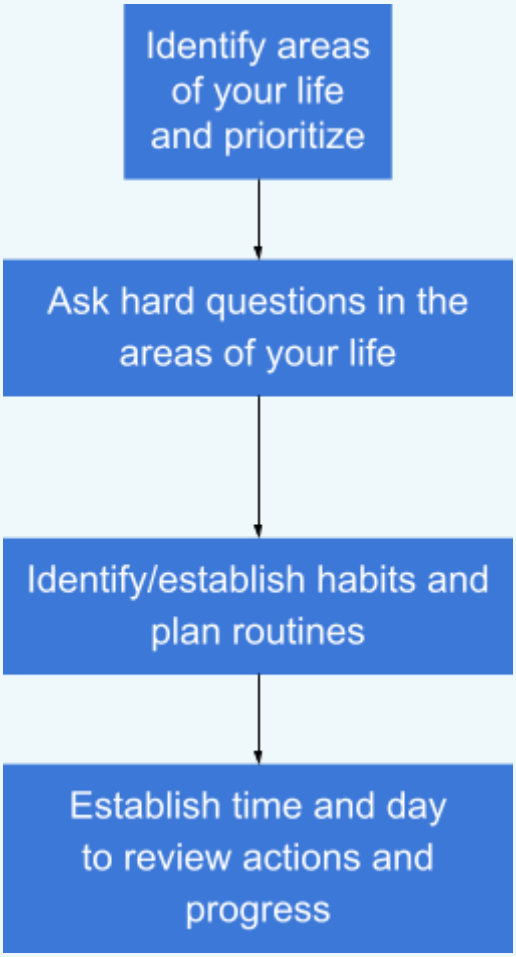


LIFE FOCUSED BLUEPRINT

YOUR PATHWAY TO CLARITY

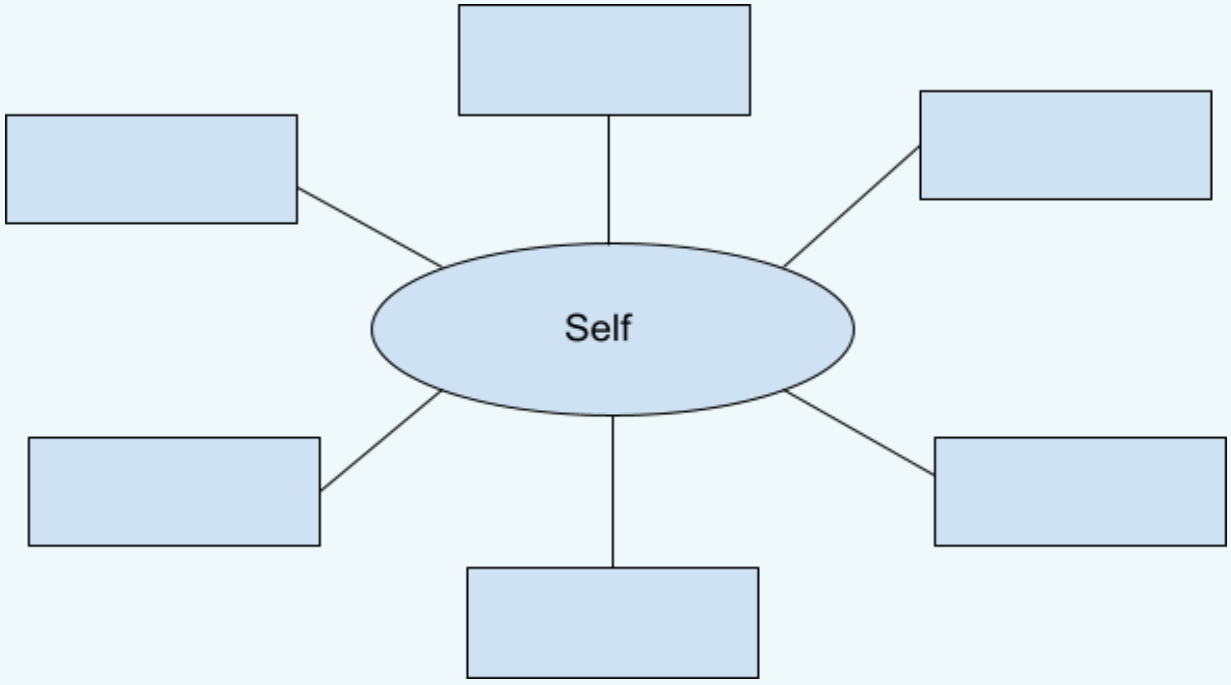
4 STRATEGIC STEPS TO DEFINE, PRIORITIZE, AND TRACK YOUR LIFE'S PROGRESS

Below is the process to help get you started



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IDENTIFY AREAS OF YOUR LIFE IN THE BOXES BELOW. FOR EXAMPLE, FAMILY, BUSINESS, PHYSICAL, MENTAL, FINANCIAL



PRIORITIZE YOUR AREAS OF LIFE

Tip: Start with the life area with the most impact that can help improve the others of your life.

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ASK HARD AND POWERFUL QUESTIONS (This helps you critically think and start making decisions and actions detrimental to the fulfillment and wellbeing of your life.

Life area 1:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

IDENTIFY/ESTABLISH HABITS

Identify your habits for the area:

Good habits	Bad Habits

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Prioritize your habits by importance: (Think about the 1st habit to be foundational to help you achieve the others) **Ex. Achievement:** lose weight: **1.** Start walking. As you get conditioned you can **2.** Start to run.

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Life area 2:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

IDENTIFY/ESTABLISH HABITS

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Good habits	Bad Habits

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Life area 3:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

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Good habits	Bad Habits

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Life area 4:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

IDENTIFY/ESTABLISH HABITS

Identify your habits for the area:

Good habits	Bad Habits

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Life area 5:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

IDENTIFY/ESTABLISH HABITS

Identify your habits for the area:

Good habits	Bad Habits

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Life area 6:

Question	Answer
I. What is the vision of the end result you want to achieve?	
2. Where is my focus in this area? What I'm I doing that is negatively impacting me? What is the root cause of the negative impact?	
3. What is this costing me to keep this negative behavior up? What other areas in my life are affect cause of this?(Ask yourself in cost of mental, energy, emotional)	
4. What is the first thing I need to do to start to fix this area? Think about who you need to become to fix this area. What attributes and traits do you need?	

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Question	Answer
5. What resources are needed to get to your end result?	

6. What obstacles will you face in the process of achieving your end result?	

IDENTIFY/ESTABLISH HABITS

Identify your habits for the area:

Good habits	Bad Habits

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PLAN YOUR ROUTINE

(Routines are the activities/habits you do on a regular basis)

Transfer your top habits from your top 3 areas to this sheet below

Tip: Once written down you can transfer it to a calendar if you want.

Day of the week	Time	Habit	Notes

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ESTABLISH TIME AND DAY TO REVIEW ACTIONS AND PROGRESS

In order for you to see if you are progressing you must take the time to review your progress. This is the time to reflect upon what you are doing right and how you can do better or adjust your actions. A well structured routine minimizes distractions and assists you with focus. This will help eliminate decision fatigue to help your mind be more efficient in the new habits you are establishing. Establish a time weekly and create a reminder for yourself to do this. Use the following table to assess yourself.

	What I m I still doing wrong?	What are you doing right?	What improvement do I see?	Notes
Area I:				
Area 2:				
Area 3:				
Area 4:				
Area 5:				
Area 6:				

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Notes

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